

APHRODITE INVOCATION

*I am beauty. I know what gives me pleasure.
I follow my passion wherever it may lead.*



Meditate

Think about a time when you feel beautiful and confident. Consider how that feeling shows up in your body. Spend some time meditating on the feeling of beauty. Remember, it's a feeling we're trying to cultivate, not a look. Try repeating the mantra, "I radiate beauty."

Move

Reconnect with your body through dance, yoga, or walking. Not only does movement help us to stay physically fit and healthy, but the endorphins that are released generate a feeling of bliss.

Adorn

Adorn yourself with jewelry, luxurious materials, or anything else that makes you feel beautiful. Make your surroundings beautiful by tidying up, keeping fresh-cut flowers, and decorating with items that reflect your unique style.

Note Pleasant Experiences

Keep a small notepad and jot down pleasurable experiences as you come across them. This habit helps us to remind us of all the beauty that surrounds us at any given time.

*When done daily, these rituals remind us that beauty
is not an aesthetic we should try to emulate.
Instead, it is a lifestyle that we consciously create.*

APHRODITE JOURNAL



What makes you feel beautiful?

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What activities incite pleasure?

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What is a daily ritual you can practice based on the first two questions to cultivate the feeling of beauty and pleasure?

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How would you spend your time if money wasn't an issue?

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What can you brag about?

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What do you desire?

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What are the feelings that you believe obtaining what you desire will invoke in you?

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What turns you on?

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