



# THE RADIANT WOMAN

"Beauty is a radiance of soul that  
shines through the physical  
appearance and beyond"

class r/k ritual 2023

**Every woman wants to feel beautiful.**

**One of the most remarkable effects of our Kundalini Yoga practice has been a sense of comfort living in our own skin.**

**As yogis, we have experienced the sense of Divine Beauty inside our own self many a time in meditation, and yet we still live in a world that has very different (and often conflicting) ideas of "beauty." These ideas seep into our subconscious and cause women to feel flawed.**

**We feel beautiful when we allow our physical body to be the steady reflection of our perfect Soul**

- rvk ritual





# Radiance 101

## **A well rested woman is a beautiful woman - Welcome to the rested WITCH era**

Relaxation is the highest form of wisdom. To relax is to release unnecessary tension so you can feel the hand of god/intuition guiding you. This wisdom is the recognition of what you do not need and letting it go, so you can listen deeply and act courageously. Living courageously helps us move from a life of fear to a life of RADIANCE.

To allow our radiance to shine and grow, we must recognize that innocence is our greatest treasure. We can reclaim our innocence when we value the virtues and the character that comes with it. Humans tend to bow to what they value. If you bow to the temporary, i.e. material possessions, then your hearts will darken along with your radiant light. If, on the other hand, you bow to the source of your character values, your true hearts will shine in radiant glory. This is because innocence is part of the purity of the soul, and therefore we must start to re-connect and relate to our soul. The more we live by the call of the soul, the thinner our ego covering becomes and the brighter our soul light shines!

The first time me and Dagny practiced Kundalini yoga it changed our lives. Walking into a class with our teacher Guru Jagat is an experience we hold deeply in our hearts. Seeing these Kundalini women, these are the strongest, most beautiful women, and the common factor is that they all have a Kundalini practice. Something these women are doing is obviously working! With their clear skin and shiny hair, they all project vibrancy and health, not to mention serenity. You often can't tell how old they are. It really de-ages you because it takes the stress out of your body. Why not try it? So that was one of our big "why's" in the start. We will do it because they were beautiful. And oh the many extra benefits. They are countless.

Kundalini is science of the body (10 bodies), mind and total life experience. It's like an owner's manual for human living, something many of us never received before now. Kundalini Yoga is also in our opinion, the TOP health and beauty technology— beauty from the INSIDE out— available today and likely for the next 5,000 years.



# Radiance 101

Radiance at first can sound like a shallow concept but it is not!

It is a spiritual concept that we are constantly working on increasing. **Radiance is best described as a human filled with the divine light, glowing, beaming and bright.** Real and lasting radiance comes from deep within and mostly shines out to the world through the eyes, the skin and the smile. This becomes the 10th body according to yoga—the Radiant body, the carrier of the aura, arc-line and electromagnetic field. You can see radiance in the old, young, in those near death, in the deformed and disfigured. Also we have seen the opposite, physically very beautiful people with little true radiance!

We are all born with an aura of radiant light defining our innocence. Babies are innocent—they radiate and shine so completely that we are compelled to pick them up and hold them, basking in their radiance. It feels as if, when we bring that light close, it will radiate and transfer into and through us! As an infant grows she begins to develop an identity, an ego, a unique personality. This carries with it traits developed and inherited. As we grow, we gain knowledge, intelligence and experience, and unless we are walking towards our true self, our Sat Nam, we start identifying with our body and our mind as the source of truth. The more we mistake this physical and mental form as true, the denser it becomes and the less our inner light can shine. So often as we learn to take what we need and want, we do so at the expense of our character values and virtues. This innocence lost, dims the light of the soul and our psyche reflects the darkened relationship to the world within and without. Feelings of fear, anger, greed, attachment and the pursuits of short term gratifications dull our radiance.



# PROJECTING BEAUTY

**"You do not understand your features. Your features are not your beautiful nose, your beautiful cheeks, beautiful lips, and so on. These are not your features. Your features are your beautiful behavior, your beautiful character, your beautiful health, your beautiful spirit, your beautiful advice, your beautiful wisdom, your beautiful inspiration."**

**-Yogi Bhajan**

**Beauty, vitality and anti-aging are not external processes. True beauty and anti-aging is rooted in knowing how to access and activate your own human system to work efficiently, without stress and strain, and with intelligence. The point that I want to make by this is that it is not so much about make up and skin-care products per se, but confronting your demons and habits and building your own radiance, or beauty, from the inside out.**



# Beauty & Skincare

*....in my opinion*



Since I was a little girl, I've been not only a seeker of beauty in all it's forms but also the healing power of beauty, inviting my friends over for spa sleepovers and doing facials on my parents and friends.

Skincare can both be complicated or simple! Simple is always what I prefer, at least when it comes to Ingredients. But you go deep with skincare and that is where my passion lies. The face is a keeper of all, it keeps so many memories, experiences and emotions.. It is also connected to the rest of our body and intestines. so it can truly tell you about the health of a person and so much more.

Beautiful skin to me is not perfect! It is not wrinkle free. It is well nourished and taken care of with grace. My own skincare is like myself and life, sometimes close to perfection but most of the times very far from it. That is why I am so into the spiritual concept; Mind over Matter! I apply that to every practice I do, be it spiritual or not.

My biggest focus these days is ofcourse how can I cheat on time like a true yogi with and I am also very focused on my own natural collagen production

I hope you love this class  
all my love  
Eva

**RVK RITUAL**

# wellness spiral

5 pillars

PILLAR ONE

SELF STUDY

PILLAR TWO

VISION

PILLAR THREE

PURIFY

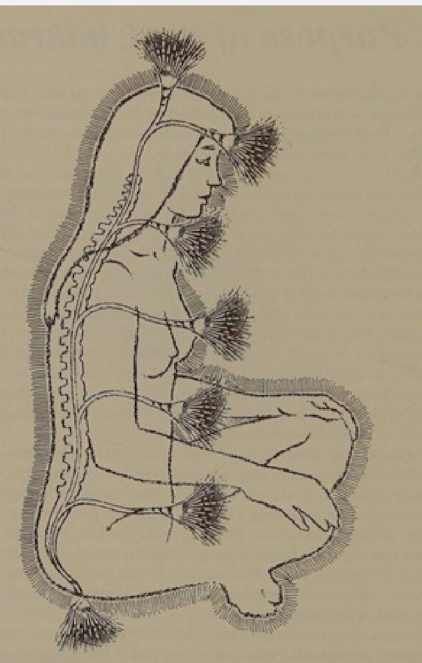
PILLAR FOUR

RITUALS

PILLAR FIVE

CONSISTENSY

# SELFSTUDY



vata  
pitta  
kapha

The best start is to figure out your dosha.

According to Ayurveda, doshas are the energy patterns that flow around our bodies, governing our thinking and behaviour. There are three primary doshas

- vata, pitta and kapha -

and we're all born with all three of them. But it's the dominance of one or two of these doshas that defines who we are. each person has a unique combination of these doshas that determines their individual constitution or Prakriti.

**To enjoy a balanced mind, body and spirit, our unique prakriti needs to be in a state of equilibrium, when it isn't, we fall ill.**

The Vata-Pitta-Kapha, equal type or Tridosha type is considered to be rare. This prakriti is the least common, representing less than five percent of the population. Many think that they are tridoshic, but it is often a sign of not knowing your body well enough.

so let's take an ayurvedic dosha test!

You should at least take two in a row and then preferably discuss with a friend or take the third one with someone else.

Here are a few tests that we recommend;

<https://chopra.com/dosha-quiz#quiz>

<https://www.banyanbotanicals.com/info/dosha-quiz/>

<https://kripalu.org/content/whats-your-dosha>



# SELF STUDY

Ayurveda cares for the skin according to dosha. Knowing your dosha will help you discover your unique Ayurvedic prescription for radiant skin, as well as self care rituals, lifestyle choices & nutrition to cultivate wellness within.

The following characteristics for each of the individual doshas' skin will help you to create a picture of each doshic skin type.

## **Vata**

Cold / dry to touch  
Fine, delicate skin  
Tiny pores  
Tans easily  
Dry, flaky, rough  
Prone to fine lines  
Very few breakouts  
Mottled / patchy colouring  
Dry eczema  
Psoriasis  
Angular face  
Age spots  
Dry, lined or cracked lips  
Dark circles under eyes (brown)  
Premature wrinkles

## **Pitta**

Warm to hot to touch  
Fair / pink / red skin tone  
Medium skin / dermis  
Burns easily  
Breakouts  
Freckles  
Few lines  
Inflammation & breakouts  
Psoriasis & rosacea  
Rashes / hives  
Sharp features  
Age spots  
Dark circles under eyes (green / grey)  
Premature wrinkles

## **Kapha**

Cool / damp to touch  
Pale to white, olive or dark complexion  
Thick skin / dermis  
Smooth, soft & lustrous skin  
Large pores  
Even coloured  
Can burn but tans evenly  
Blackheads & congestion  
Deep lines but few  
Cystic acne  
Puffy eyes

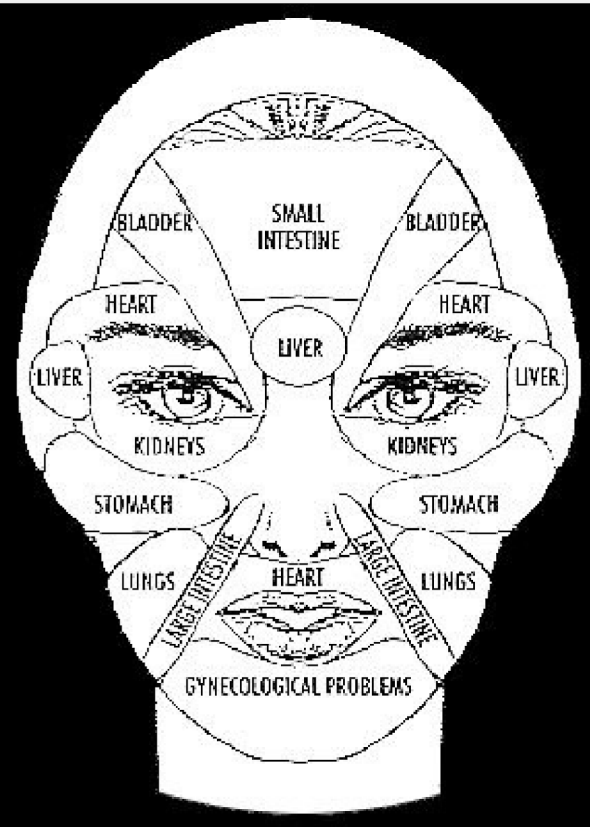
Over time, our skin type may change due to age, season, climate, diet & other lifestyle factors. In Winter for example, most people experience some degree of Vata imbalance due to a cold, wet & windy climate.

Some people can also experience a dual dosha skin type, the qualities of two doshas showing up clearly in the skin. For example, someone with extremely thick, smooth & lustrous, alabaster skin, with a radiant, rosy cheek could be considered a Pitta/Kapha skin type.

Once aware of our dosha, caring for the skin becomes intuitive, empowering us to select products & ingredients to maintain, balance & support our individual skin type.

