



PASHMINA – a journey through the ingredients

OUR PLEDGE All our ingredients are sustainably harvested without harm to any creatures or humans. The healing qualities from the components in Pashmina are witness to our beautiful interaction with the natural world; and the amazing gift of swapping treasures with each other - the animals, the trees, herbs and plants. So many of us are in awe of the Immortal jellyfish after experiencing her essence. She ventured back into the sea after sharing her vibration with us and is now esteemed, held up in high regard and thanked by humans all over the planet for her incredible gift to us. Pashmina Skincare is safe, earth-friendly, handmade, natural, free from harmful chemicals, synthetic fragrances and parabens. The honey, beeswax and propolis are all 100% organic. The bees are not used for commercial pollination. No animal testing.

The Story of Beauty

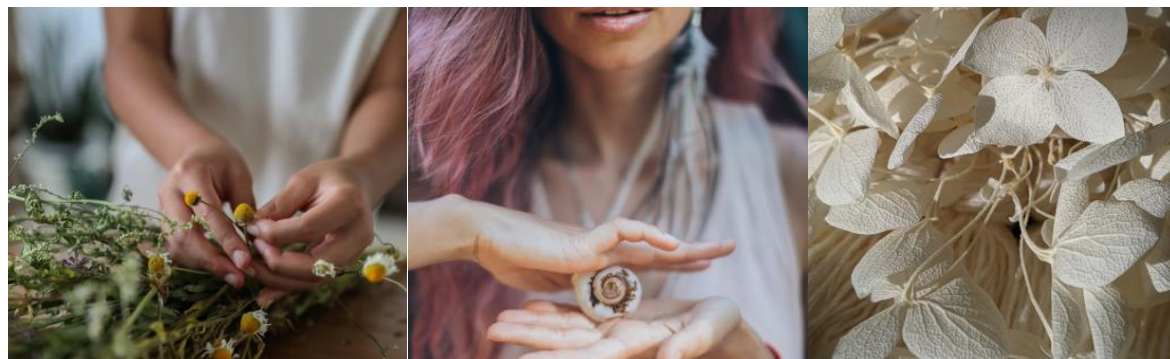
A 21-Day Beauty Transmission honouring the 21 ingredients in the Pashmina Skin Cream.

Beauty Through Radical Self-Love

Join us in taking this incredible journey to your absolute, most beautiful expression of yourself. This 21 day transmission of the 21 active ingredients used in the Pashmina Skincare ritual is a teaching. It will reframe what beauty means and is; uncovering, recovering, repairing and enhancing your relationship to your physical body and your sense of self. For so long, so many of us have felt inadequate or lacking. We have disowned certain parts of our bodies, ones we judged or disapproved of. After 21 days of repatterning outdated and destructive ideas you will feel incredibly relaxed, incredibly gorgeous and have a strong sense of who you are and a feeling of belonging. You will no longer match yourself against any standard – you will embody and love and appreciate yourself in the most delicious way without judgement.

Each day on this journey is an opportunity to connect with a flower or plant teacher, an ingredient from the Pashmina Skincare ritual specifically chosen to transmit the powerful message of self-love. As women, we have alchemy, foraging and healing in our DNA. By connecting into the botanicals and nature offerings we activate their healing powers more intensely. We feel a sense of connection and remembering from ancient times when we collected wild flowers and herbs. When we put creams on our faces without knowing what is in them or acknowledging the plants, we lose out on the reciprocal relationship the natural world is waiting to share with us. Here is an opportunity to learn about the healing powers and gifts from nature and to know that every time you put Pashmina on your face, you are receiving these 21 gifts.

