

New Book Release - *Gorgeous All Over* A daily guide for women with spirit by Indira Kennedy

We all strive hard for it & spend lots of money doing it. We long to be gorgeous all over. And we know it's worth the effort when we look & feel fabulous.

Exercise, diets, expensive beauty products & make up. Hair & clothing, lingerie, accessories, food, sun, water & so on. Our attention is on the many things that can enhance our beauty. But they don't always change how we feel, for long.

How do we keep creating that sense of vitality, femininity and wellness that adds up to being gorgeous – all over?

The answer, the lasting answer, that frees us from a world of face lifts, tummy tucks and botox, is the attention we pay to our deepest longing, the gentle voice of the soul. Beauty is a reflection of the wonderful source within that livens our day & gives us zest for living. Happiness radiates as beauty.

It takes effort to look beautiful – the right effort.

Spend time on your desires, your ambitions, your creativity, your purpose in life. It is your power for creating life as you want it that flows through you and makes you shine when you let it.

The right effort is the effort we put into our daily management routine. And yes, we women know that beauty takes management. Look at the choices you make each day. How energising is the food you eat? How much water do you drink – really? What sort of exercise is right for your body-temple? How much? And, so importantly, how much deep relaxation do you give your mind

and body so your emotions can settle, your body heal and your mind strengthen?

And what did you do to express your love and creative talents? You know, the 'real' stuff.

It seems overwhelming really. So much you could be doing and in so little time. Daily life is fast and full. But how fulfilling is it?

Make a commitment to yourself. Give yourself some 'gorgeous' time. Give yourself at least half an hour a day to consciously do something that will enhance your feeling of well-being. Listen to the longings. Your heart is speaking. And when you follow your heart, life flows as it should – it simply can't be wrong.

The secret is to do something every day. Vary it to stay in the flow. Think clean, think pure, think simple, think peace. Create your own true beauty routine, from the inside out and watch your self become gorgeous all over.

- by Indira Kennedy, *Conscious Leadership & Author of Gorgeous All Over.*

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