*\* note that your body type or leading dosha/s may not reflect your skin's present condition or current concern.*

# FACE MAPPING & FACE READING



***Your skin has so much to share; you just need to listen.***

***By using some of these Chinese face mapping tips to understand what's happening below the surface of your skin, you can learn to be your own health detective:***



Chinese face mapping, or mien shiang, is just what it sounds like! It is a practice that views the face as a "map," with different areas corresponding to different organ systems in Chinese medicine. The face is divided into zones, and each zone corresponds to a particular organ or system

Chinese medicine views the body as one energetic web where qi, blood, fluids, tissues, and organs are all interlinked. For this reason, we can understand what is happening below our skin simply by observing and diagnosing certain patterns of imbalance on the surface. When an organ system is out of balance, we can see signs on that corresponding region of the face. Face mapping also gives us a window into your emotional and mental health, as well as physical health.

From a Traditional Chinese Medicine perspective, simplistically we consider our nervous system as your Qi. It's essentially the energy and communication system of our bodies. It's the Yang aspect of that Yin/Yang image we're all so strangely familiar with. In contrast, blood is considered our "Yin." Blood is a more literal translation - it's our circulatory system.

In ancient Chinese Medicine theory, Qi carries our blood throughout the body. It brings blood and therefore nutrients to the organs, the muscles, and the skin. So if we translate that theory to the physiological functions of the body, our nervous system helps nourish our body by controlling the circulatory system, or the flow of blood throughout the body.

# SELF STUDY

# FACE MAPPING & FACE READING

## **Forehead and Hairline: Small Intestine and Urinary Bladder**

The upper forehead region corresponds to the small intestine and bladder. If you notice redness, breakouts, or oiliness in this area, it likely means you are struggling to eliminate waste properly. Toxins are building up in your system, and your digestive tract needs a “clean sweep.”

If you notice deep lines in the forehead, this can signify too much worry, chronic stress, and anxiety.

## **Between the Eyebrows and the Temples: Liver and Gallbladder**

The small patch of skin between the eyebrows and the temple area corresponds to the Liver and Gallbladder system. In Chinese medicine, the Liver is highly susceptible to stress, dietary inflammation, and emotional upset. When you see redness or breakouts here, it's a good sign that stress or poor diet is overwhelming your Liver system.

This region is also a common area for people to develop those pesky “number 11” lines. These can symbolize high stress, irritation, or chronic squinting.

## **Top/Corners of the Forehead: Kidney and Urinary Bladder**

Consistent breakouts or dryness in the upper forehead corners correspond to the Kidney and Urinary Bladder systems. This typically means your body is dehydrated or you are eating too many salty foods.

## **Nose: Heart and Digestive Organs**

The area below the nose corresponds to the Heart system, and imbalances here can indicate stress, high blood pressure, and other cardiovascular issues. Visible blood vessels tend to signal poor circulation and stress, while blackheads indicate congestion in the chest region.

Breakouts on the nose or sides of the nose can be a sign of build-up in the digestive tract, usually due to a diet high in processed foods or dairy.

## **Cheeks: Lungs and Stomach**

Respiratory issues show up most commonly on the cheeks. If you smoke or struggle with allergies, this area can become red, bumpy, dry, or acne-prone. Whiteheads on the cheeks can be a sign of mucus trapped in the lungs. Long-stranding grief, sadness, or resentment can also impact the Lung system and show up as congestion on the face.

Redness high on the cheeks can be related to heat in the Stomach, which is often caused by smoking or an inflammatory diet.

## **Eyes: Kidneys**

The eye area (eyelids and under eyes) is related to the Kidney system in Chinese medicine. This system manages fluids, metabolism, and the stress response. When the Kidney system is worn down or lacking support, the eye area becomes dark, droopy, or puffy.

## **Mouth: Stomach and Small Intestine**

The mouth area is related to the Stomach and Small Intestine organs - two key players in the digestive system. If you notice breakouts around the mouth, this signifies that you are eating too much sugar, junk food, or greasy meals.

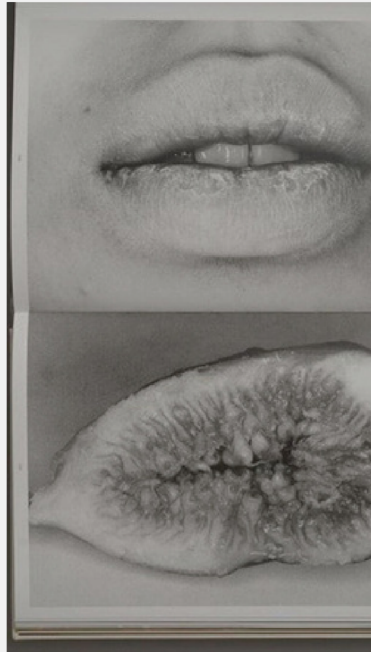
Redness or ulcers around the mouth can indicate dryness in the Stomach due to smoking, a diet high in dry or spicy foods, or stress. Dry lips are an overall sign of dryness and dehydration in the body.

Marionette lines (the long lines that extend from the bottom of the nose to the sides of the mouth) are called “purpose” lines in Chinese face mapping. Faint lines here show that you have a purpose but have not committed to it, while prominent lines mean you are fully living your purpose (flaunt it!).

## **Chin and Jaw: Reproductive Organs, Hormones**

The chin and jawline are common areas for women to develop adult acne due to hormone imbalances. This is especially true if you notice that your breakouts come and go or fluctuate with your menstrual cycles.

# SELF STUDY



## my relationship to Botox & fillers

**Why I choose not to use any botox or fillers and will never do.**

Did you know that when you see someone you match their expression for a microsecond and a signal is sent to the brain to understand what the person is feeling? This is one reason why Botox is something to really consider before just jumping into it. No expression, no signal, muted emotion and less connection. I hope we as a society change our view on aging and wrinkles. I have a very expressive face, no one is ever guessing how I'm feeling. When I'm deep in concentration or focused it definitely shows and the same goes for when I'm happy. This year has been incredible and I've had so much to be happy about. These days I'm often walking around with a slight smile and notice how many people smile back at me. I personally love when people's eyes crinkle a bit at the sides, we can keep the area hydrated so it bounces back but please don't ever Botox it, we want to see your smile! The saying is true that when you smile the world smiles back at you.

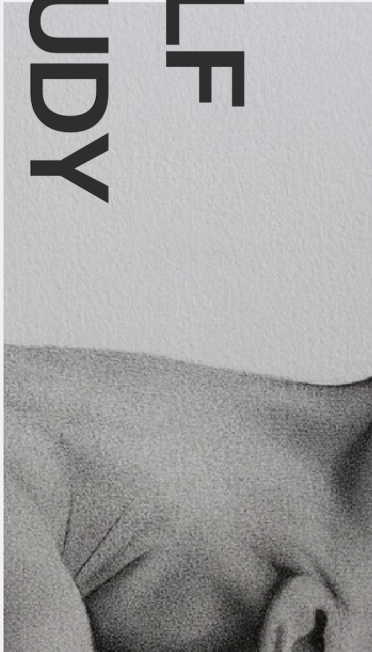
I sincerely hope that collectively we start to change our views on aging. I think because botox is so prevalent these days, we just aren't seeing enough examples of beautiful women with wrinkles, especially on screen. Yes, it is possible to be absolute stunning and have wrinkles. We are robbing ourselves of so much by trying to literally freeze time. I completely understand wanting to look and feel good, but imagine you could feel beautiful and radiant just as you are! Your face tells a story, the world deserves to see it and love you even more for it.

If there's anything I can do to support you please reach out! I do offer consultations where we can start to sort of decode what particular lines mean on your face. There are some lines that, in my opinion, are very good and healthy to have. There are others that may show a slight internal imbalance or area you could use some support. I have witnessed many faces change in my life, not only from lovely skin care, but primarily from the internal release that happens when we let go of something that has been weighing us down or provide the body with the particular nourishment it craves.

**Botox demeneshes empathy & youth.**



# SELF STUDY



## your relationship to Botox & fillers

**Botox**, or Botulinum toxin Type A, or *Clostridium botulinum* if you want to get fancy and scientific, is a neurotoxin that has been used in humans for a wide array of concerns from migraines and sweating, to the reduction of lines and wrinkles.

Botox is injected into facial muscles in order to paralyze nerve conduction. As a result, the muscle relaxes and smooths, and therefore we see that ever so elusive and desirable reduction in the signs of aging. Sounds a-okay, right? So long as you're okay with not being able to use full facial expression, what's not to love?

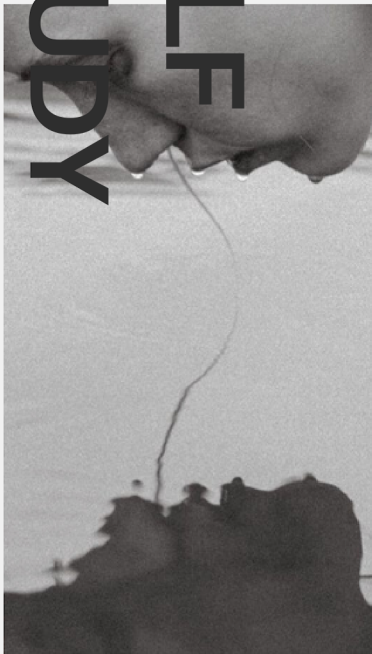
Let's start with the muscle itself, which is where the injection goes. What happens after repeated use of Botox? Turns out, the muscle will start to atrophy. If the nerves of the muscle never fire, it never contracts. Just as with growing strong in the gym, this is important for the muscle health in terms of actual muscle mass.

If the muscle itself starts to shrink and wither away, the beautiful plumpness of your face will actually start to decrease. That firmness we seek in the world of beauty will grow soft and thin. Over time, Botox can become less effective, which is why we're told to start young and prevent wrinkles instead of eliminate them.

But what's really happening is the significant reduction in contractile muscle tissue and as a result a reduction in the strength and structure of the muscle. If you've ever known someone with a spinal injury, one where nerve conduction to the legs is cut off, you might be familiar with the fact that the muscle mass in their legs continuously decreases without use. This is what happens with Botox injections in facial muscle.

The science and beauty worlds are still waiting for research to answer whether or not the facial muscles can recover from this atrophy caused by Botox injections, but my question to you is this -what if it can't? Combine that with decreased efficacy with repeat injections, and what will the end result be?

# SELF STUDY



## your relationship to Botox & fillers

So what about the skin itself? Since I always like to bounce back and forth between Chinese medicine and modern western medicine, I'm going to revisit this Qi/Yang and Blood/Yin perspective. If we paralyze the Qi (aka the nerve conduction), and the Qi carries the blood, then is our skin still being properly nourished? From a Chinese Medicine perspective the answer to that is a simple "no." Over time, many women experience increased bruising with Botox injections. Simply put, if the blood isn't optimally reaching the skin, not only will it dry and therefore lose elasticity and structure, but the replenishment of collagen and elastin will be stunted. Essentially we can address the folds and fatigue of the muscle with Botox, but the skin itself will continue to age, dry, and dismantle. So what we're looking at now is a combination of atrophied muscle and thinned, broken down skin.

