

Beauty is a Treasure You Have Always

From the deepest aspect of human nature we have a well of infinite energy surrounded in a mantle of serenity. On top of this lies the ups and downs of our mind as it responds to experiences in every day life. Of course everything we experience and how we respond to it shows on our faces. We know the usual idea that tired is less beautiful and energy means attractive, but is it really so? Do you notice that people can look tired yet beautiful, or full of energy and ugly? What does this mean?

Lets look at the dynamics between how we look and how we feel. Firstly, if we feel something strongly we cannot hide it. This means we radiate beauty if the feeling is positive, or radiate heavy or frumpy looks if the strong feeling is negative. Secondly although we think that our feelings mirror the environment, this is not so, in fact our feelings are our responses to our environment. Think of the serene face of a Buddha, this countenance, so often depicted in art, is of a tranquility that remains no matter what the external world is doing. Have you noticed that not everyone in a traffic jam is all tense and tight, some are singing or spaced out in a world of their own, even if they are going to be late for work. What this example shows us is that we choose our responses to our environment.

If we change our usual negative responses into positive ones the results are immediately seen in your own countenance. People quickly see and feel the difference and often more positive comments come towards you thus adding to your good feeling. What is important is the way we feel inside, this always transfers to our outside. If we remain in a state of rising stress, of energy draining or a negative state of mind for a long time then we literally take the beauty out of our physical body.

If this beauty within idea seems like hard work - think again, the real hard work is going through life with the thoughts and feelings that don't bring us peace or happiness. When we learn to handle stress in our lives from a positive perspective everything changes, our face, our health and the way our world responds to us. True stress relief is the deep healing which allows our natural beauty to surface. Of course we need nourishing food and sleep as the ingredients for the physical, but what puts it all together is the person within that body.

Natural healing on those deeper levels can be done very gently with mind-body medicines such as flower essences, which themselves come from one of nature's most beautiful creations. Different states of mind which cause stress or negative thought patterns can be matched to their healing flower property for a gradual transformation into a new way of responding to life. The reflection of this in the physical appearance will, no doubt no longer matter to the person healed, - but everyone will notice.

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