



Beautiful – The 5-Week Series

Item 1

INTRODUCTION AND ENERGY PREPARATION

Week 1

Judy prepares you for the BEAUTIFUL series with an introduction, meditation and preparation to instil within the cells of the body and in consciousness the energy vibrations of beauty and inner radiance.

Item 2

BEAUTY OF HEART

Week 2

Energy transmissions to allow the energies of love, especially love of self that have been amplified in week one to flow into how you feel and the actions of your daily life. Beauty of the heart activates compassion for self and others, the resonance of gratitude, commitment to see things through with ease and grace and a lightness of being, a serenity that truly makes you BEAUTIFUL.

Item 3

BEAUTY OF MIND

Week 3

The 21st century is the age of the mind and the divine activation of our true human mind power potential. From this place of balanced mind, everything can be created. This week includes endocrine balancing, and instilling the energy qualities of kindness, non-judgement and grace and releasing habitual patterns of inner stress and anxiety. Also activated in week three are the qualities of being steadfast and determined to create a desired outcome, but with EASE, not with EFFORT.

Item 4

BEAUTY OF BODY

Week 4

In week four, we apply some very specific energy frequencies directly received into the cellular template of the body designed to enhance and beautify.

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Judy discusses many topics, including: Energy for flexibility; core strength; strong bones; toned muscles; joint integrity and nervous system harmony and balance.

Included in this session:

- # Energy for the hair; youthful density, color, strength, normal growth.
- # Energy for the skin and connective tissue, collagen and elastin, facial contours and structure.
- # Energy to beautify your smile.
- # Beautify your eyes — windows to the soul.
- # Energy to activate age retardation and physical vitality.
- # Energy to clear criticism of self, limitation of self; stuck depression and resistance to taking action.
- # Energy to help you vibrate with the frequency of JOY.



Item 5
BEAUTY OF SOUL

Week 5

In week five, we discuss the beauty of the spirit and soul. Part of the human evolutionary upgrade that is occurring now, is the integration of the human body and mind, and the more expanded and timeless aspect of the human soul. Judy applies energy frequencies to help you find your true soul light.

Included in this session:

- # Energy to allow the light of the soul to radiate through our human self.
- # Mastery — a passage and progression into a new way of being.
- # Rebuilding the physical body according to the true light image and template of the soul.