



The Ageless Beauty of Love

*Twinkle, twinkle little star,
Nature's made you as you are.
Years of knowledge, filled with grace,
Lines of wisdom kiss your face.
Twinkle, twinkle little star,
Oh how beautiful you are.*

When you love yourself deeply & authentically, something magical happens. Your energy wakes up & you start to attract other people & situations that are vibrating at the same frequency into your life. You become vital & attractive to other people with high self-worth...you might even become a love magnet. Not just for romantic love, but in all areas of your life. And it can all feel so effortless...

Sometimes life causes us to close down. Bad relationships. Difficult experiences. Grief. We hurt & feel vulnerable, so we put on a mask to hide behind, to protect ourselves. But what that really does is it shuts part of us off from the outside world, it isolates us. Like a flower, love needs to be nurtured for it to open up to full blossom. Neglect it & the mental weeds of self-doubt will start taking over.

Self doubt is one of our biggest energy crushers. Telling ourselves stories around not being good enough brings us down. Growing older brings a sense of wisdom. It can also bring uncertainty, which in turn creates vulnerability. But if you surrender fully to vulnerability, let go and trust, nature starts working its magic again. Yes, nod to the future, acknowledge the past, but live in the now. The happier & more self-accepting you become, & the more you learn to relax, the fresher you'll look & feel.

Imagine letting go and allowing everything to unfold – not having to be in control any more. Let go of struggle, worry & stress & invite in peacefulness, adventure & passion. You'll naturally become a hugely attractive person to be around. Wrinkles here or there or a sprinkling of grey hairs won't make much difference, so let it go.

Knowing you can only allow others to love you as much as you love yourself, remember that how you treat yourself sets the standard for how others treat you.

Nature magically transforms you into exactly who you need to be at any stage in your life. 'Ageing is a privilege denied to many' so be grateful - give yourself the gift of self-love. Let go of resisting what is, get into the flow, & enjoy wherever the adventure of life wishes to take you next...

Sindy Kaur is the founder of Challenging Perceptions of Beauty. Her flagship programme 'Your Power Behind the Mask' helps women to let go of the stories that are holding them back & helps to remove self imposed 'glass ceilings' in all areas of their life. Her background in marketing within the beauty industry, combined with her subsequent work & a life coach and makeup artist have led to her mission, which is to positively change the relationship between women and the beauty industry & to help create a new generation of role models for women of all ages.

If you would like to know more about her 'Your Power Behind the Mask' programme, please drop an email to hello@challengingbeauty.com with 'Curiosity Chat' in the title and she will be in touch to arrange a call.