

Tiamara World
life, love  creativity

how to be

gorgeous!



BY TIAMARA WILLIAMS

*Beauty is eternity gazing at itself in a mirror.
But you are eternity and you are the mirror."*

- Kahlil Gibran, The Prophet

Feeling ugly is a miserable state of being. And it is all too common. Sometimes we just wake up in the morning and it's how we feel, just like a bad mood. I'm not so sure about men but for women, it is a disease that western women are born into. It's like we catch it as we come out of the womb.

Our world will be one of constant comparison, in a negative sense of it. Mother's will unwittingly perpetuate the physical self-loathing game with simple comments on their daughter's appearance. Magazines will create an image of what it is to be beautiful that will have the most beautiful of girls feel they can never reach the elusive state of 'being beautiful'. If our nose is not the perfect shape, our legs will be too short, or long, our tummies too fat or thin, our cheek bones too angular or not square enough. If a spot appears it's pure hell, if cellulite comes as we age it's a source of shame. The list goes on and on and on. We are trained to reject ourselves and there is an underlying stress that is ever present.

So in the normal round of things feeling gorgeous is not as simple as it seems. As for men, whether men are struggling to feel attractive or not I am quite sure that men also want to feel irresistibly attractive.

However, there is hope.....In the most beautiful twist of events, the very mind that has us reject ourselves is also capable of releasing us from the grip of self - loathing and into the glorious beauty and joy of 'being gorgeous'.

SPEAK YOURSELF BEAUTIFUL

"To start telling people that you're beautiful, or just feel beautiful, just start acting like you are the most beautiful woman in the world. And it really improves everything! Because your sort of psyche responds to it - like this is truthful!"

- Margaret Cho

There is a truth I have discovered which has miraculous results with regards to being gorgeous and that is the power of saying it as if it is so already. The results will happen without you needing to worry about whether you are believing your words or not. You may even feel embarrassed in a way to even dare to tell yourself you are gorgeous but that is what you need to do. Dare to speak the words to yourself.

When you say the words, "I am gorgeous" to yourself they send vibrational reverberations

into your very being. Do not be concerned if you are feeling most especially ugly, intact that is the very moment to send the message down. I AM GORGEOUS.

STEP ONE TO BEING GORGEOUS

When you get up this morning take a bath or a shower and as you wash, allow all the thoughts of ugliness wash off your body and down the drain. There is a reason I am using the word ugly, brutal as it sounds and that is because we are so very brutal and unkind with ourselves.

Then as you wash your body, rub yourself with sweet smelling soap and as you do tell yourself, I AM GORGEOUS.

When you step out of the shower towel yourself dry as you say. I AM GORGEOUS. Really feel the state of being gorgeous.

You may find that you meet resistance in your mind, rejection of the words. Take no notice of those thoughts. Simply over ride them and continue with your mantra.

Now rub fragrant oil or cream over your whole body and as you do tell yourself "I am gorgeous".

Once your whole body is lovingly moisturised put your clothes and continue to tell yourself "I am gorgeous".

Do you notice yourself resisting the words? If so write down your resistance here.

I want you to imagine this page is a container

that you are emptying your negativity into and once it is written down it will be flushed away. You are literally washing it away.

Write your negative thoughts below.

And NOW write

I, _____
(your name)

AM GORGEOUS.

BREATHE IN YOUR BEAUTY LIKE LIQUID HONEY

“Inhale, and God approaches you. Hold the inhalation, and God remains with you. Exhale, and you approach God. Hold the exhalation, and surrender to God.”

– Krishnamacharya

The breath is what connects us. It connects us to what is greater than ourselves. It connects us to ourselves. It connects us to each other and the divine.

Did you know that if you have feelings you don't like, if you breathe into them they simply cannot stay the same?

Take a moment.

Find a comfortable place and sit tall and relaxed either on a chair or cross legged.

Take a deep breath in. And let go on the out breath.

Take another deep breath in and on the out breath release any negative thoughts you have about yourself.

Now breathe in beauty, into your heart. You are awakening the beauty in your heart. And as you breathe out, breathe the beauty out in all directions throughout your body and to infinity.

Continue to breathe like this for 10 minutes so that your whole body is filled with the feeling of liquid honey, of lightness and brightness and beauty. Feel that your whole body and

being is filled with the glorious gorgeousness, sweetness and radiance of the universe.

How does that feel?

DO EVERYTHING TO LOOK GORGEOUS

“Style is knowing who you are and what you want to say and not giving a damn.”

– Gore Vidal

Much as beauty is a state of being rather than an actual look there is a vibration that goes with making the most of what you have been gifted.

