



## 7 Takeaway Tips for exquisite, enduring, eternal beauty

### 7 Takeaway Tips for *exquisite, enduring, eternal,* beauty



#### Tip 1. Look for enduring beauty

Beauty is not skin deep. Loveliness comes from God. Look for it ... in yourself and others. Everyone reflects the grace, attractiveness, and radiant sparkle of God. It's there – always.

- Affirm: God made each of us lovely, and He keeps each of us lovely.

*“Immortal men and women are models of spiritual sense, drawn by perfect Mind and reflecting those higher conceptions of loveliness which transcend all material sense.”*  
Science and Health with Key to the Scriptures by Mary Baker Eddy p. 247

*“Love never loses sight of loveliness. Its halo rests upon its object. One marvels that a friend can ever seem less than beautiful.”* ibid p. 248

#### Tip 2. Think beautiful thoughts

Good thoughts make you beautiful. Spiritual, positive, happy, loving thinking is revitalizing. It makes you feel good, makes you attractive.

- While grooming: think God-centered, spiritual, beautifying thoughts about yourself and others.

*“Immortal Mind feeds the body with supernal freshness and fairness, supplying it with beautiful images of thought and destroying the woes of sense which each day brings to a nearer tomb.”*

Science and Health with Key to the Scriptures p. 248

#### Tip 3. Embrace immortal beauty

Immortal beauty never ages or is lost. It's not genetic, nor a surgical or cosmetic process. It's spiritual, eternal, fresh, continuous day-in, day-out.

- Don't celebrate a birth-day. Have a *special* day to remember that you are God's totally lovely daughter or son.

*“Never record ages. ... Time-tables of birth and death are so many conspiracies against manhood and womanhood. ...Man, governed by immortal Mind, is always beautiful and grand. Each succeeding year unfolds wisdom, beauty, and holiness.”*

Science and Health with Key to the Scriptures p. 246

*“Immortality, exempt from age or decay, has a glory of its own, – the radiance of Soul.”*  
ibid p. 247

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### Tip 4. Nurture the spiritual qualities of beauty

God has filled you with His beautiful qualities. He made you a beautiful person - kind, honest, courteous, caring, thoughtful, humble, unselfish.

- Each day: Be the beautiful person you are, at home, school, or work. Let others see your beautiful qualities. Live them.

*“Being possesses its qualities before they are perceived humanly.”*

Science and Health with Key to the Scriptures by Mary Baker Eddy p. 247

### Tip 5. Utilize the recipe for beauty

Use the beauty procedure that doesn't require you to gulp-down, pat-on, massage-in, or work-out. Simply, get away from the false impression that you must do something to the body in order to be beautiful.

- Spend 3 minutes in prayer just for yourself each day. Affirm: I have the beauty of God's calmness, freedom, and harmony. I am at peace.

*“The recipe for beauty is to have less illusion and more Soul, to retreat from the belief of pain or pleasure in the body into the unchanging calm and glorious freedom of spiritual harmony.”*

Science and Health with Key to the Scriptures p. 247

### Tip 6. Stop worrying about fleshly looks

Beauty isn't physical. It's not about being a certain height, shape, size, or looking "in-vogue". Loveliness is within. It's internal, not external.

- Say *no* to worry about beautifying flesh and *yes* to being the person that God created in His perfect image and likeness.

*“Beauty, as well as truth, is eternal; but the beauty of material things passes away, fading and fleeting as mortal belief. Custom, education, and fashion form the transient standards of mortals. ... Comeliness and grace are independent of matter. ... Beauty is a thing of life, which dwells forever in the eternal Mind and reflects the charms of His goodness in expression, form, outline, and color.”*

Science and Health with Key to the Scriptures p. 247

### Tip 7. Practice thinking spiritually

Affirm: God made me lovely and He keeps me lovely.

I am spiritual – God's immortal, perfect, model of loveliness.

*“Immortal men and women are models of spiritual sense, drawn by perfect Mind and reflecting those higher conceptions of loveliness which transcend all material sense”.*

Science and Health with Key to the Scriptures p. 247

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