

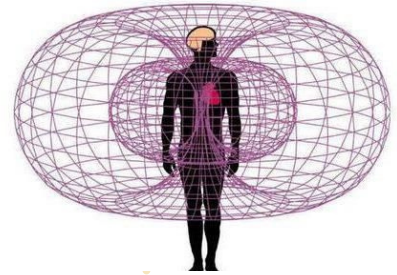


Module 2: Exercise 2

CULTIVATING SHEN: Embracing Beauty

The heart is the first brain to develop in the body. The heart's toroidal field is electrically and magnetically more powerful than the brain's fields. Without the power of the heart, we cease to be whole, effective Starseeds.

The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.



Healing the heart manifests your greatest desires and creates the life you want. Nourishing Shen and cultivating beauty happens when you start feeling more and thinking less.

DRINK BEAUTY: Evening Elixir

Ingredients: 1-2 c Hemp milk, 1/2 tsp turmeric, 1/2 tsp cardamom, 1/4 tsp clove, Raw honey to taste. Heat milk to under a boil, add in spices, and whisk together. Remove from heat, add in the honey. Enjoy!

SLEEP BEAUTY: Tune your Heart Chakra

Cleanse your Aura sweeping from over your head to your feet. Tune Kidney 1 three times. Lay in bed and tune your Heart chakra three times. Set an intention for your nighttime rest.

GIVE & RECEIVE BEAUTY: Surround yourself

Fill your living space to receive the energy of beauty. Fresh flowers, art, colors, and music. Practice the art of giving simple tokens of beauty to your friends and loved ones.