PASSING ON THE TRANSMISSION Each day has a meditation statement and a powerful practice. It can be done at any time of the day. Stay with it daily as after 21 days you will have the complete transmission. Enjoy your journey. Feel free to set up your own group of women and venture through this together in the age old tradition of passing on wisdom and secrets. Copyright © 2021 Beyond Medicine Authored and compiled by Robyn Wilkinson



Dedicated to Aglaea the Greek **goddess** of beauty, splendour, glory, magnificence, and adornment. Aglaea has a family tree steeped in healing. Her father Asclepius (known as the God of Healing) had five daughters all representing aspects of health we recognise today. Hygieia, is where the concept of hygiene originates. Panacea, is known for having the cure for any ailment. Aceso represents the healing process and Iaso stands for recuperation from illness. We love the way Aglaea representing beauty and all her attributes, is connected to the pillars of health.

DAY ONE ~ WILDFLOWERS new life

The pollen from a thousand South African wildflowers is the raw potential to seed new life. The wildflowers in the Pashmina formula invoke the incredible force of creation. They carry an unstoppable impulse to follow the deep call of the heart and unveil your natural, raw beauty.

STATEMENT: My life is filled with spontaneous expansion. Incredible things keep happening in line with my deepest desires and creativity.

Wildflowers express untamed beauty naturally delighting us with their presence. Take in the essence of the wildflower, see yourself as pure beauty magnified by being who you are. Dip into your own wild nature through growing in the places you want to and delight whomever you come across; confident in your expression on this planet, much like the wildflowers of Mother Earth.

[Watch our guided video on DAY ONE](#)

PRACTICE: Flower Mandala

Collect petals, blossoms, leaves, buds, pods, seeds, even sticks and stones and make a flower mandala. Gather all your greenery and lay it out in a pattern on the floor. Consider the shape of each individual petal, admire the knotted stems, see the patterns of growth as you deconstruct your flowers into petal confetti. Surrender to the exquisite calm deeply rooted in the flower's being. See that nature expresses itself without excuse, without hiding, without trepidation. See that even the crushed petals have beauty. Translate all the admiration from your collection into your body. Receive the transmission from the wildflowers that your beauty is absolute, and you have the raw potential to bloom. Identify one part of your body you have disowned, a part you have disapproved of, or even hated. Apologise. Bring it back home and integrate it. Love it. Be kind to it. Promise never to malign it again. Be amazed you ever thought to express displeasure or to disown any part of your beautiful being.

DAY TWO ~ PALMAROSA OIL radical openness

Palmarosa oil originates in India, and is used to support emotional vulnerability during times of shifting moods and perspectives. Its teaching in Pashmina shows that we are safe and held within our feelings, and that sharing these inner layers of our emotional body is both a brave and necessary part of knowing ourselves.

STATEMENT: I drench myself in a permanent and permeating sense of self-worth, allowing it to saturate my being and live in my body as vividly as the blood in my veins. My feelings are valid and safe to express.

[Watch our guided video on DAY TWO](#)

PRACTICE: Activate Your Water

Water has an incredible ability to be programmed. It's such a sacred substance. Fill a glass with spring water. Cup it in both hands. Think of the most amount of love you can conjure up. Love for yourself, love your mother has for you, you have for your children or your dog, when you first loved, anything that creates the vibration of love. Focus on the water while having a strong love vibration. These thoughts literally go into the water and reprogram it. After 2 ½ minutes, drink the water. It has phenomenal results, literally restructuring the water in your own body. This is a worthy practice, one you can do every day with great benefit.

DAY THREE ~ GOLDEN SPIRAL innate perfection

The golden spiral is the blueprint for all life, expressed through its divine geometric sequence. In our own path as self-determining beings, we are laden with the codes to manifest and live in alignment with our highest purpose. Golden Spiral is absolute perfection and holds an innate reservoir we can draw on from the whole of creation. From the order in a beehive, the pattern in a flock of birds, the formation of cells or branches in a tree, there is a map of rhythm and regularity calling to us, soothing us, balancing us. This is a key part of Pashmina bringing us back to our original blueprint.

STATEMENT: I come from the very beginning of time, I have infinite knowledge and intuition. I access this extreme knowing by connecting into the ancient source that determines the structure and ratio of all beings.