### **WHEN WE INJECT SOMETHING INTO OUR BODIES, OUR IMMUNE SYSTEMS REACT**

Did you know that if you have an autoimmune disease you're supposed to check in with your rheumatologist, immunologist, or endocrinologist before you get a Botox injection? In fact, the Botox insert itself recommends caution to individuals with neuromuscular disorders such as ALS and Myasthenia Gravis.

Botox injection activates the immune system. In autoimmune disease, we're already over producing immune cells (autoantibodies) and now we're making more cells to fight the invader. The stages where self-care is most important in order to prevent full-fledged disease. The stages that if presented with a trigger, such as exposure to a new foreign substance, might tip you from stage two to stage three.

If you've ever had digestive issues, stress, unexplained infertility, reactive skin, joint pain, fatigue, temperature regulation issues, or if anyone in your family has been diagnosed with an autoimmune disease, you might want to consider a clean beauty regime. A really clean one. Combine an injection of a known toxin with stress, gut issues, aging, and two X chromosomes (aka you're female), and you might stumble unknowingly and unwillingly into an issue much bigger than wrinkles.

*As with smoking, it was avidly popular, everyone was doing it, and over time we started to observe that maybe it wasn't such a fantastic idea to put a foreign, unnecessary substance into our bodies. Toxic things like tobacco and nicotine can be dangerous.*



# VISION



## Natural beauty is ageless

why are we all trying to look the same?

It's sad when everyone's buying the same look. There's no uniqueness.

We all have a choice and shouldn't feel any pressure or need to change in order to become more attractive to the rest of the world. Most of the images shoved in our faces in the media on a daily basis are NOT REALITY. They are edits, carefully refined and sometimes even AI. We need to all stop aspiring to look the same, and accept our differences.

The thing that I find so upsetting is when I see old posts on throwback pop culture instagrams and the female celebs of the 2000s look so.. normal and somewhat attainable and the current crop look like hyper smooth mannequins. It was hard enough growing up back then but now I don't know how little girls do it...

A common saying is "**Beauty is in the eye of the beholder,**" which simply means beauty doesn't exist on its own but is created by the observer. In other words, there is beauty in different forms and every person experiences beauty in a different way. What might be beautiful, tasteful or joyful to me, might be not of your liking. And that's ok.

As Yogis we know, that we all create our world from within and there is no „real“, unchanging reality or life as it is. It actually is all about change and how we adjust or handle it. Do we go with the flow as Yogi Bhanjan suggested "Life is a gift. Let it flow" or do we resist it?

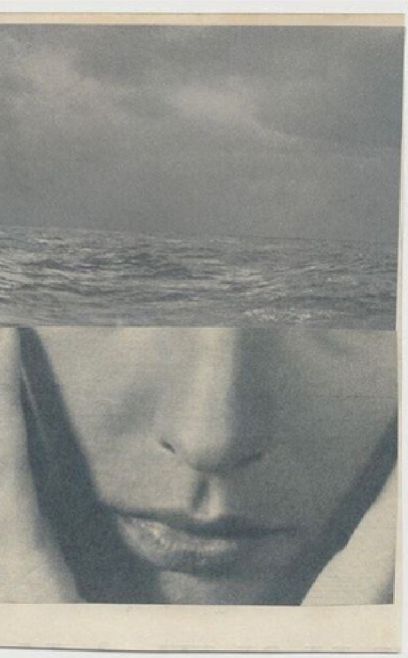
Maybe take a moment and contemplate about how you perceive and live your life.

Think about the beginners mind. We want to be like children who innocently discover the world with eyes, ears and heart wide open. They actually see beauty in everything and everyone. They are truly present, curious, open-minded and non-judgemental.

Where did we loose this ability along the way?

And is it really making us happy to judge everything and everyone in good/ bad, beautiful/ ugly, useful/ useless, etc. and putting it all in our mental boxes?

# VISION



## Yogic beauty

In the Yoga Sutras by Patanjali you can find a sutra which says:

**YS IV. 15**

***"vastu-sāmye citta-bhedāt tayor vibhaktah panthāh"***

"Each individual person perceives the same object in a different way, according to their own state of mind and projections. Everything is empty from its own side and appears according to how you see it."

Meaning, even the same person or object who/ which hasn't changed and we fell in love with a while ago, might cause us at some point mental or emotional pain as we have changed our opinion or thoughts about that same person or object. Have we not all experienced that? The pair of jeans we loved a few years ago, but the cut doesn't look quite good anymore. The boyfriend we were dating in high school who cheated on us and we started hating him? And so on....

So it really is in the eyes of the beholder how you perceive a person or object. It's actually a conscious choice we can make if we choose to do so.

When you are more present and receptive to the beauty in even "small things". You can decide to open up to the beauty around you. Be aware that it's your own choice and responsibility on how you perceive the world and people around you as you create „your world" from within.

Therefore,

***Choose to be present***

***Choose to act from a place of love and kindness***

***Choose to see beauty in everyone and everything***



# Seasons in life & on the planet.

**FALL & WINTER**

Be gentle  
Repair  
Hydrate  
Sun safe (especially with actives)  
Use an indoor humidifier  
Cover your face with a scarf/baclava

As each new season emerges, you may notice that your skin can look and feel a little different, too. Cold winter dry air can make skin feel and look dull. The humidity that usually accompanies spring and summer can cause skin to look clammy. Since each season brings new temperatures and changes in moisture in the air, it may be beneficial for you to adapt your products to the seasons. Everyone's skin is different, depending on their skin type and where they live. Here are some tips to get your skin glowing all year long.

**SPRING & SUMMER**

Warm to hot to touch  
Cleanse well  
Protect  
Brighten  
Sun safe (especially with actives)

The air becomes drier in many parts of the country in fall and winter. Indoor heat can also suck the moisture out of the air and your skin.

The good news about the warmer months is that there tends to be more moisture in the air, which can benefit skin. Warming temperatures can also worsen some skin concerns, such as hyperpigmentation, sun sensitivity and oiliness.

Longer days also means more sun exposure. An increase in UV radiation can affect skin pigmentation.

Pre and Post natal the skin is very sensitive and you need to lower the active stuff and complicated routines. Simple & Nourish is the theme here!

Post menopause the skin is unable to produce lipids like before, leading to increased dryness and more wrinkles. This is also attributed to a decline in collagen production and Hyaluronic acid. The skin becomes thinner due to slow regeneration and impaired wound healing. Age spots increase along with UV sensitivity.

The skin becomes more susceptible to infection due to reduced immune function. As the skin becomes more sensitive, gentle skincare routines and products are required. Moisturizer is essential to combat skin dryness and sunscreen to protect against UV rays. Hyaluronic acid and retinoid are used to deal with skin dryness and wrinkles.





# Sustainability

**Skin-Loving Clean Ingredients**  
**Quality & Transparency**  
**A Health-First Mindset**  
**A Sustainable Future**

Skincare has long been a staple in our daily routines. However, the beauty industry has a dirty little secret: it is one of the largest contributors to waste worldwide. In fact, there are over 120 billion items of skincare waste across the globe, with most of it being plastic.

And what does all that mean?  
WE DEMAND:

Formulas using raw, food grade, certified organic, wildcrafted and naturally derived ingredients. Being open to new technologies to up the clean beauty ante and provide even greater efficacy and innovation. Last but not least; Rigorous safety standards and testing. Brands that have nothing to hide, that proudly disclose every hand-selected ingredient used in products, including fragrances (which are never synthetic).


Not all synthetics are bad, and not all natural products are good—it all depends on the level of safety for human health and the health of our planet.

You should trust your beauty products, so they should be free of: parabens, gluten, synthetic fragrances, GMOs, sulfate, phthalates, talc. Sustainability also means that we as humans should focus on a balanced, healthy lifestyle full of restful sleep, exercise, good nutrition, hydration to create radiance from within that then products can enhance.

Brands have to be environmentally minded and responsible in ingredient selection and manufacturing, paving the way for a more sustainable future.

This is all possible!

Remember what you do most of the time counts and what you use most of  
AND we vote with our wallets.



# VISION

JOURNAL

WHAT IS  
GOOD  
SKINCARE TO  
YOU?

WHAT IS YOUR  
VISION FOR  
BEAUTY IN  
10 YEARS,  
20 YEARS,  
30 YEARS & SO  
ON?

WHAT IS YOUR  
VISION FOR  
RADIANCE?





RADIANCE  
AND TRUE  
INNER  
BEAUTY IS  
SUSTAINABLE

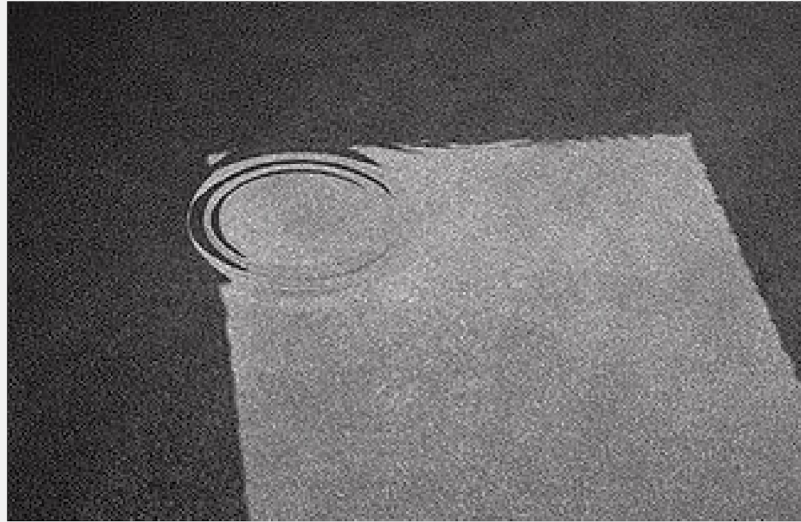


# godliness is cleanliness



***What do you need to purify  
from your life to see clearer,  
feel clearer & look clearer?***

## PURIFY



Saucha is the personal practice of cleanliness - of body, mind and spirit. Keeping our space and our body pure, we are able to move closer to pure consciousness. The practice of Saucha is about removing that which gets in the way of you getting the abundance that is already yours.

Like the rest of the limbs of yoga, and the reason why Yoga is a way of life, it is always a practice - not a "perfect". Saucha is a never- ending quest, a constant practice. Cleanliness and purity of our environment, our bodies and our minds are impermanent and something we have to do and practice every single day

The most profound ways you can experience saucha (purification) is to meditate every single day for long periods (40 days) ! Meditation cleans your mind and helps balance the 10 bodies!! What better way to declutter the mind than daily meditation. Practicing any form of meditation helps calm and clear the head, and gives us glimpses of pure stillness.

Meditation is also a tool to help with JUDGEMENT

The real benefits of meditation come when you do it regularly, every day. This is what will change your brain to the better, and change your life. Constant, daily practice.

# Authenticly You



***You do not need to find yourself outside of yourself!***

***Go within, it is all already there!***

# PURIFY

For those who need to hear it...It's time to remember. Remember who you were (are) before the world laid it's veils over your lens about right and wrong or good and bad. It's time to let go. To listen inwards and trust. Its time to heal, shed and release what's not working and has likely become painfully obvious especially in this unique time we find ourselves collectively in. **It's time to step up and into yourself...who are YOU. What do YOU like. What do YOU want. Who do you want to be on the other side of this? What do you want to leave behind? Try to ask then really listen and see who's voice you hear.** Is it your parents? Is your elementary school teacher? Is it a reaction from a broken teenage heart? Go deeper. It might just be a feeling and that's enough. We see the world through a stained glass window in a sense. My window will be different than yours based on my past and the information gathered from generations before me. Everything we have experienced from our environment, but most importantly our interpretation of it, will tint the glass so to speak and lives in us running our daily lives. From our biology and our genome structures to our beliefs and our reality. This is why we can be looking at or living the same situation as those around us but see and experience it completely differently. Healing comes from knowing the lens that you see your world through is tinted. The world will reflect to you and draw in experiences that resonate perfectly with these tinted window panes so that we have an opportunity to accept or digest what those before us couldn't. Or to look closer at a belief about ourselves or the world that we've adopted and now runs on loop. Inviting us to question whether or not it is true. When we are aware of this process and start to accept the information we are experiencing by allowing it in, sitting with it, feeling it fully even if it's painful, we can start to see clearly and we release. We remember who we are. Piece by piece.

# Purify via lymph & fascia

What is lymphatic drainage massage? Put shortly, it is a massage technique that instantly de-puffs and simultaneously helps lift the face. It can even help target skin concerns like acne, uneven skin tone, and dark circles.

The lymphatic system plays a huge role in immunity and healing and the benefits of lymphatic massage are endless. For the skin, conditions like puffiness, acne, dryness, dullness, and even skin sensitivity can be improved and even resolved by simple lymphatic stimulation because it helps the body do what it's meant to do: heal. You have the highest concentration of lymph nodes in your face and neck, so this means a lymphatic drainage massage can really produce results.

Lymphatic drainage is a relaxing massage technique that drains lymphatic fluid via your lymph nodes. Lymphatic fluid helps remove waste and toxins from your tissues, however, if the fluid becomes stagnant it can lead to a myriad of skin concerns, including acne, skin dryness or other skin issues. By manually boosting drainage via your lymph nodes, it helps to carry waste products away from your skin and back toward the heart. The technique also helps to smooth out the connective tissue (fascia) that's affected by tension, which creates a beautiful lift in the face.

While removing excess fluid, it'll also enable your lymphatic system to boost the delivery of fresh and vital nutrients to your cells. By simply using continual strokes to massage and stimulate lymphatic fluid, you'll boost circulation, delivering a radiant glow, all the while creating a lifting effect.

What is the Lymphatic system?

The lymphatic system plays a key role in our immune system. It helps the body to get rid of excess fluid in tissues and transports water, proteins, fats, and toxins to the lymph nodes. Once this "waste" has been processed and cleaned, the lymphatic fluid goes back into the venous system.

Facial lymphatic drainage?

What's that?

Facial lymphatic drainage consists of massaging the skin manually to encourage lymphatic circulation and helps remove waste and toxins from the skin. Although it was already developed in the 1930s, it gained popularity in recent years, many have started incorporating facial lymphatic drainage into their beauty regimen as a weapon against puffy, dull complexion and skin irritation.

# Purify via lymph & fascia

## **The golden rule of lymphatic drainage**

If there's one rule you must remember, it's this: always work upward and outward when massaging. Start with the neck and gradually work up by finishing at the forehead. In order to drain lymphatic fluid, always working upward and from the middle of the face toward the lymph nodes around the ears and neck. The key to a good lymphatic drainage massage is to use gentle movements. It's important to apply very light pressure to stimulate tissues, as the lymph vessels are just below the skin.

## **The benefits of lymphatic massage: Reveal skin's radiance**

Lymphatic drainage helps to clear away toxins below the skin surface. When practiced regularly, it promotes blood flow, smoothes the features, and improves your complexion, so it looks more beautiful. Not surprisingly, it's particularly recommended for anyone prone to dull skin! The benefits of lymphatic drainage: Prevent skin aging  
By stimulating little-used, sagging muscles, lymphatic drainage can help to make facial features look fuller. Facial massage also helps to boost the skin's natural collagen production, improving density and elasticity.

## **The benefits of lymphatic drainage: Reduce signs of fatigue**

Lymphatic drainage massage has a soothing and firming effect and helps to restore energy and vitality to your skin. Massaging helps to reduce the appearance of dark circles and puffiness below the eyes, so if your face looks puffy or swollen when you wake up, lymphatic drainage will immediately help by decongesting tissues.

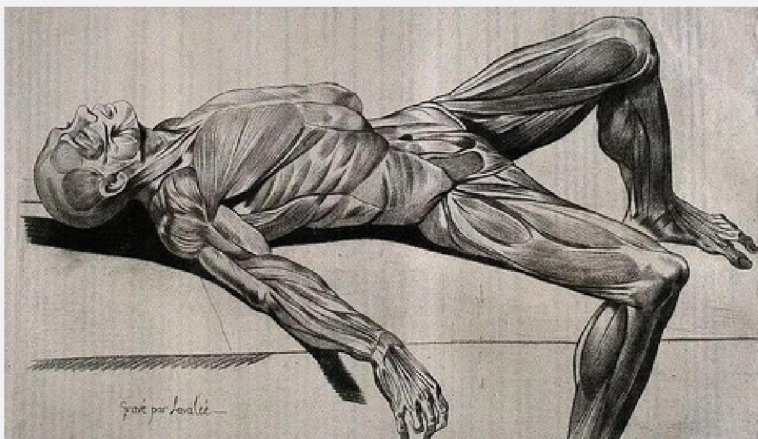
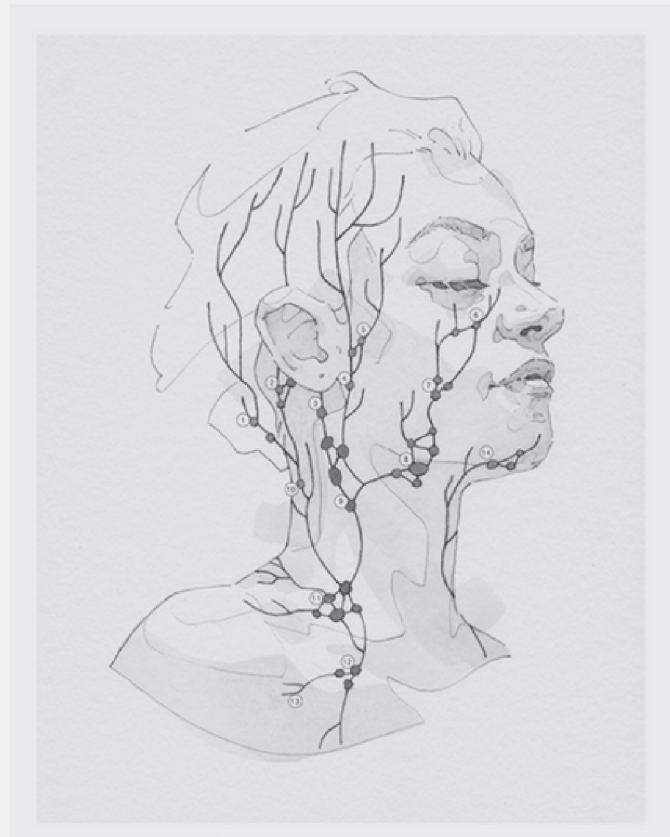
## **The benefits of lymphatic drainage: Purify the skin**

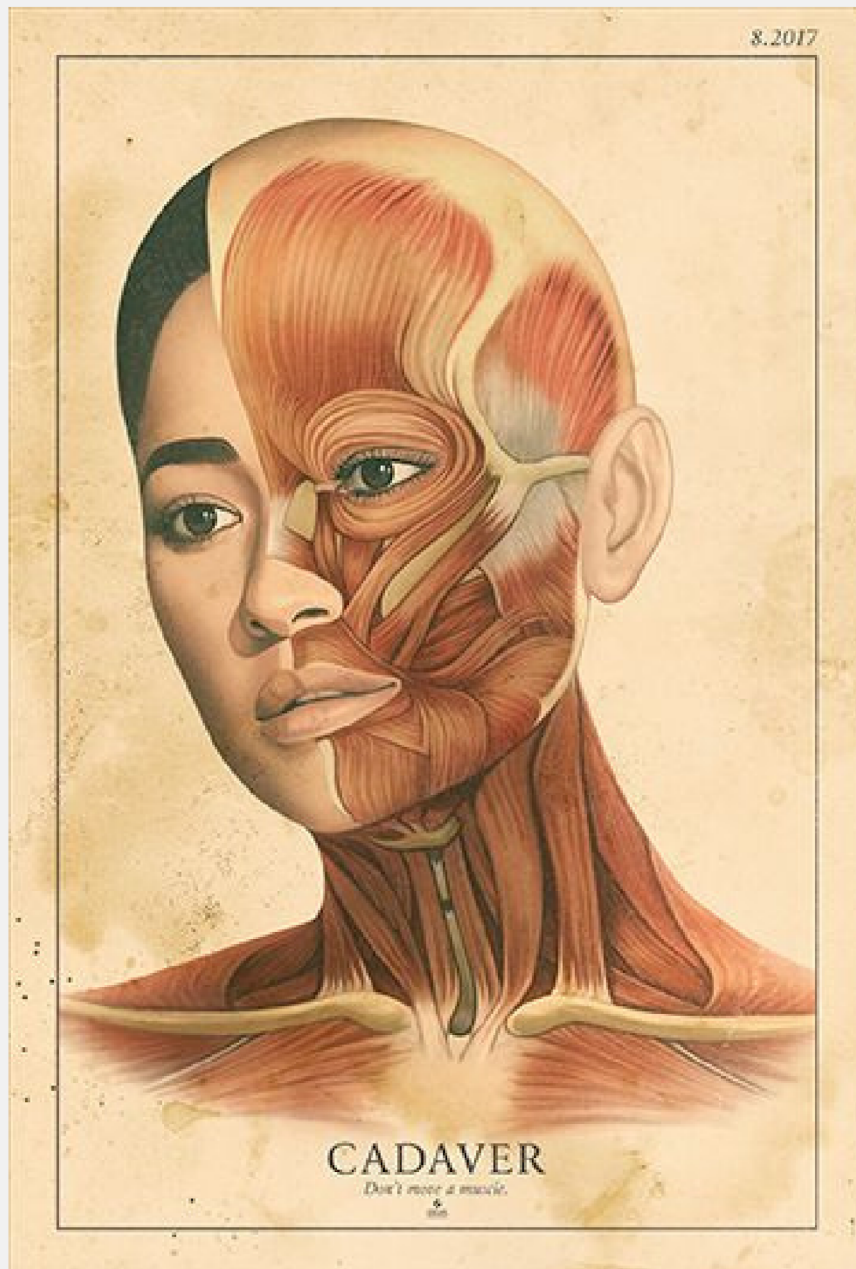
Lymphatic drainage improves the circulation of lymph in the subcutaneous tissue. When waste and toxins beneath the skin are drained regularly, it's easier for the body to eliminate them. This explains why lymphatic drainage massage can help to reduce acne breakouts. If you have blemish-prone skin, massage it for 5 minutes every day before applying your skincare products.

