

In my latest book, "The Book of Absolute Beauty," I have written, "a beautiful woman is one who values herself physically, mentally, emotionally and even spiritually." Yes, beauty is a total impact of all of these aspects. Mind and body are inter-related and interlinked. The state of one reflects on the other. There is yet another dimension - the soul - inner beauty. It is more a part of us than the body and the mind. So, how can beauty be complete without taking inner beauty into account? To be a complete person, you not only have to work on your external beauty, but also have to develop your inner beauty.

Please send your questions and comments to beauty@citymasala.com.

If we look around us, we can find enough evidence that all creation is filled with beauty of the soul. The different greens of nature blend together in perfect harmony. Even the colors around the setting sun have their own charm. A harmonious combination of all the aspects of the personality - body, mind and soul - makes us more complete, more at peace and more beautiful.

When I talk of the soul or the spiritual aspect, it is not about good and evil, or sin and virtue. I am referring to the inner self and the discovery that inner beauty is greater than external beauty. This realization leads us to discover that grooming, clothes, jewelry, etiquette, etc. are so superficial that we can live without them. Once your foundation is set, you can feel the power of empowerment.

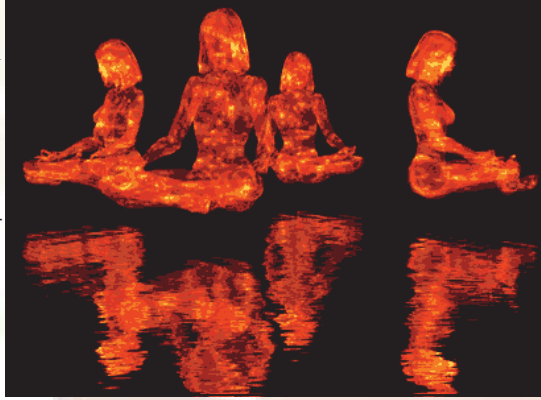
Beyond the cacophony of the mind, there is a silence within us that we must discover. We allow our mind to control us, whether it is our thoughts and feelings of fear, guilt, envy and so on, or our memories of the past and our worries for the future.

Yoga, *pranayama* and meditation are some ways to acquire self-realization. These can easily be adapted into our modern lifestyle. Simple breathing exercise help to calm oneself. The source of discovering our inner harmony is within us, we just need to utilize it effectively.

SOME POINTERS TO HELP ATTAIN INNER BEAUTY

Plan your day. Set aside half an hour for daily exercise and relaxation. Start

with 10 minutes of stretching or a brisk walk, followed by deep breathing for 5 minutes. Relax your muscles and meditate for 15 minutes. Exercise has tremendous benefits like enhancing stamina and energy as well as reducing stress. The western world is following the ways advocated by our ancient heritage, like yoga and meditation. According to *Swami Vivekananda*, "The science of breathing is the working through the body to reach the mind."



Deep breathing really helps. Sit in a comfortable chair, with feet flat on the floor. Relax your body, close your eyes and begin breathing, slowly and with ease. Breathe in and out slowly and deeply. Concentrate on your breathing by observing the inhaling and exhaling of breath. You can continue breathing this way for two minutes till you begin to feel relaxed then continue for another few minutes. You will notice that your mind and body have relaxed and you may even find that your mind is quieter. Focusing your attention on your breathing has pushed

all other thoughts away for a few minutes.

Concentration of thought - a form of meditation . With eyes closed, continue to breathe slowly and deeply and concentrate your thought on anything or anyone that you wish. For example, you can concentrate on God, a deity, any aspect of nature, like the sun, or a rose, or a bird. You will find the mind wandering, but all you need to do is to bring your thought gently back to the object of your concentration. Gradually, you will find that your powers of concentration will improve.

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the reward is great sounding audio, a smorgasbord of features, and a fantastic battery life.