[Watch our guided video on DAY THREE](#)

PRACTICE: See the Wisdom of Creation

As science uncovers more and more similarities and patterns in the different facets of nature and existence we see a common thread connecting all aspects of creation. The same principles of wisdom contained in the macrocosm and seen in the galaxies; can be seen in the microcosm in cellular formation. Everything on earth, the seas, the rivers, the animals, the lands are all held together in a huge gravitational hug. When you appreciate the way a flower forms or a spider web is woven, know that you are part of the same wisdom and design. The Golden Ratio in the formula returns you to your original blueprint of perfection. Today, find 3 expressions of golden ratio, whether a sunflower, the symmetry of your face, the arrangement of a pinecone or leaves, take note of this magical order.

DAY FOUR ~ PINE POLLEN strength

As a potent natural stimulant from the pollen of the pine trees, we are given the strength to grow powerfully and stand strong in the world. In this position of strength and rootedness you will easily find your way. Pine pollen has abundant health qualities, it is known to slow ageing, to reduce fatigue and is used for eczema, acne and other skin challenges.

STATEMENT: I know my path. I have courage and my path unfolds before me with ease. By noticing my surrounding and what arises I become a seer, the one who sees. I have heightened perspective and feel certain and sure of which path to take.

Stand tall and strong. Like a deity or goddess of your choosing, use them as your guiding example to see the colour of gold running through your veins. Pashmina's gift with the pine pollen is to transmit the knowledge that you are powerful, and you can cultivate a sense of unparalleled confidence. Step into your receptive power; knowing your worth.

[Watch our guided video on DAY FOUR](#)

PRACTICE: Walk Tall

The simple act of changing your posture sends a message to your brain that you are empowered. Standing tall is a remedy for confidence, and cultivates a sense of personal power. Today, walk tall. Put space between each vertebrae. Imagine a string coming from the sky and pulling you upward. Use your breath to keep yourself relaxed in your body. Keep your gaze up or level, rather than down. Notice how you move through the world, and focus on relating to your environment with presence; knowing you hold great power within you. To get a sense of your body and its sensuality, put some books on your head and practice walking down the passage gracefully, balancing the books.

DAY FIVE ~ IMMORTALITY immortality

For aeons humanity has been fascinated with the concept of immortality. When the Immortal Jellyfish was discovered, there was much debate about whether it was possible to use the intelligence from this tiny creature to rejuvenate the human body. After much research, this has been made possible. Using vibrational technology the neurochemical message has been captured directly from the jellyfish and potentised. This is the crowning ingredient in Pashmina, and it alone has miraculous regenerative effects without any harm to any jellyfish.

STATEMENT: I have lots of potentised, regenerative energy; I am incredibly healthy and youthful. I exude beauty, presence and stature.

Claiming eternal youth requires rebirthing ourselves beyond any physical, emotional and mental debris that may weigh us down. Knowing there is a choice – rather than a pre-ordained fate to age – offers an immense path of liberation. We should be prepared, to gift ourselves a life well beyond our normal scope unhurried by the passage of time. Immortality shows us this is possible.

[Watch our guided video on DAY FIVE](#)

PRACTICE: Invite The Possibility Of Reverse Ageing

By allowing a reality beyond the anticipation of ageing and death, we open up communication with the body for an alternative younger-feeling and younger-looking reality. When Consciously encouraging youthfulness, we create an immense difference in changes our disposition and demeanour. Our bodies eavesdrop our thoughts and follow their directive and changing the narrative will change the way the body reacts. Experiment with this by writing down what you would do if 200 years was available to you. With the message from the Immortal Jellyfish, it is possible to reverse age. Allow that into your reality.

DAY SIX ~ DISA ORCHID radiance

The Disa orchid, the exquisite expression of Gaia – the goddess flower, has been included in Pashmina to support the feeling of being held completely in an embrace while still having the ability to move out into the world without threat.

STATEMENT: I collapse myself into the holding embrace of Mother Earth, knowing that by virtue of acknowledging her beneficial presence, I will be held and nourished beyond any reckoning.

