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Beauty

Skin & integument

CANONICAL SOURCE - VERBATIM

Be free of any blemish of any nature.

Keep a spiritual goal and ideal, something beyond one's self — give of self

Keep a healthy state of mind, an equilibrium and correct flow of glandular secretion, that the hormones released are of a healthy and beautiful nature. For as the body is built it thinks, and as it thinks the body is built — as within, so without.

Therapy:

- Enlightened Athletics Dietary Protocol.
- Thoroughly massage for at least 20 minutes one of the following emollients a day, alternating which each day: olive oil, for it stimulates muscular and mucus membrane activity; olive oil with Myrrh, for it is carried into the pores toward folds or scars in the tissue for coagulation (heat the olive oil first and add an equal portion of myrrh, making just enough for each day); camphorated oil, as it produces soothing and stimulation, and when combined with the others will make for a new skin.

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol