

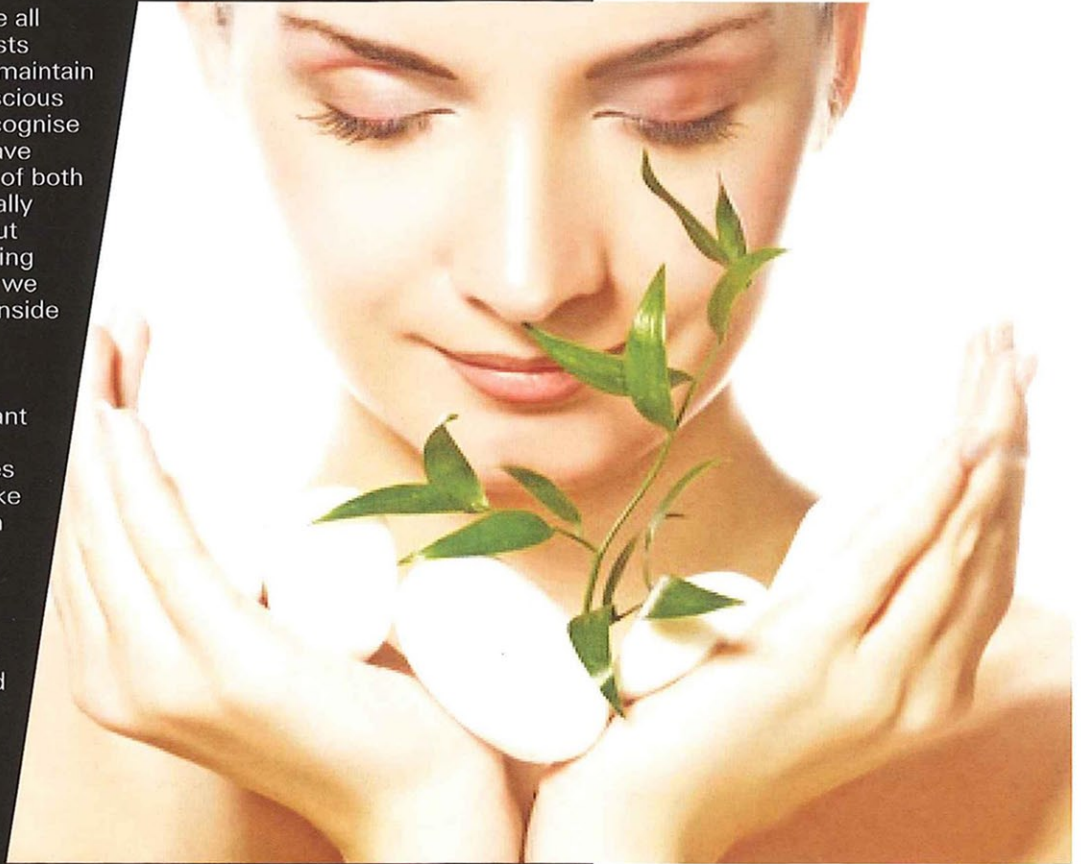
# BEAUTY IS WITHIN YOU

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It seems to be a fact that we all forget that inner beauty exists within us. Although we all maintain our outer beauty and are conscious of it, it is also important to recognise the inner beauty that we all have inside us. Having the balance of both inner and outer beauty can really enhance the way we feel about ourselves. It is all about noticing and appreciating the fact that we have such beautiful qualities inside of us that we are born with.

Beauty whether it is inner or outer are both equally important however, there can be some confusion as to the differences between them. If we firstly take a look at 'outer beauty', which is what we all see initially. This generally refers to the characteristics of a person – the physical make up. We all spend a huge amount of time ensuring we look our best and the fact is it does make us feel good. In contrast, 'inner beauty' is not visibly seen as such but belongs deep within us – the inner make up. It is something we feel inside when we are totally just being ourselves. These are the unique, positive aspects of an individual for example; personality, intelligence, compassion, empathy, kindness, creativity, sensitivity, confidence and the list goes on.

It is possible to bring these inner attributes out to the outer surface of one self to compliment and enhance the beauty of the eye. It is possible to have both beauties hand in hand. The key is to be able to positively manage the way we feel about ourselves and that is accomplished through changing the way we think. Having self-awareness of who we are and also what makes us the way we are, can help us discover the unique gifts which we all have inside us. These



gifts can make a difference to our lives and to others around us. It is a matter of self-discovery. Maintaining a positive inner image of ourselves and having self belief that it is not always about what we physically look like, can be a step in the right direction. If we learn to love ourselves then we will receive the love back from others around us. The positive vibes that we send out will shine through from within us and people will notice.

Inner beauty can be seen through helping others such as family or friends in need, being genuine and trustworthy, having unconditional love for all, being kind and having that aura that people get attracted to. There are many more hidden qualities we

can discover if we try. Once we are aware of the qualities of our inner beauty we will automatically start to feel good about ourselves. Being more self assured and more confident about our own-selves, will add to our personality and we can use these as our strengths.

The way we feel inside can reflect how we appear on the outside. What's special is that, everyone has their own unique qualities and become more attractive externally if those qualities are nurtured and developed. It's all about discovering those hidden treasures within us and letting it shine through for everyone to see.