Orchids, in their stark and regal beauty, relay the important message of being tightly held yet with autonomy and boundaries intact. As we uncover the deep layers of our beauty's multiplicity, we allow the full expression of it to arise. The random ridiculous crazy attraction, the natural perfection arising without effort.

[Watch our guided video on DAY SIX](#)

PRACTICE: Allowing Grace

Find grace. Locate it and allow it. Allow perfection, generosity and abundance for no reason. Just as the earth makes incredible lush and magnificent flowers easily and effortlessly, allow yourself to be in line for a thousand blessings, for majesty, goodness and starburst bliss, let yourself be held, let love pour over you, allow yourself to receive more than you ever have before. Realise that nature lives in splendour without measure and that is the natural way. Find, pick or buy an orchid to remind you that beauty is bountiful and needs no reason to be.

DAY SEVEN ~ BEESWAX connection

Beeswax has been used since Ancient Egypt to anoint sacred tombs. It holds the spiritual energy of personal power, community and service and represents form within the formless cosmic blueprint. Structure holds strength and allows the framework for collaboration and community. Be in easy flow with your community and those around you knowing you are supported.

STATEMENT: I am protected, I am loved, I am covered, I am supported, I feel validated, accepted, safe.

[Watch our guided video on DAY SEVEN](#)

PRACTICE: Container of Holding

Hold your forehead with your left hand with your palm loosely yet squarely on your forehead. Cradle the back of your head with your other hand. Create a container of holding, feel the soothing energy build up. See how that nourishes you. It connects your front brain with your back brain and integrates your intuition and animal impulses allowing you to rest in fullness. Use this technique whenever you need to feel supported and soothed.

DAY EIGHT ~ CHAMOMILE support

Chamomile is a herb of great gentleness and tenderness. It is used to elicit rest, and to calm the aggravation and irritations of daily life. Between the feats of our existence, in the radiant spaces of tranquillity, we cultivate the energy to move through life. Through Pashmina, the transmission of chamomile is that calm is always available to you even in the most aggravated situations.

STATEMENT: I have lots of time to do everything I want. Time is easy. Time expands to accommodate my needs. I allow myself to let go of unnecessary obligations that do not serve me and to create intentional space for myself.

[Watch our guided video on DAY EIGHT](#)

PRACTICE: Move Slowly

Many people feel that time is always snapping at their heels chasing them. And in response, they are rushing from it. For this day, do not rush anywhere, do not be in a hurry. Walk and move slowly and languidly and become master of time rather than its servant. To rush is to alarm your system, it is a type of violence that is unnecessary and unserving. In truth, time is abundant and everything will get done.

DAY NINE ~ LIGHT OF JUPITER exuberance

STATEMENT: I am a being of great magnitude, ever expanding and moving towards my goals. I allow reality to manifest in its most beautiful form for my life.

The light of Jupiter has been captured from the rays of the planet itself to engender the feeling of expansion, openness and engagement. The essence of Jupiter as a planet is that of expansion and abundance; its energy is directed towards boundless possibilities, as it adds to the depth and breadth of our solar system. In moving through our own inner depth; Jupiter urges us to expand. There is great beauty in this – and endless possibilities.

[Watch our guided video on DAY NINE](#)

PRACTICE: Wish Fulfilling Gem

The mind is a wish fulfilling gem and will bring good or bad into reality as you allow it. Stack your wish fulfilling gem, and give it content to work with by writing down 21 wishes. Clear all the bargaining, argumentative and scolding clutter from your thoughts. Writing is a proclamation, an alchemy directing energy to our desires; it refines our sense of navigation. Remember that whatever you are looking for, is also looking for you. A fortune needs someone to spend it, a beautiful house needs someone to live in. Make yourself available so it too can find you. When finished writing your wishes, burn them, blow the ash to the wind knowing with total trust they will be fulfilled. Never try and imagine how your goals are to be realised, that's none of your business. The energy of the wish fulfilling gem has mysterious ways – your position is simply to activate the desire.