GPS SYSTEMS

Garmin Nuvi 660 -

If you can afford the hefty price tag, the Garmin Nuvi 660 is a solid-performing and versatile GPS device that offers all the navigation basics, tools for the world traveler, Bluetooth and more.



TomTom GO 720 -

The TomTom GO 720 delivers with sleek looks, good performance, and a full set of features that includes a map-sharing function for the most up-to-date maps and a helpful safety tool.



Magellan Maestro 4040

Sporting a sleeker design and interface, the affordable Magellan Maestro series offers drivers an accurate in-car GPS device with useful trip information. It also carries a partnership with AAA.



HOME THEATRE SYSTEMS

Sling Media Slingbox A/V

The Slingbox A/V is the best way to stream your home TV programming to an increasingly wide variety of broadband-connected computers and smart phones.



Sonos Digital Music System

With its recent firmware and feature upgrades, the Sonos Digital Music System's positions itself as the best available multi room streaming audio solution.



TiVo HD DVR -

While it's not compatible with your cable company's interactive and video-on-demand services, the TiVo HD's excellent onscreen interface and long list of network and Internet features puts it in a class above the generic high-def DVRs offered by most cable providers.



Nintendo Wii

I am not a gamer, but do like to play a game or two occasionally. Having checked out the Wii, I highly recommend it as the gear for this year because quite frankly, it has the most fun game console I have ever seen.



HP Blackbird 002

This is not just a gaming device, but a gaming PC. Its design rivals the Apple Mac Pro as it takes risks that benefit your upgrade path, is smooth and fast and it is competitively priced. If you desire a high-end gaming PC and can afford it, this one is for you. End of story.



Sony PlayStation 3 -

Sony's PlayStation 3 may be the most expensive next-gen game console, but its launch titles are not all that impressive. However, its swanky design and bevy of features, including a Blu-ray drive, make it hard to resist--even at \$600.



GAMING GEAR

Have fun...Happy Shopping!

Beauty With Shahnaz

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As you practice your conscious breathing everyday, you will get better with it and will find relaxation, calm and peace. You will find that your dealings with people will improve as your perspectives change and you will begin to look at problems and issues differently with much more clarity and less ego.

Indeed, meditation is the way to the real fountain of youth and is much more effective than all the beauty potions and cosmetic treatments to preserve youth. You will not only look younger, but actually feel the youth and vitality within you.

??? From a Reader ???

Q. I have been in America for the last ten months and have noticed that I lose a lot of hair when I shampoo it. The part of my hair right above my forehead looks quite bare and I am worried it will look even worse as time goes on. I am using a herbal shampoo and conditioner. I had my hair trimmed some time ago and was advised to use a leave-in conditioner. I am 58 years old. Do you think this is because of my age? I suspect the water here is too harsh. What should I do? Please, can you help me? Thank you. Hope to hear from you real soon.
 Sudha

A. Some of the reasons for hair loss are due to

natural reasons like dandruff, an oily scalp, stress, thyroid imbalance, illness, nutritional deficiencies or damage to the hair caused by repeated dyeing, coloring, perms or straightening. Hair loss during menopause or after pregnancy is also common. In your case it may be age related, as estrogen levels begin to fall during the menopausal years.

Avoid tying your hair back tightly. Habitual tying back of the hair can lead to hair loss at the hairline. Avoid combing the hair backwards and use a wide toothed comb. You can apply a herbal hair tonic like "Shatone" on your scalp daily with cotton wool and leave it on.

Apply oil once a week the night before you sham-

poo. Avoid vigorous rubbing or massaging. Using your finger tips, move the scalp with small rotary movements. A conditioner would help to protect the hair if the water is hard. However, apply very little conditioner after your shampoo, massaging it lightly into the hair. Leave on for 2 minutes and rinse off with water.

Diet plays a very important role. Have a small bowl of sprouts daily and include fresh fruits, salads, leafy green vegetables, soybeans, yogurt, paneer, fish and chicken in your diet. Ask your doctor to prescribe vitamin and mineral supplements.

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