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"FASCIA IS  
THE HEART  
OF THE  
LYMPHATIC  
SYSTEM!  
THE FASCIAL  
UNITY  
INFLUENCES  
NOT ONLY  
MOVEMENT  
BUT ALSO  
EMOTIONS"







# Purify your Beauty

Our bodies are put through A LOT. They're constantly bombarded by toxins from our environment to the foods and drinks we consume.

Unfortunately, personal care and beauty products are not exempt from chemical culprits. There are many harmful effects on our health, skin and the environment from toxic ingredients linked to toxic ingredients in mainstream skin care products.

**Simple, clean beauty relates to skincare and cosmetic products mindfully made that don't contain toxic ingredients linked to harmful health effects.** The popularity of clean beauty is increasingly growing as it's the best way to protect a person's health, skin, and the environment. When a brand claims to be "clean", it incorporates the following terms:

**Organic:** implies that no toxic chemicals have been used in the production of the material. These products have special seals on them, which a consumer should check before purchasing.

**Cruelty-Free:** refers to a final product and its ingredients that have never been tested on animals.

**Green:** refers to the manufacturing of the product from ingredient sourcing to final packaging having no harmful impact on the environment.

**Natural:** relies on natural ingredients. These brands aim to find natural solutions to replace toxic chemicals.

Why is it important to nix the risks of toxic ingredients in products for clean beauty? Unfortunately, since there's no established, industry-wide legal or official definition of clean beauty, brands can define it, however, their heart desires. Since our skin is a living and breathing piece of tissue that absorbs oxygen and water, it's also going to naturally absorb what you put on it. Do you know what that means?

Toxic ingredients in your makeup and skincare can end up infiltrating your skin and into your bloodstream. Whether it's preservatives to increase a product's shelf life to synthetic solvents or binding agents in many cosmetics, many toxic ingredients can pose side effects to our health, wellness, and skin.

# Dirty Dozen in Beauty

avoid these  
ingredients in  
your products

1. BHA and BHT
2. Coal tar dyes: p-phenylenediamine and colours listed as "CI" followed by a five digit number
3. DEA-related ingredients
4. Dibutyl phthalate
5. Formaldehyde-releasing preservatives
6. Parabens
7. Parfum (a.k.a. fragrance)
8. PEG compounds
9. Petrolatum
10. Siloxanes
11. Sodium laureth sulfate
12. Triclosan

Knowledge is power—and you can feel good about taking steps to better understand exactly what you're putting on your body. Think of this list as a jumping-off point for anyone curious about learning more about sketchy ingredients and clean beauty as whole. I recommend doing your own research on all of the ingredients above, then making a decision that feels right for you.

A close-up photograph of a hand holding a small, dark-colored plant with two leaves. The hand is positioned in the lower left, and the plant is held up towards the center. The background is a plain, light-colored surface. The text is overlaid on the right side of the image.

THE BEST  
SKIN CARE  
REGIMEN IS  
ONE THAT  
WORKS  
FROM THE  
INSIDE OUT  
AND  
OUTSIDE IN



# Any ritual is an opportunity for transformation



Create a self-care routine through yoga and beauty rituals to enjoy a glowing, lifted and healthy skin with the power of your hands



*There are many ways to cultivate more radiance and magnetism, intuition and gracefulness are a big part of that. Connecting to your essence, you intuition and owning who you are, your story, your flaws, your fears makes you able to be more authentic in all you do. This makes you more beautiful and radiant*

*In the philosophy of kundalini yoga there are more ways than meditation and breathwork to increase your radiance and beauty, but first we need to change our concept of beauty and reprogram sociallital beliefs that do not serve us.*

# RITUALS

# Beauty rituals

***Makeup is only for your sensory play, when you do not have the common sense to be you, to know that you are you. You have absolutely no strength or character to confront yourself. If you do not know how to confront yourself, you will never know how to elevate yourself—and under this sensory spell you will face disaster.”***  
**-Yogi Bhanjan**

If you're using makeup because you don't like yourself, we don't think that's a great way to wear it. If you wear it to accentuate your beauty, as a ritual, it doesn't even matter what you use you will look beautiful.

It is our responsibility to teach us to accept ourselves just as God made us. Yogi Bhanjan said, "The only difference between me and you is that I accept myself, absolutely, as I am."

This is often the most difficult teaching to embrace.

Society places a high premium on beauty. Many women go to great lengths to meet this standard of 'beauty' manicured, shaved and clipped, much like a well-kept lawn they strive to be considered attractive, perfect, ageless. But the deeper you dive into self-acceptance the deeper you relax into you as you the more you will resonate with the truth of these teachings:

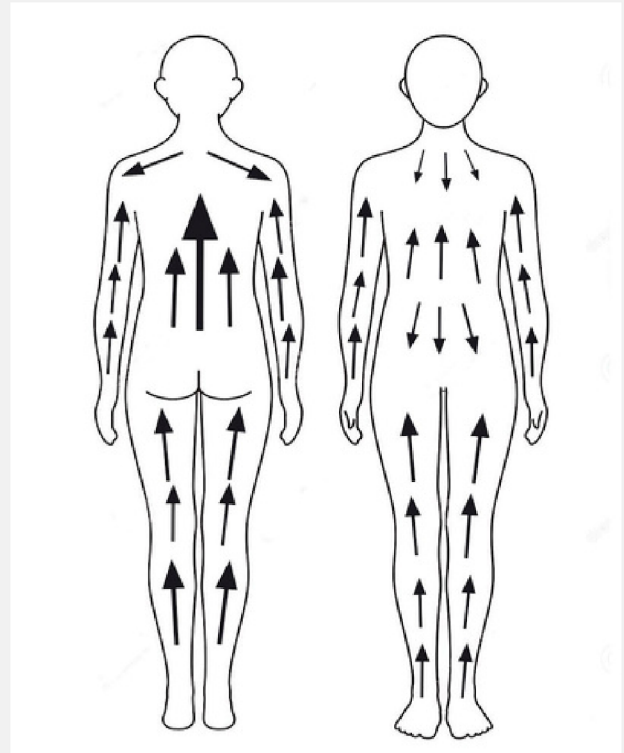
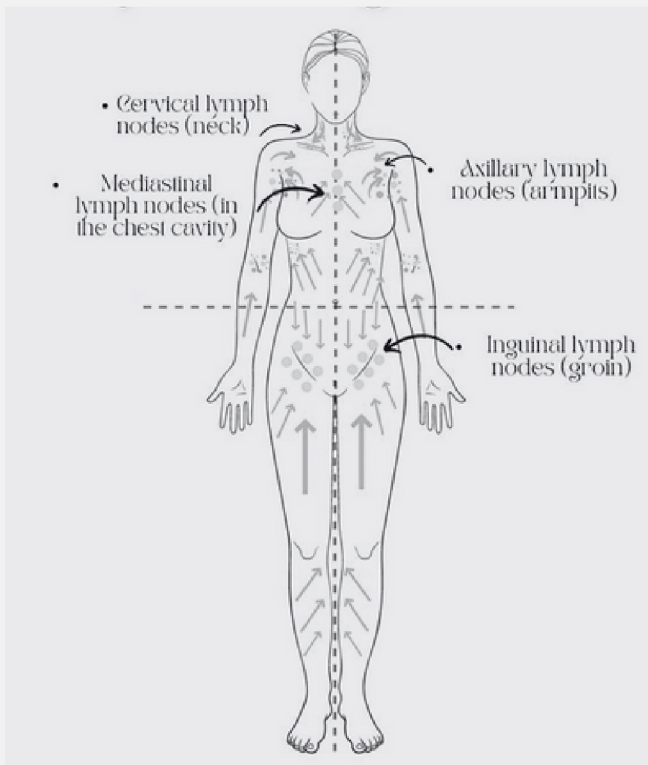
You are made exactly as God made you. If He could have done it better, He would have.

A woman's radiance is the fruit of the seeds of discipline which she plants each day. Her body, when in balance, serves to expand that light to all.

# Beauty rituals

## DRY BRUSHING

This I swear by and do, every, single day. Dry brushing is a manual form of exfoliation that involves brushing dry skin with a soft-bristled brush (or a dry towel). It sits somewhere between a massage and an exfoliating treatment. The bristles slough off dead skin cells and the pressure of the brush combined with the sweeping motions can help to stimulate lymphatic drainage, which helps the body to rid itself of toxins. Lymphatic drainage can improve many ailments, including fatigue, headaches, swelling, and the common cold. Dry brushing is a very potent tool for detoxing! DIRECTIONS: Before a shower or bath drybrush the skin on your whole body. Starting with your feet, brush in circles upward towards your heart. Put medium pressure and light where the skin is very thin.





# Beauty rituals

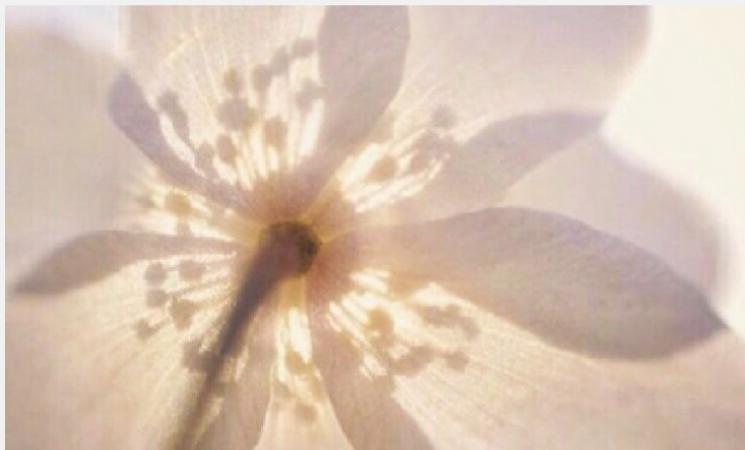
TONGUE  
SCRAPING

OIL  
PULLING

Our mouth is a big part of our face and I believe in taking good care of your overall mouth and teeth health. This actually has a very big impact on how you age and the look of your skin and of course your teeth.

Ayurvedic tongue scraping is the practice of removing toxins and bacteria from the tongue. The tongue scraper is one of the most powerful and simple tools you can add to your daily wellness routine. It is used for oral hygiene and stimulating digestion. Used very first thing in the morning before oil pulling or brushing your teeth, tongue scraping clears ama (toxin) accumulation and bacteria from the surface of the tongue, eliminates undigested food particles, and gently stimulates the internal organs and digestive system. Use a tongue scraper or just start by using a spoon, scraping the tongue.

**DIRECTIONS:** in front of a mirror, open your mouth, and stick out your tongue. Gently set the rounded end of the tongue scraper at the back of your tongue. Gently touch the scraper to your tongue. Slowly pull it forward, toward the tip of your tongue. You should never push the scraper from the tip of your tongue back. Always go from the back of the tongue to the tip. After each scrape, put under water to remove debris from the scraper. Repeat until you've scraped the entire surface of your tongue. One to two scrapes across the same area is usually enough.

