

In Praise of Beauty

We are pummeled each and every day with messages about what beauty is. Glaring billboards, magazine covers with 'A list' stars and airbrushed models are every where. They show us the ideal of beauty at its best – the emaciated frames of slightly post pubescent women that present to the world the current state of loveliness. They send the message that youth and beauty are exterior expressions with rigid requirements regarding size and shape that are impossible for most women to meet.

For many women, we are left feeling frustrated and saddened that this is what we are to strive to be. For others, we actually will starve ourselves to attempt to be this unrealistic ideal that so often diverts us from the truth of who we are on the inside. We have all heard that beauty is skin deep but what does that mean? True beauty comes from within us but how? From where does this rise up and how do we tap into it?

Beauty is contained within the part of ourselves that is permanent. There is only one part that evolves with us through the course of our lifetimes. This part is the soul. Within the soul is contained 'who we are'. The exterior expression of physical beauty is part of our impermanent personality also known as the 'how we are'. It is the soul that shines through the personality to create a true, lasting, deep, effervescent beauty that is indisputable and real.

As we develop ourselves intentionally as souls who are working through our personalities, our beauty expands and radiates exponentially. As we recognize our own gifts, talents, skills and abilities and nurture them to live our life purpose with intention and meaning, we become more and more gorgeous.

I was once like so many women I have met. I found every flaw and magnified it with a microscope of intense comparison and scrutiny. I could give you a list of every thing that was wrong with me and be utterly convinced that there was nothing I could do about it. People would look at me, puzzled and amazed at my negative self view and it would not phase me. They could not understand why I did not see my beauty and revel in it. I could not understand how they could not see what I thought were numerous flaws.

When I was 35 years old, after I had completed my Ph.D. in spiritual psychology, attended an ancient mystery school, practiced shamanism, successfully owned 3 businesses, published articles and achieved many accolades, I still could not see my beauty in its fullness.

One day at 35, I was looking at a photo album of pictures of me when I was in my early twenties. I suddenly saw this beautiful young woman that I had never seen before. My perception shifted in a split second as I gasped that the young woman was me. I then pulled out more and more pictures of me. I went to my high school year book and viewed my previously loathed senior picture and said 'wow, I was so pretty'.

I then looked at numerous recent pictures – especially over the last few years and I saw myself become more beautiful as I got older. Suddenly, I began to get compliments everywhere I went. I also began to receive and appreciate those compliments. I wasn't getting them because I had a make over with a great stylist. I was receiving them because I finally saw and owned what had been there all along. What had flourished within me was being reflected back to me in my experience.

If you are so focused on what is wrong with you that you are unable to see what is so utterly beautiful about you, take time to shift your focus. We are all beautiful expressions of love in motion. Each one of us brings an indisputable loveliness that isn't contained in your height, weight and measurements. It is contained within your ever evolving soul. Your personal expression is where your beauty lies. Find it. Love it and shamelessly flaunt your gorgeous soul for all to see. Be the beauty you already are.