DAY TEN ~ SWEET ALMOND OIL abundance

Sweet Almond oil signifies prosperity. On the path to self-healing, embodying our most abundant state allows us to shift out of beliefs around scarcity and lack in our lives. We've included Sweet Almond oil in Pashmina to

teach us that we deserve a diversity of gifts, prosperity and security; knowing that our inner wisdom can guide us to realising this.

STATEMENT: Everything I want to do is easy, comes easily, it arises spontaneously before me and it happens with beautiful flow. Manifestation is always easy and natural.

[Watch our guided video on DAY TEN](#)

PRACTICE: Create the flow of giving and receiving

Set up a healthy flow of giving and receiving. Start off a wonderful new cycle of learning to receive by giving a mysterious gift to someone. Randomly put flowers on someone's desk or at their door. Handwrite a poem and put it under someone's windscreen wiper. Write out jokes and sneak them into family members pockets. Or clear out your cupboards and deliver extraneous goods to your nearest charity. You will immediately notice the world around you is amazingly responsive and will, most often in total random fashion, return the playful and giving gesture almost immediately. In this way we use the universe as our bank, we notice how much interest it pays and how we can be in a humorous conversation with it, through giving and receiving gestures.

DAY ELEVEN ~ SANDALWOOD sacred space

Sandalwood is an ancient healing oil, said by many cultures to be a conduit for the divine. Its complex, earthy fragrance imbues us with the precious understanding that we are no less divine as human beings; and that even in our physical, organic expressions, we are illuminated extensions of the great mystery.

STATEMENT: My body is a Temple resonating with wellbeing. I let go of all the ways I think my body should be and welcome in the way my body is, inviting a new standard for beauty, one that encompasses the mystery and divinity of what is.

[Watch our guided video on DAY ELEVEN](#)

PRACTICE: Shakti Mudra

Our hands are an extension of our hearts and connect our innermost thoughts and prayers to the outside world. Mudras are hand gestures or positions that help you positively direct your thoughts and actions to bring beauty and balance into your life and the world around you. The Shakti Mudra helps you evoke a celestial power within you where you can feel your authentic force and sharpen your voice. This Mudra It has an extremely calming effect on the body. Use todays practice to get familiar with the Mudra and keep it as a gift to yourself. Start with both hands splayed open. Fold your thumb into your palm. Then bend your index and middle finger and curl them over your thumb. Do the same on the other hand. Then, put your hands together. Put the left and right pinkie tips together and the left and right ring fingertips together. Hold your hands against your heart as in prayer position. Leave them there and breathe. Your fingertips create an energetic circuit that connects and stimulates elemental activation. Regular practice of this Shakti Mudra has a calming effect on the entire body. It gives you long-lasting peace and stability and creates a clear and radiant complexion.



DAY TWELVE ~ PROPOLIS birthright

As a compound produced by bees, propolis is concerned with healing. Its magnificent properties teach us that all wounds can be healed if we take the time to investigate the underlying origin. The propolis in Pashmina allows us to see that we contain the seeds of our own healing and can be the salve to our own wounds – and to others, too.

STATEMENT: I call upon my rightful and innate power to heal, through all the layers of my physical, psychological and spiritual being. I declare agency over my body, claiming healing as a deep balm throughout every cell in my being.

[Watch our guided video on DAY TWELVE](#)

PRACTICE: Foot Anointing

Historically, anointing the feet was an act of honour or a preparation for prayer. We do it as a ritual gesture to consecrate the path ahead for health and comfort. Use almond oil or olive oil. Pour a small amount over one foot at a time and massage each foot in turn. Our feet represent our understanding of ourselves, of life and of others while the ankles represent the ability to receive pleasure. Massaging the feet stimulates meridians and nerve endings representing the organs and glands. This is an ideal way to release tension and get in touch with buried issues. It also anoints the feet for a joyous journey ahead.

DAY THIRTEEN ~ PROTEA NECTAR delight

The sweet dripping nectar full of flower energy and living frequency was captured on the spot exclusively for Pashmina. We have distilled its imbued essence to give us a sense of the sweetness, purity and playfulness of life in every moment.