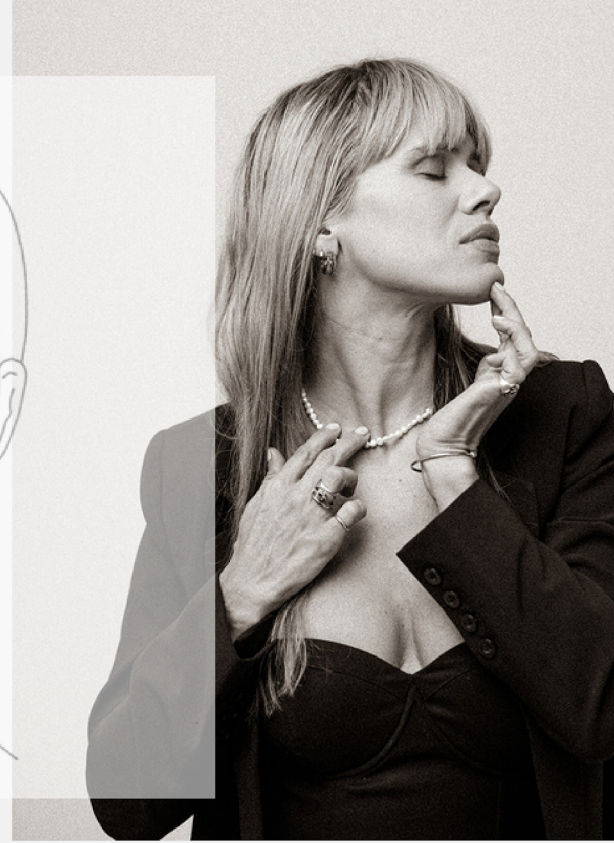
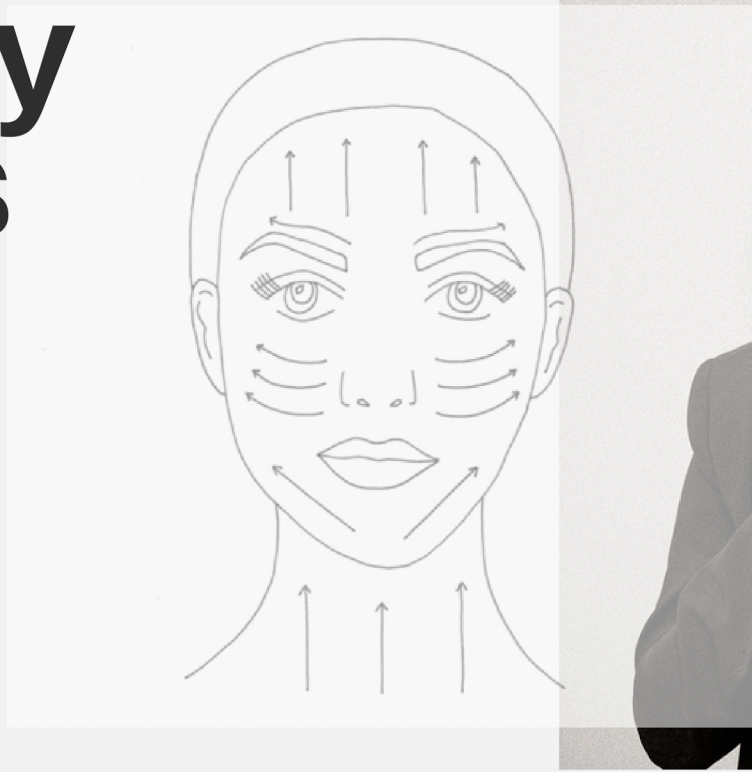


**OIL PULLING** is an ancient practice that involves swishing oil in your mouth to remove bacteria and promote oral hygiene. Studies suggest that oil pulling can kill bacteria in the mouth and improve dental health. I actually think that this is one of the most underestimated beauty practices of them all!

**DIRECTIONS:** On an empty stomach, take about a Tablespoon, of coconut oil into your mouth (its good to have it liquid form so putting the jar under hot water). Push, pull and draw the oil through the teeth, from side to side and front to back, for 5-15 minutes (perfect while showering). If you feel the need to spit during this time, spit a little out and keep "pulling." At the end, the oil will be milky white, thin and frothy. Spit it out in the toilet, not sink, as the coconut oil can clog small pipes.

# Beauty rituals

## GUA SHA



Gua Sha is an ancient, natural Chinese medicine therapy that was used in ancient times to treat diseases. Traditional Gua Sha is often performed in areas of the body such as the back, neck, hands and feet. Horns or bones were commonly used as tools to massage the skin, but nowadays, stones, crystals or spoons are used. The therapy releases congested energy and heat in the body, thereby increasing blood flow and stimulating the lymphatic system. Over time, a softer version of Gua Sha developed which is intended for the face. If you know anything about Rvk Ritual is that we love, love, love this facial ritual and have been testing different methods and tools on ourselves while spreading the Gua Sha message!

In a facial Gua Sha ritual, the crystal JADE is commonly used, as it is a cooling and purifying crystal that has been used in Chinese medicine for centuries. The crystal is available in a variety of shapes and sizes for different techniques. In the Rvk Ritual webshop you can find our favourite Gua Sha tool that we think is the most effective, as it has different corners for different parts of the face, chest and scalp.

Gua Sha has all kinds of benefits, it increases blood flow and with that detoxifies the skin and releases waste. The massage is also muscle relaxant and therefore suitable for those who have difficulty sleeping or suffering from headaches. Along with that, us and most people we know who regularly practice Gua Sha talk about improved skin, both softer and firmer, followed by a healthier and more youthful look.

But how is it done? It is simple, but it's very important that it is done right. The principle behind the Gua Sha technique is a repeated scrape, on a lubricated skin area with a Gua Sha tool. You scrape in a certain direction, from acupuncture points and lymphatic pathways. When an area is treated by repeated rubbing it creates a vacuum which causes toxic fluid to be drawn to the skin from the underlying tissue of the body. The movement with the tool should be gently up and out, starting with the chest, neck, jawline, chin, and around the mouth then draw the stone across cheeks and under the eyes, across your eyebrows and from your forehead up to your hairline. I would recommend doing this every morning or at least 2-3 times a week

# Beauty rituals

BEAUTY SLEEP



BEUTY SLEEP. This is the obvious big key stone habit, but still so many of us ignore it and are not taking the steps we need to have a deep good sleep every night. We are the only animal that doesn't sleep when it needs to and this can really damage our health (and how our skin ages). While we sleep the body cleanses the nervous system, the digestion starts fixing problems in the body. So we believe in helping the body in these matters. There are a few simple ways that you probably know, but maybe we all should sharpen these things in our lives.

- Don't eat 2-3 hours before sleep
- Drink plenty of water (not too much though) and keep water on your nightstand
- Magnesium is the best thing to absorb before sleep, drink it in water or take a magnesium bath
- Going to sleep at the same time every night can do wonders, then your body can go into a rhythm at a certain time every night.
- Digital detox, not watching screens just before sleep can deepen the sleep and make it easier to actually fall asleep
- We sleep 1/3 of our lives, so making the bedroom a non toxic beautiful place is so worth it. Minimize electronics, have organic cotton or linen sheets, a silk pillow case for the skin and hair and having a plant that cleanses the air in the room and/or a humidifier.
- Mouth taping
- Face Taping (never heard of it, it is the new thing!)
- Simple skincare for evening to allow your skin to work on its own, retinol or tretinoid should be the only active, or occasional acids.
- Preferably NO lymphatic face massage
- Sleep in COMPLETE darkness



# Beauty rituals

## OIL MASSAGE THE BODY

Abhyanga means “self-massage with oil,” and according to ancient tradition, it is one of our greatest allies for total health. This really is a rested woman ritual. Doing a daily practice of self-massage nourishes and soothes the nervous system, boosts lymphatic detoxification, improves circulation, nourishes the skin, and promotes overall mind-body balance. The word for oil in Sanskrit is sneha -- which translates to “love” or “affection.” The essence of a plant is its oil, just as the essence of who we are is love. If we keep extracting something down to its purest essence, what remains is love. When you massage your body with oil, you are literally coating it with a layer of affection, as well as a healing touch. Western science supports this fact, showing that when we receive massage, we release a cascade of feel-good hormones into our bloodstream. Research shows that massage can also decrease the stress hormone, cortisol.

### HOW TO

1. Choose an oil. For example sesame oil, almond oil, coconut oil, olive oil. (google for the oil that fits your dosha)
2. Warm your oil. You can simply place the glass bottle of oil directly in your bathroom sink. Close the drain and fill with hot water. Allow it to sit for a while to warm up.
3. Remove all clothing and jewelry. Sit on an old towel so as not to make a mess.
4. Start at the top of the head and pour the oil directly onto the crown. If you are doing this before work and do not want an oily head for the rest of the day, you can skip this part and save it for a day when you do not need to be presentable. That said, Ayurvedic tradition places heavy emphasis on massaging the head and neck. Of the 107 energetic points of the body (called marmas), 37 are located on the head and neck.
5. Continue onto the face and the rest of the body. On the arms and legs, use back-and-forth strokes. On the joints, use circular strokes. On the belly, use circular strokes in a clockwise motion (if you are looking down at your belly), as this is the direction in which our long intestine moves and will stimulate proper digestion.
6. Try to spend 15-20 minutes massaging your body, spending time on the parts of your body you “don’t like.” Then, let the oil soak into your skin for at least 20 minutes.



# Beauty rituals

## COLD SHOWER

Cold showers are an ideal habit to incorporate into your life as the benefits are many for the body and also the mind. I love this ritual now, but I really had to work at it and build up the stamina and feel the amazing results to do this on a regular basis. Cold showers are a form of hydrotherapy and are known as Ishnaan in the East. They are one of the most basic yogic technologies. The cold water stimulates the blood in the internal organs to rush out to the capillaries on the surface of the skin. This cleanses and energizes the glandular system and gives us the grit to meet the challenges we face.

The benefits are endless, but here are a few: 1. Brings blood to the capillaries 2. Cleans the circulatory system 3. Reduces blood pressure on internal organs, flushing internal organs and giving them a new supply of blood 4. Strengthens the parasympathetic and sympathetic nervous systems 5. Contracts the muscles and causes them to eliminate toxins and poisons more quickly 6. Brings the power of resistance and resilience to the body 7. Keeps the skin young and shining 8. Prevents the body from developing an extra layer of fat, which affects the liver 9. Balances all the glands 10. Circulation and nerve problems can be prevented by regular cold showers. Note: When menstruating, women should not take a cold shower. And if breastfeeding, avoid the chest area.

Before cold showers start with a massage of oil. Be sure to massage the breasts, too.

After the oil massage, step into the shower.

Let the cold water strike your body while you briskly massage the water into the skin.

Move! Chant Sat Nam Wahe Guru! You should not stand continuously under a cold shower,

Rub the skin vigorously. Then step out of the water and continue to massage the skin.

