

Expand Your Sense of Beauty,
Transform Your Life
Workbook of 100 Essentials
for Creative and Beautiful Living

INTRODUCTION

For all who long to live beautifully.

For all who wish to embrace a more creative life.

For all who still carry the dreams once held in childhood.

For all who desire to live while gently bringing those dreams into reality.

For all who wish to deepen every form of love woven throughout life.

For all who wish to fill both themselves and this world with greater love, and allow that love to resonate outward into the world.

And above all, for all who wish to live as their truest self.

Within every Heart, there has always been something deeply precious.

A pure dream that belongs only to you.

A tender love for yourself.

And beyond that, there is another quiet connection—

the love through which you are consciously and unconsciously connected to others and to this world, within the deepest layers of your Heart.

I offer this essence to all who wish to remember what truly matters amidst the rhythm of busy days, and who long to live with greater beauty, greater creativity, and a deeper Sense of Beauty.

This essence is composed of the many things I have carefully cherished throughout my own Journey—

a Journey where I, too, nearly lost my footing countless times, yet continued forward while listening closely to my Heart.

If you are able to truly love what is precious within your own Heart, even what once appeared to be endless difficulties may begin to reveal themselves as luminous serendipities, quietly leading you toward happiness.

Within these pages, I share the essence of how to consciously embrace and practice this awareness within everyday life—with tenderness, intention, and love.

I offer this essence with the sincere hope that more people throughout this world may come to cherish the irreplaceable dreams and love living within them, and begin to feel that this world is far more beloved, beautiful, and tender than they may have ever imagined.

Life is beautiful.

This world, filled with love for yourself and for others, is beautiful.

Life itself is art.

Life itself is beauty.

And everything begins with becoming conscious of that truth.

When you nurture the power within you that recognizes beauty—your Sense of Beauty—and allow it to resonate throughout your daily life, you may find yourself gently guided toward a world more beautiful than you ever imagined.

I will always, from the depths of my Heart, be cheering for the luminous light of your irreplaceable Sense of Beauty to radiate beautifully into the world.

HOW TO JOURNEY THROUGH THIS WORKBOOK

Keep your favorite drink beside you, along with a notebook you truly love.

Wrap yourself in beloved fragrances and comforting textures.

Then, within moments where your Heart can softly unravel, allow yourself to encounter these pages.

If there are reflections that feel difficult, give yourself abundant time.

Sit quietly with your irreplaceable Heart, and listen deeply.

Every word you write within your notebook—

and the luminous Sense of Beauty shimmering beneath those words—

will begin to transform your world with serene beauty.

Words possess far more power than we often realize.

And to write words down is also to create what already lives within your Heart into the present moment, here and now.

That is why I invite you to carefully and sincerely write your reflections within your notebook.

Please allow what is precious within your Heart to first be created within a peaceful and loving space—your own notebook—before offering it to the world beyond you.

If you encounter words that feel especially important to the person you are today, treasure them gently.

Perhaps you may wish to write them onto delicate cards or small notes, and place them somewhere visible to your eyes and Heart.

You may even wish to keep a small talisman nearby—something that quietly reminds you of those words and the Sense of Beauty they carry.

Your words, woven from your own Sense of Beauty, possess that much light.

In moments of happiness.

In moments of sorrow.

In moments of pain.

Always, keep your Sense of Beauty close to your Heart.

May you encounter Diverse senses of beauty, each illuminating your life with luminous grace.

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Discover the complete text in the Full Course.