STATEMENT: I use pleasure not pressure as my dynamic motivating force and I am able to reframe my daily activities into sacred acts of love and playfulness rather than overwhelming or mundane tasks.

Finding our inner child through sweetness and playfulness is the essence of Protea nectar. As we move through this immersion, we begin to see how nuanced beauty truly is; and how it manifests in varying forms.

A flower is the epitome of creation. It offers itself fully and presents itself openly, which teaches us to enjoy every moment that arises without restrictions.

[Watch our guided video on DAY THIRTEEN](#)

PRACTICE: Turn The Mundane Into Magic

Take any activity you loathe or dread and reframe it into something playful, enjoyable, exotic or meditative.

Whether you have to add music, a podcast, sing a song or simply insert a different view – pick a chore and see how creative you can be. Do it with mindfulness and gratitude so you don't waste the experience of living, with a feeling of mediocrity.

DAY FOURTEEN ~ FRANKINCENSE lineage

Frankincense encourages harmony between the faculties of the mind, body and spirit. It brings a sense of majesty and radiance uniting heaven and earth.

STATEMENT: I claim the ability to transmute difficult feelings and impulses into pure energy – to take the negative charge out and use the pure energy for creativity, joy or anything else I decide.

Frankincense allows the meeting of the angelic and the animal. When these forces of ourselves are aligned, we balance our higher and lower selves with grace and ease. Communing with this oil in Pashmina shows us we are deeply complex beings. Without suppressing anything, we see the arising of all and every feeling and we then choose to transmute and alchemise the arising for our highest benefit.

[Watch our guided video on DAY FOURTEEN](#)

PRACTICE: Skygazing

Cultivate an understanding of the mind with the practice of Skygazing. Lie on the ground and look into the blue sky. Draw the blue sky behind your eyes and make it your mind. Notice and fully realise that the sky behind your eyes, is the same as your mind, and just as expansive. The clouds are your thoughts, they come and go, you can watch them. Your mind will always be there to house these thoughts. It is not necessary to cling to them or act on them, they are merely like the passing of clouds. Watch the endless stream of thoughts and emotions pass by, as they will. Be aware that space, like the mind, has no beginning or end, no inner or outer, no defined form, colour, size, shape, centre or circumference, it is the doorless door into everything. Let go, let it be and feel soothed that you don't have to entertain or act on all your thoughts.

DAY FIFTEEN ~ REISHI MUSHROOM equilibrium honeysuckle and crab apple

STATEMENT: I allow myself to be invaded and pervaded by experience itself and let it be what it is; not to be afraid of feeling experience, not to be closed off.

Wild harvested Reishi is here to restore homeostasis which is the balanced and ideal condition for the body. It helps regulate the forces in the Pashmina formula so each individual gets what is personally needed for them. When we are too highly strung, it calms us down and when we are too low we get lifted up. Long used as a tonic for moderating the body; Reishi holds the medicine of intelligence and regulation.

[Watch our guided video on DAY FIFTEEN](#)

PRACTICE: Regulate Your Breath

When we get upset emotionally the breath loses its natural rhythm, and negative thoughts generate sensations in the body. Notice where your emotions go. The feeling sensation and the breath are indicators, and with when something is not right. With practice we can identify changes in breathing patterns and bodily sensation. Both of these are related to negativity or mental distortion. By observing bodily changes, you will see the mental distortion. Become adept at seeing the emotion before it takes control. and with practice after time the emotion disappears altogether, bringing restored calm. This position of awareness involves listening to your breath and becoming familiar with the matching sensations in your body. External uncontrollable events remain but your reaction becomes one of choice. When we understand the wisdom of observing reality as it is, we are released from the habit of reaction. Learn to hear changes in your breathing. Breathe slowly and deeply and discomfort will melt away.

DAY SIXTEEN ~ ROYAL JELLY majesty

Made from sustainably harvested royal jelly cells from the French alps, this ingredient gives us the regal feeling of embodiment and facilitates transformation from a worker into a queen.

