

BEVERLY HILLS COURIER

The Newspaper of Record for the World of Beverly Hills

VOLUME: LI NUMBER 14 \$135 PER YEAR - \$1.25 PER COPY www.bhcourier.com SINCE 1965 April 7, 2017

Visionary Women Key Into Their Authentic Selves At The Montage Beverly Hills

By Laura Coleman

Learning to connect with your authentic self was at the heart of last week's Visionary Women's "Mind, Body, & Soul" event held at the Montage Beverly Hills.

Moderated by TV journalist Thea Andrews, the singular conversation about finding balance concluded with a guided meditation by author Mallika Chopra and featured her in conversation with artist Samantha Paige and nutritionist Kimberly Snyder.

"We need to just listen," Chopra extolled the audience of more than 300 women as she led them on a transformative journey of self-reflection.

Chopra, the self-described "guinea pig" daughter for spiritualist Deepak Chopra, emphasized throughout the conversation how critical it is to nurture the authentic self.

She advised all women, especially mothers, to daily ask themselves: "Today, what do I need to feel happier healthier and more connected?"

Chopra urged attendees to make space for practices, such as meditation, that help nurture the authentic self, thereby engendering ones ability to be present within ones own life.

"You really are your most beautiful just being you," stated Snyder, who recently co-authored *Radical Beauty* with

Deepak Chopra. "I define beauty as reaching your highest potential. Being your healthiest, your most vibrant, your most authentic self."

While the road to balance is fraught with detours often needlessly taken by not heeding your inner voice, all women panelists agreed that increasing self-awareness is foundational to having the capacity to anchor oneself in the present.

Paige, who reconnected with her authentic self 10 years after a "whisper" warned her that she was dramatically veering from what made her feel beautiful, found that by keying into who she truly was, she was able to feel beautiful, healthy and strong.

"Sometimes we don't always have the courage to stand up for ourselves, to ask more questions, to get more information," Paige observed.

Last year, she launched



VISIONARY WOMEN—From left: Panelists Kimberly Snyder, Samantha Paige and Mallika Chopra with Moderator Thea Andrews at Thursday's Visionary Women's Salon: "Mind, Body, and Soul" at Montage Beverly Hills. *Photo by Rachel Murray/Getty Images*

Last Cut, a photo-documentary art project-turned movement born from Paige's decision to remove silicone implants that had been in her body for a decade following a preventive double mastectomy.

"From the moment they were gone I never felt more beautiful, more feminine. I've never felt more connected to who I was as a woman," she said. "Last Cut was born when I was really keyed into who I was."

From stylizing one's diet to best suit a unique physiology to carving out "me" time that feeds the soul, all panelists agreed that the path starts with keying in to the authentic self.