

Metaphysical Beauty Tips



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It has become obvious to many that our thoughts and feelings affect the reality that we as individuals experience. While some apply these concepts to money and career (aka "manifesting abundance") these ideas also affect how we look and how we radiate.

Wise women know that beauty is about more than hair, fashion, dieting, and makeup. It's a headspace and an attitude that we can choose to embody in this world. When we do, our bodies (and energy fields) respond and we become more beautiful, both inside and out.

Here are a few beauty tips that you're unlikely to see on the cover of any supermarket checkout stand magazines:

notice & cultivate beauty

In every moment, the more you can notice what's beautiful about your surroundings, the better. For example, when walking down the street, some will see & complain about garbage on the sidewalk while missing a beautiful sunset. Look for what's beautiful around you and appreciate it. Creating beautiful surroundings for yourself at home, work, and the other spaces you frequent helps put you in the beauty headspace too. These simple acts reflect outward.

love your body & act accordingly

Many people who are "on diets" to lose weight spend a lot of mental energy obsessing and stressing about what they are or are not eating. The Law of Attraction applies here. If you hate your ass it's going to hate you back no matter how much time you spend climbing stairs. Try thanking it sincerely (with feeling!) for walking you around. Instead of dieting because you need to lose weight, feed yourself healthy food because you love yourself (rather than depriving yourself because you don't like your body) and watch what happens. While there is no escape from the fact that what we eat matters, it's more about eating naturally nourishing foods than cutting back on calories. Food habits can take a long time to break (especially with the addictive flavourings present in so many products) so be gentle with yourself in the transitional process.

examine your inner issues

Sometimes, our subconscious minds will encourage us to put on weight (or in some cases, to lose too much of it or otherwise become unattractive) in an attempt to protect us, especially if we have experienced sexual abuse or if we have been involved in relationships which are not in alignment with our true heart's desires. Overeating or otherwise not taking care of ourselves can also come from boredom, pleasure seeking, or wanting comfort. Be brave in examining the inner truth behind the choices made in each moment that affect your body and health.

let go of comparing and contrasting physical appearances

In our culture, we're often taught to compare how one person looks to another. Beauty pageants line women up to compete like cattle and millions of TV viewers follow along. Magazines (full of digitally manipulated images) are psychologically designed to make us feel inadequate. Remember, beauty comes in many flavours! All shapes, sizes, ages, and colours are of divine creation.

Many women will instantly feel inadequate if they see someone beautiful or seek out some reason to not like that person, like those 1980s "don't hate me because I'm beautiful" shampoo commercials. Instead, recognize that a beautiful girl or woman is just another part of creation and appreciate that instead of being jealous. From a vibrational perspective, jealousy always has the opposite affect that you really want for yourself.

smile

This is one of the simplest beauty tips of all, and one which can be implemented immediately to great positive affect.