STATEMENT: I agree to let busyness go, to empty myself of all expectations and obligations and acknowledge my worth in a 'being' capacity rather than a 'doing' capacity.

You don't have to work or perform or prove anything. By sheer miracle you are on this earth and deserve to be here. Regard the earth as your home, wherever you go or find yourself, is your own holy ground. As you apply Pashmina, receive this message as a lasting teaching solidifying your place in the world.

[Watch our guided video on DAY SIXTEEN](#)

PRACTICE: Practise 'Being' Instead Of 'Doing'

Feeling okay doing nothing is one of the hardest things to master. Endlessly 'doing' without stopping at the centre to be still is like running without being aware of the direction. Rumi, the sixteenth century poet, says: By non-doing, everything is achieved. During stillness, hard truths about ourselves (one's we usually try to avoid) start presenting themselves and we have no choice but to see ourselves more clearly. We are reminded of our longings and desires and these can make us ache. Your deep self knows you need much more 'nothing'. It seeks stillness. and may even cause a period of inactivity to find it. Spend a day consciously doing nothing and feeling okay about it. Remind yourself you are substantial in your 'being'. Cultivating this often brings you untold gifts. and things you need. The practice creates honesty, generates realisation and restores the spirit. When we allow space for being, we are more effective and directed, . In this space we are and unlikely to go on tangents contrary to our innermost dreams and desires.

[DAY SEVENTEEN ~ NEEM OIL transcendence](#)

Neem oil is valued in India as a bitter substance to burn up toxins which is an essential part of beauty. Many affirm it as the component that maintains health. It is diverse in its ability to treat internal and external malaise, and its bitter aspect is an important component.

STATEMENT: I embody the many different facets that make up the being that I am. And I accept all parts of myself and the mystery that is me.

Although we tend to resist bitterness, without it, we can become overloaded with toxins. Neem oil assists us in letting go that which does not serve our highest and fullest expression. We felt this was an incredibly important contribution to the effectiveness of Pashmina.

[Watch our guided video on DAY SEVENTEEN](#)

PRACTICE: Experiencing All Tastes

Make a meal for yourself that contains all 6 tastes, sweet, sour, salty, pungent (like radish, mustard, ginger), bitter (like rocket) and astringent (pomegranate, tea). Experiencing all tastes in one meal noticeably staves off food cravings. Nothing is left unsatisfied and we feel completed on all levels. This is an Ayurvedic practice that's used for numerous health benefits and to improve our sense of satisfaction. For a connected experience, eat this meal with your hands. When we engage the hands and fingers we activate the elements bringing greater satisfaction. Each finger represents a different element. The thumb (fire), index finger (air), middle finger (space), ring finger (earth) and pinky (water). Bringing the fingers together as you put food in your mouth balances the elements and creates a physical and spiritual connection with your food; a mark of respect to nature and its bounty.

[DAY EIGHTEEN ~ ROSE OIL rapture](#)

Rose oil, in all its fragrant richness, teaches us to relish our ability to experience pleasure.

STATEMENT: I wear gratitude extravagantly all over my being and spread it over every molecule of my circumstance and my existence. I douse everything in gratitude knowing this is the magic that accelerates abundance.

We are designed for deep satisfaction and immersion in the flow of life, and when we deny this for ourselves, we can sink into unfulfilled, detrimental patterns. Let your communion with rose oil remind you to bathe in the glory of what makes your world beautiful. It is part of what makes Pashmina regal.

[Watch our guided video on DAY EIGHTEEN](#)

PRACTICE: Make a Love Gift

Celebrate gratitude by making a love gift of rose petal honey. During preparation think loving thoughts.

Package it in a decorative jar and give it as a gift to a friend or lover.

You need: 2 cups of organic rose petals (preferably home grown) and 1 cup of honey.

Cut the white tips off the rose petals then chop finely. Make sure they are completely dry. Use a wooden spoon to push your petals into the honey. Ensure they are covered by honey at all times. Seal in a sterile jar and place in a dark cupboard for 3 days. Use just as you would use normal honey.