Then step back in, and be sure to stand under the spray and allow the breasts to be massaged by the water; continue massaging your entire body, step out again and repeat this process three or four times until you feel warm—even though the water is still cold. The capillaries open up and bring blood to the surface of the skin, making you feel warm.

# Beauty rituals

HERBAL INFUSION



Drinking herbal infusions of all kinds is an ancient way to ingest the power and healing of plants. There are different way to do it and tea is the most accessible one. We at rvk ritual love tea of all kinds and making a mindful ritual of drinking our matcha or herbal tea is a daily occurrence in our lives. Another way to celebrate plants and fill up on minerals and get some herb magic into our systems are HERBAL INFUSIONS. That is using different herbs for whatever problem we are dealing with or just to add in the nutrients we want to fill up on.... psst this is also our biggest beauty secret. Infusion is the process of soaking herbs in water until the water absorbs all the oils and flavours from the plant. They are different from herbal tea in the way that the herbs lie in the water for a longer time, around 4-10 hours, making a very potent herbal water that can be cooled and is a great refresher throughout the day. Herbal infusions can provide a good amount of calcium and other minerals; vitamins, essential fatty acids and proteins in their most natural form. They also contain antioxidants and can calm the nerves, support the immune system, stabilise blood sugar, improve digestion and are generally just filled with amazing health benefitting qualities, all depending on the herbs chosen.

We believe they can be a more effective way to supplement the bodies needs than through typical manmade supplements and this way the digestive system can really absorb the nutrients thoroughly. Scientific studies have shown that it takes at least four hours for a significant amount of minerals to extract into the water, and longer (up to eight hours) for roots, which are tougher and take longer to release their medicinal constituents into the water.

## HERBAL INFUSION FOR BALANCING HORMONES AND BEAUTY

Mix together in a glass container with hot water and let steep for 4-10 hours

2 part Nettle leaf  
2 part Red Raspberry leaf  
1 part goji berries  
a few leaves of mint

When the mixture is ready use a strainer to get the leaves from of the water and keep the herbal infusion in a closed bottle in a cooler -We would recommend drinking it that same day or the next.



# Beauty rituals

HAIR  
RITUALS

Taking good care of your hair is so important in yoga! It would be possible to create a whole new class only focusing on hair health. But skincare is hair health so of course I need to touch on this subject lightly!

You know how you feel when you've had a bad haircut? And notice how a good hair day is, well, a good day?

That's because our hair is linked to our radiant body. Trimming our locks restricts our radiant body, so let it grow! If you need to cut it, then try to do it on the New Moon.

Furthermore, skip chemical serums and heat-damaging stylers, and allow your crowning glory to be as wild and luscious and crazy as it wants to be. Look after it with regular oil treatments, smooth split ends by finger-combing a few drops of oil through the ends. Use pure Sandalwood essential oil on your hair and scalp or the rvk ritual hair oil. Also brush your hair with a wooden comb every morning and evening. The wooden, or at least natural, part is important as it's a much gentler way to 'comb out the knots' in our electromagnetic field - plastic brushes do nothing to help our hair or our radiant body. So in other words, go totally au naturel with your hair styling, and your crowning glory will thank you for it by boosting your radiant body. When, or if, using a turban it's a way of crowning yourself, it feels good. Another good way to wear your hair is in a topknot. It heightens your everyday energy.



# Beauty rituals

ROOT  
LOCK

SOUND  
CURRENT

## **The Vaginal Face Lift**

Practice the Kundalini root lock (mulabhand) (which is kind of like a full pelvic kegel) you'll see powerful results. Try this amazing Kundalini exercise called Stretch Pose. On your back (even in bed before you get up) bring the legs 6 inches off the ground and the fingers reaching towards toes. Arms are up by the sides of the body. Look at the toes. Then begin a heavy breath of fire. Equal inhale and exhale through the nose. Continue for 1-3 minutes. End by inhaling pulling mula bandha and hold, then exhale and pull mule bandha and hold the breath out. Then relax.

Skin benefits:

The tone and vitality of your vaginal wall muscles are directly proportionate to the tone of your facial muscles. You HAVE TO keep these muscles in good shape, just like all of your muscles in order to keep a youthful glow on your visage. Just think of how radiant women look when they are deeply sexually satisfied or having more sexual intimacy than before.

## **Mantric Microcurrent**

You can use any Kundalini mantra to try this beauty science out. One of the easiest mantra for this exact purpose is the English mantra: I am the light of the soul // I am bountiful // I am beautiful // I am Bliss // I am, I am. Repeat for 1-5 minutes.

Skin benefits: In a microcurrent facial, a fine electrical pulse is strategically applied to your skin. That sub-sensory pattern send a subtle shock to your cells, triggering DNA reproduction. This means your cells are recreating themselves at a faster rate, thus anti-aging you. Pretty high tech. Mantras are the exact same science. When your tongue, teeth and upper palette move in the certain way needed to form the mantra, your mouth creates shapes. These shapes create a geometric structure on the air; a kind of sound "sacred geometry," for lack of a better term. That geometric structure organizes free ranging molecules into a particular pattern. And that molecular pattern is what we call a frequency i.e it's electrical! So, mantras, Kundalini mantras, are electric. And after chanting mantra, even just for 5 minutes, you can feel it! The muscles, tissue and skin on your face start buzzing! And the dermal and sub-dermal tissues of your face start to tonify and strengthen. Your skin becomes bright, strong, supple and continues to project that "sacred geometry," creating even more radiance.

# Beauty rituals

## AURA FACIAL

The do the breathwork Sitalee Pranayam builds the radiance of your projection and energy field or aura: This breath may be done anywhere. However, if practicing a formal meditation, sit in a crossed legged position. Rest each hand on the knees with index finger and thumb tip touching. Roll your tongue and stick it out of your mouth, just slightly beyond your lips. Hold it there. Now, inhale through the rolled tongue. Exhale deeply and completely through the nose. Continue. Try it for three minutes, then eleven. The maximum time for this meditation is 23 minutes. To end a session inhale deep and hold the breath for five to ten seconds. Exhale and repeat twice more. Then relax. As with any beauty product or supplement, for best results, practice daily.

### Skin benefits:

It's the art of projecting through your aura or energy field the how you want to show up in the world. We all have moments where we don't feel good about the way we think we look or something specific that is happening like a pimple or the way our clothes are fitting. And on those days, the best cover-up is an aura. That's why, this, above all, is one of our favorite Kundalini beauty science secrets. We can project whatever we want and feel good doing it! It's the most compassionate piece of beauty tech ever. And it's all about fake it until you make it..





# Beauty rituals

EKA MAI

Eka Mai chanting for 11 minutes: This mantra offers the blessing to cut through the scarcity mindset and much of the energies in our modern society that keep us stuck in the outdated conditioning that's been placed on us for years. This mantra is believed to instill the entire knowledge of the Universe without ever reading a book. It is the yogi's humble bowing to the infinite. The thirtieth pauree places you upon the throne of divinity. It makes you into a sage and a saint. This mantra comes from Japji Sahib, the daily morning prayer of the Sikhs. There is a long history of scholars attempting to deny the phrase Aykaa Mae as meaning "One Divine Mother" and instead translating the word Maya, which means illusion. This was believed to be due to the patriarchal bent of scholars over the years. Now, this mantra is recited almost as a celebration of the recognition of the original intention of this mantra as honoring the 'One Divine Mother.

**BENEFITS:** Upgrading your magnetic field and extending the radiance. Feel beautiful and activate your power as a woman to create the reality you want to experience

**HOW TO:** Sit comfortably. Hands in lap in gyan mudra (Thumbs and index finger touching on both hands) Eyes closed 9/10, Chant the mantra out-loud from your navel point, chanting with the song. Start by reading the lyrics while chanting and then slowly close your eyes and do the mantra the best you can. [CLICK HERE FOR MANTRA](#)

aykaa maa-ee jugat vi-aa-ee tin chaylay parvaan.  
ik sansaaree ik bhandaaree ik laa-ay deebaan.  
jiv tis bhaavai tivai chalaavai jiv hovai furmaan.  
oh vaykhai onaa nadar na aavai bahutaa ayhu vidaan.  
aadays tisai aadays.  
aad aneel anaad anaahat jug jug ayko vays.



# Beauty rituals



Qi is the Chinese word for “energy.” or life force. If your goal is good health and success in all areas of your life, it's important to study and understand qi, and how qi flows. This breathing technique developed by us from different lineages of yoga and taoism is the perfect way to fill up your radiance tank.

**DIRECTIONS:** Sit in easy pose on the floor (or on the ground outside). Close your eyes and breathe deeply. As you inhale visualize yourself sipping juicy earth Qi into your tailbone like sipping nectar with a straw. On the inhale, sip the energy up through the tailbone while locking the root lock, into the root chakra, and see it go up through all your chakras (root, sacral, solar plexus, heart, throat, third eye, crown, exploding to the aura.) in one breath. Exhale with a sound, through your mouth visualizing stagnant energy being released like a gray cloud. Now again inhale and drink from the Qi fountain coming from the heavens into the crown chakra and visualize it going down through your chakras (third eye, heart, solar, sacral, root, exploding down to the earth) in one breath, exhale through the mouth and release stagnant energy. Repeat earth & sky 3 times each.

## KIDNEY BREATH / EYE

Try This Taoist Breathing Exercise:

- Simply lie on your back.
- Make loose fists and place them under your back just below the floating ribs.
- Breathe into your lower back (region where the kidneys are located) and feel the muscles in the lower back pushing into your fists.
- Keep your fists there until you feel the muscles in your lower back expanding and contracting comfortably.
- Once you feel you have control of those muscles, you can remove your fists.
- “Breathe into your kidneys” for a few minutes, giving them a nice light massage with each inhale and exhale. This will place more awareness on your kidneys.

Do not overdo this exercise. It does not take much to stimulate the kidneys.

If you feel your kidneys are overstimulated, or even if they feel fatigued, you can stand up, make loose fists, and massage your kidneys with the back of your hands. Massaging the kidneys in this way when you wake up in the morning is a good habit to develop.

Most importantly, show your kidneys some tender loving care. The Body Ecology Diet is conscious eating that will build kidney health and lead you away from the harmful foods that put an undue burden on your system.



# Beauty rituals

## Face Yoga

Face yoga is a description for exercises performed to tone and stretch facial muscles. A more holistic approach to face sculpting than fillers and injectables

### 1. Cheek sculptor

Good for: Lifting and sculpting the cheek area.

How to do it:

1. Put your index fingers and middle fingers near the bottom of the face.
2. Glide your fingers up the face with the index fingers going up the smile lines, then stopping around the nostrils.
3. The middle fingers then slide up the rest of the cheeks.
4. The fingers move into a V position as they slide up the face.
5. Repeat for one minute.

### 2. Neck tension releaser

Good for: Boosting circulation, releasing tension in the back of the neck, opening shoulders, and lifting and firming the front of the neck.

How to do it:

- Gently tilt back the head.
- Then use your fingers to tap across the front of your neck lightly.
- Gradually move up and continue onto the cheek area, around the mouth, gently under the eyes, and onto the temple.
- Do this for about one minute.