Personally I believe that unless you are mooching around home one is always best to over dress.

Don't walk out the door until the way you have dressed actually raises your vibration. You know how sometimes you put clothes on and you think, "that will do"? You know it isn't gorgeous, but it's ok. Gorgeousness does not happen in the space of the mediocre. It is not a state of ordinariness, plainness or ok'ness. Gorgeousness is a high vibration. So do not allow yourself to step out the door feeling ordinary. Keep going until you hit that energy enhancing state of looking in the mirror and thinking, 'yay, that's fab'.

And by the way, that may be a totally grunge look, but it makes you feel amazing. But generally speaking, I would say, go glamorous or in the case of men, look sharp.

Here is a check list for you to contemplate in terms go preparing yourself for a day of being gorgeous:

- Very clean, always
- Deodorised, always
- Shaven, in all the right places
- Perfume
- Makeup
- Manicured
- Hair clean and smelling sweet
- Teeth Cleaned. If you have a tendency to bad breath then go to the dentist or fix your diet, whatever it takes to clean that up.
- Accessorise if you think it will help

A couple of seemingly superficial and yet scientific tips for women:

Women wearing red have been proven to be more physically attractive to men. While there is substantial evidence to support this theory, the same study also suggests that physical attractiveness is increased by the colour red, but it has no bearing or influence on how kind or intelligent a man perceives a woman to be. Interestingly, the study also found that the colour red did not make women more attractive to other women. If you feel extra sexy wearing a red lip or a red high heel, it might be more than just a feeling!

Smiling.

Smiling doesn't just make you look friendly and approachable, it also makes women more perceptively attractive to men. Interestingly, the same isn't true for how attractive women perceive men to be. Rather than be attracted to a friendly smile, the expression women find most attractive is a slight smile, signifying pride. (I'm not sure that is true for me, but it is the science on the matter)

Another study about scientific reasons for people to be attracted to others came from the scientific journal *Biology Letters*. The findings were that men were less attracted to women who showed higher stress levels than they were to women with more relaxed faces. And, the same can be said for women's response to stressed and relaxed faces on men. Therefore it may be a good idea to relax.

ATTITUDE

“She was beautiful, but not like those girls in the magazines. She was beautiful, for the way she thought. She was beautiful, for the sparkle in her eyes when she talked about something she loved. She was beautiful, for her ability to make other people smile, even if she was sad. No, she wasn’t beautiful for something as temporary as her looks. She was beautiful, deep down to her soul. She is beautiful.”

— F. Scott Fitzgerald

Beauty and gorgeousness come from within we all know that. So let’s take a look at what the qualities are that make a person attractive.

Make a list here of what attracts you to people.

How many of the things on your list are simply physical?

“But even though she was attractive, there was something else about her that caught his eye. She was intelligent, he could sense that right away, and confident, too, as if she were able to move through life on her own terms. To him, these were the things that really mattered. Without them, beauty was nothing.”

— Nicholas Sparks, *Message in a Bottle*

Of course, we can be physically attracted to someone, but we are more often drawn to their confidence, passion and personality. Being attractive is about more than just appearance. In fact: Attractiveness is the basis of all human relationships, it is what draws us to another.

CONFIDENCE

Discover how to build true inner confidence. A confident person makes others feel safe and attracted to them. They exude a kind of energy that is on a higher level than the average person and they are naturally gorgeous.

OWN YOUR TRUE SELF

A person who lives their true self, expresses their inner being, has the freedom to be who they really are in the world is gorgeous to behold.

Find your true self and hold him / her close, allow yourself to be self -expressed, to find your own individual way of being in life.

BE THE GARDEN

*“To be great, be whole;
 Exclude nothing, exaggerate nothing that is not you.
 Be whole in everything. Put all you are
 Into the smallest thing you do.
 So, in each lake, the moon shines with splendor
 Because it blooms up above.”*

— Fernando Pessoa, Poems of Fernando Pessoa

Being the Garden is about being present, feeling your inner stillness, receiving life as you allow it to come toward you, owning yourself as worthy and trusting that whatever is meant to come to you will. It is about finding that relaxed place inside you, assuming fullness of being and allowing, enjoying and playing with life and the moment.

Imagine you are a garden. What are the qualities that you feel and are?

Next time you are in a social environment feel into the being of yourself as a garden. A place that others will come to. A place that is whole and complete already effortlessly filled with life.

Now, go forth and be
gorgeous.

To discover how to get all the more gorgeous than you already are check out:

Phenomenal You

Discovering your Purpose and Living Your Greatness in Life

by Tiamara Williams

at tiamaraworld.com