[DAY NINETEEN ~ DHANVANTARI MANTRA faith](#)

This mantra comes from the original creator of Ayurvedic medicine. Chanting the mantra or consuming the chanted mantra in water is said to gradually cause all diseases to subside and to completely remove fear.

STATEMENT: I allow deep trust to permeate my life, I feel it in my body, knowing that I am safe and my highest good is forever unfolding in the most beautiful way.

Building a sense of freedom and trust in the world is the next step in our journey back to our most animated self. Instead of being laden by lack or fear, the Dhanvantari Mantra teaches us to shift our state to that of surrender and trust; not in the sense of giving up, but rather in dissolving delusions and disease.

[Watch our guided video on DAY NINETEEN](#)

PRACTICE: Releasing Fear & Restriction

This is a fire cleansing ceremony. Take a piece of paper. Hand write every ailment, pain, ill-feeling and fear on your piece of paper. Spend some time making sure you have exhausted your list. Light a candle. Get a bowl filled with a handful of soil. Sit on the floor on a cushion so you are close to the ground. One by one choose an item on your list and read this statement out loud ... I am ready to let go my (insert an item from your list). Keep repeating until you have finished everything on your list. Put your page on the candle flame and watch it burn. Place the ashes into the soil and throw it outside on the ground knowing with the energy of Dhanvantari you have transmuted your ailments, sicknesses and fear into compost for new growth.

DAY TWENTY ~ HONEY covenant

Golden and luscious, holding the sweet secrets between flower and bee, honey is the culmination of the miraculous worker system of thousands of bees. It's the great preserver of youth; a rejuvenation agent, and we receive this unrivalled sweet offering in Pashmina with huge gratitude.

STATEMENT: I make a sacred covenant with myself to release all judgment, shame, guilt and limitation and to accept, honour and respect myself in all ways at all times.

Honey has been found intact in Egyptian tombs where it was used as a natural preservative. It urges us to embody our divine essence, in all its expression, with grand acceptance. It points to the aspect of our beauty that is unable to tarnish or fade. Delighting in our own presence invites us to forever remember to be faithful to ourselves, in all our glory.

[Watch our guided video on DAY TWENTY](#)

PRACTICE: Altar of Remembrance

To seal your covenant with yourself create an altar. Dedicate a shelf, a windowsill or a wooden box and place whatever is sacred to you on the altar. A tea light candle, some incense, a small pot of fresh water, a flower, a secret note, prayer beads, a feather, stone, a figurine of someone who inspires you, a prayer book. Every time you walk past remember to strengthen your covenant. Make a note to check in on your altar daily. You can express gratitude, chant a mantra, say a prayer or simply use it to remember. The water you leave on your altar will absorb the sacred charge and can be consumed and replaced daily.

DAY TWENTY ONE ~ VANILLA belonging

The sweet warmth of vanilla oil presents us with the teaching of love and belonging. It's the love pod associated with the planet Venus and with femininity and aphrodisia. It also helps with curbing cravings.

STATEMENT: I belong. I belong. I belong. I belong. I belong.

The prevailing message from vanilla is to always feel at home wherever you are. In symphony with the other ingredients helping to repattern our minds and heart-space, vanilla engenders a luscious, cosy feeling of having truly come home.

[Watch our guided video on DAY TWENTYONE](#)

PRACTICE: Create a Safe Space

This is an excellent practice to safeguard your mood and feeling of belonging no matter what you may need to face. Relax deeply, play a guided meditation, or breathe and relax each part of your body until you are in a totally calm state. Then flood your sensory receptors with a scent you like, it could be vanilla or your Pashmina cream or an aromatherapy oil. Your brain will create an enduring link between the scent and the calm feeling. During your day whenever you need to return to calm, simply smell the fragrance. Smell has excellent associative and memory provoking powers. It will send you straight back to your relaxed state.

Now that you have finished your 21 days, see if you want to pass on the teaching to other women. Thank you for participating in making our world more beautiful.