# Beauty rituals

## Face Yoga

### 3. Third eye softener

Good for: Reducing stress and headaches, relaxing muscles, and softening vertical lines between the eyebrows.

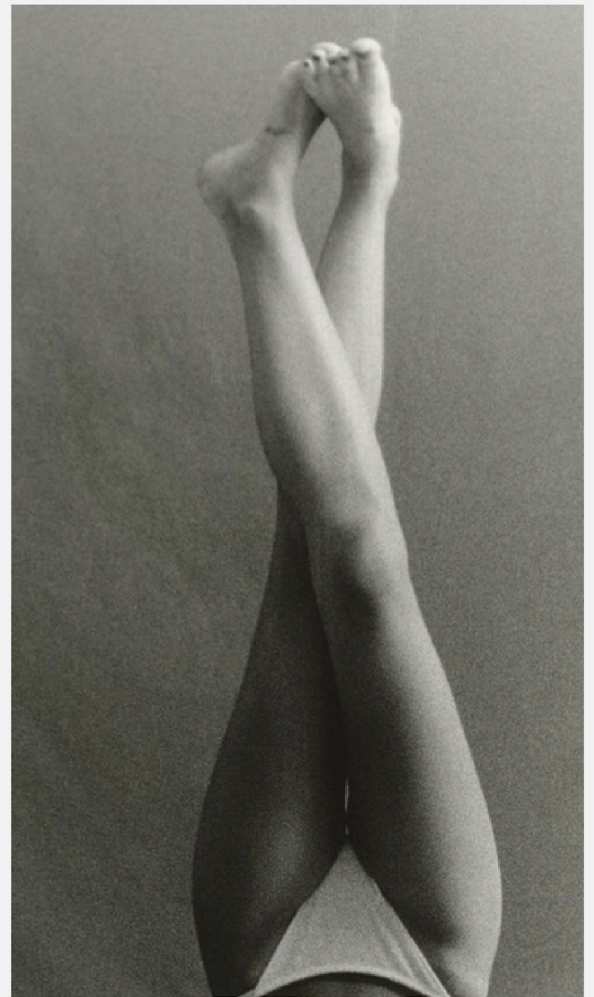
How to do it: This is a simple exercise where you repeatedly press between your eyebrows with one finger in the same spot. Do this for about a minute.

### 4. Forehead smoother

Good for: Lifting eyebrows, smoothing forehead lines, preventing eyelid droop, and releasing tension.

How to do it:

1. Put your index and middle fingers of both hands on your forehead along the hairline.
2. Press the length of those fingers firmly down and slide them lower towards your eyebrows.
3. Simultaneously lift your eyebrows up.
4. Hold for ten seconds while taking a deep breath.
5. Do this three times, holding the last one for 20 seconds.
6. Do the sequence one more time.



### 5. Lower eyelid firmer

Good for: Strengthening upper and lower eyelids, increasing blood circulation, brightening skin around eyes, and decreasing under-eye puffiness.

How to do it:

1. Place your middle fingers on the inside corner of your eyes and your index fingers on the outside of your eyes.
2. Squint with your lower eyelids and feel the muscles under your fingers tighten.
3. Do this ten times while keeping the upper eyelids open.
4. Hold the final squint for 20 seconds.
5. Repeat the session once.

# Beauty rituals - A few more

**Menstruation** - The cleansing process, hygiene of the body and of that area in particular you should not be ashamed of. It's your duty to take care of it.

**Breast Massage** - Every day when you take a shower or bath, you must massage your breasts to add circulation to them.

**Waking Up in the Morning** - Stretch first before your foot touches the ground.

**Stretches** - Stretch every day. There's an exercise called "mental standard." Three times during the day, to check your mental strength, sit down and stretch your legs straight, hold your toes in your hands and touch your knees with your nose. Anytime you feel tense, it shows how much your energy is off and you need to balance it. If you want to face the world for twelve hours a day, do it every four hours for as long as you need to.

**Digesting** - Whenever you eat try sitting on your heels for five to seven minutes afterwards. If it is possible for you, in the evening lie down flat on your back while sitting on your heels. Between five and seven minutes is a must. For best results, do it in the evening, in the twilight zone when the sun is setting.

**Massaging the Navel** - The navel is one of your most important points. There are oils you can use on the "navel pit," Try Eucalyptus, Digize or Sandalwood oil. Neem or Castor oil is also very good. You can massage it with a clockwise and counter-clockwise motion. In few movements each way, you'll find what you need at that time. Try to massage it for about ten to fifteen minutes.





# CONSISTENCY

*with  
consistency  
comes  
radiance*



Our radiant body is our lightbulb in kundalini yoga teachings. It sits just on the edge of our aura, and beams out our essence, our brilliance, our sublime light. When it's strong, we're at 100W and all can sense our presence. We are noticed, listened to and others gravitate towards us for guidance, which our radiant body gives us the courage and clarity to provide. Those with a strong radiant body are effortlessly charismatic space for a full page of copy.



# CONSISTENCY

*The highest form  
of self love is self  
discipline*



It is good to travel back in time and look at your self practice and self care history. Are you capable of putting yourself first? Have you been letting yourself down in this regard?

What lies beneath that? Beliefs that self care is selfish? Or is it low self worth? Or is it priorities? Try to figure out the root to be able to move forward. You are your own caretaker, and you need to take care of yourself with compassion and discipline. You are worthy of complete love and care.

AND REMEMBER - THE BEST WAY TO RAISE YOUR SELF WORTH IS TO KEEP YOUR WORD TO YOURSELF!

# CONSISTENCY

*yoga means  
union  
we are all one*



We all produce a biomagnetic field that extends around our bodies. In yogic terms this is the aura or radiant body. In scientific terms this is a measurable electromagnetic potential that surrounds the body. In experiential terms the biomagnetic field is the most subtle sensory interface we have with our environment.

As the frequency and strength of our biomagnetic field changes, a cascade of events take place within our physical and emotional being. The glandular system is regulated by the radiant body via its effect on the pituitary gland. We truly affect each other with the power of our radiance, and we have a profound potential for healing and peace. Our friends and loved ones have a profound effect on us as well. The law of harmony is that the frequency that is vibrating in your radiance, aligns and attracts frequencies of the same. Magnetism is the force that attracts. When we think about how simple the law of magnetism is, we question why we even allow ourselves to vibrate at a lower frequency. We can illuminate by choice.

Science is discovering that our production of serotonin is affected by the the biomagnetic field of those near to us. Therefore on a daily basis we effect the very brain chemistry of our family, loved ones and coworkers. And in turn we are subject to the radiance of others, even if toxic radiance from those who may be struggling though various degrees of emotional health. Therefore by strengthening our radiance, centering in our heart and by aligning with our qualities of abundance, peace and love, we are able to not only withstand the pressures of modern life, but to help bring these qualities of goodness into our lives and those around us



**Etymologically,  
Yoga is  
connected to the  
English word,  
yoke. Yoga  
means union with  
God, or, union of  
the little, ego-self  
with the divine  
Self, the infinite  
Spirit. - We  
practice this  
through self  
discipline &  
consistency**

so this really is a contagious phenomenon. The studies are showing that when we radiate peace and light out into the world, we can alter the hormones of another. When we align our thoughts with hope, peace and divine connection to source energy, we have the ability to increase the serotonin levels of others just by being in their presence. Also, like attracts like, and a frequency will attract harmonious frequencies. When we radiate a positive frequency out into the world, people of the same frequency enter our lives. It is the law of harmonic attraction.

Meditation and Yoga (the philosophy as a whole, not just asanas) are gifts that increase our radiance. Not only are we able to change our frequency we are able to actually increase the strength of our radiance, make our radiant bodies strong, stable, and able to withstand the stresses and of difficulties of modern life, so we can keep aligned with our truth and our highest intention.

A few factors can inhibit our radiant body. Fear, guilt and shame are the obvious contenders and rope our radiance right back. Also, smoking clouds it, booze dampens it, and self-doubt is a killer - we need to nip that in the bud as soon as it arises and change it for a positive, self-affirming attitude. And sitting up straight... try it now... see?!





# CONSISTENCY

## *Practice Beauty*



The yogic definition of “youth” is a reserve energy and vitality force that can be intelligently utilized, revitalized, regenerated, and needs to be done so on the daily for lasting results.

Therefore, the modern hard living years between studying and when we “settle down” in our 30’s (or 40’s or 50’s) are integral to the efficacy of your youth reserves, health, and longevity as you age past the age of 36. And if you didn’t catch yourself early, don’t worry with these tips you can rebuild and heal your body functioning for increased vitality and youthful beauty.

Take one of the Kundalini beauty practices that just might save your skin (and your sanity) and try it for a period of time. 40-90 days preferably. The proof will be in your increased radiance and natural glow.

# CONSISTENCY

## *5step* **YOGIC ROUTINE**



Rvk Ritual is built on the five wellness pillars which incorporates an the holistic approach to beauty. We believe this is the future of beauty

### **PRACTICE BEAUTY ON THE DAILY**

1. Meditation & breathwork (for a stress free face)
2. Purify (double cleanse, non toxic products, mouth rituals, clean eating,)
3. Move the lymph (exercise, gua sha, drybrush, face yoga)
4. Nourish the skin from the inside out (minerals, water, vegetables, gut health, c vitamin)
5. Adornment: the authentic expression of you (express your true core with jewelry, clothing, make up ect.)

# RULES OF RADIANCE

- NO DRAMA
- PRIORITISE PLEASURE
- NO BAD SELFTALK
- CELEBRATE OTHERS
- NO JUDGING/GOSSIPING
- KEEP YOUR F\*CKING WORD


***Practice  
the rules of  
radiance***



For one week we ask you to do the following:

1. No self-depreciation which means absolutely no criticizing yourself, your body, or your life. No making fun of your body, how single you are, how unworthy you feel, how you can't find the job you love. Replace it with something else.
2. No deflecting when someone gives you a compliment. Accept it. Own it. Embrace it. Don't even compliment them back unless you TRULY mean it.
3. No Gossip - the moment you gossip is the moment you've just told the whole room your biggest insecurity. Put that in your pipe and smoke it.
4. Make an effort to look your best. However that looks for you. Taking that extra time to think about what to wear and being inspired to be and feel radiant. Because you are.
5. Ask yourself daily, what do I desire today and answer us in the circle!



A modern bathroom with a large glass shower enclosure and a bathtub. The shower has a glass door and a glass panel. The bathtub is white and has a glass panel. The floor is made of light-colored tiles. The walls are white. There is a white towel on the edge of the bathtub. There is a white bag on the edge of the bathtub. There is a white bag on the edge of the bathtub.

YOU MUST KNOW YOU  
HAVE RADIANCE. EVEN IN  
THE WORST  
CIRCUMSTANCES, YOU  
WANT TO RADIATE, TO LOOK  
BEAUTIFUL, BE SUCCESSFUL,  
AND BE TRUSTED AND  
LOVED. YOUR RADIANT  
BODY IS IMPORTANT. THE  
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