

## Is Beauty only skin Deep?

If we lived in a world of blind people, could you impress the others with your looks? The question answers a universal truth, "never". True beauty of a person is reflected in his/her inner self, but not in the outer appearance or external attractiveness. Yet, the beauty people seek for is something superficial; flawlessly fair skin, long hair, blue eyes, slim body are the representations of popular beauty standards.

These genetic features can easily be recreated in the modern world through plastic surgeries and that alone proves the popular idiom that beauty is only skin deep is true. Beauty seems to have been overrated in the modern context. Wise people need to understand that external beauty is not a successful criterion to judge the worth of a person. The true beauty is intrinsic and timeless. It lies upon traits and qualities such as being self-reliant, empathetic

and kind-hearted.

Unfortunately, modern society only revolves around the concept of outer beauty. Ladies pay thousands of rupees to salons to get haircuts, do makeups and to buy external beauty products.



Nevertheless, they hardly pay a cent to enlighten the intrinsic realms of beauty by exercising some kindness on another being in need of a hand to overcome grave circumstances. Being pretty attracts lots of compliments, but the real compliments are built within.

Beauty is all about who you are, how you carry yourself, and how much you love yourself and others. Overall, it is about the self-reliance

you have within. Self-reliance involves characteristics such as self-respect, assertiveness, independence, self-control and believing in one's abilities. However, it is useless to have a flawless skin, shining hair with two perfect rows of teeth if you cannot smile genuinely with other people. Self-confidence is built within as a mirror to reflect how perfect you are. Thus, the real beauty of a person is hard to find at the first glance.

The power of the one with inner beauty is like fireworks. The more you accept who you really are, the more you can be beautiful from inside.

Fireworks are not visible until it is set on the sky. But when it is shining bright in the sky, no one can keep their eyes away from them. That is the


inner beauty. The inner beauty shines like a bright moon in the dark nights. And it will be reflected on your outer appearance as well. Such beauty that comes from within you will be long lasting and unaffected by external effects.

"Take a look in the mirror. What do you see? When you see your reflection and regret not having blue eyes, fair skin, and blonde hair, reflect on the strengths you have."

In the modern world, people look at the mirror and try to adjust mistakes they see in their outer appearance. Instead, be a mirror into yourself. Engage in some soul searching to understand who you really are, as the true idea of a mirror is to see through it. You will see your self-reflection shining bright inside you.

Beauty springs from positive attitude toward life. Positive attitude can make

your life successful. The strengths you have within your self is indescribable.



Take a look in the mirror. What do you see? When you see your reflection and regret not having blue eyes, fair skin, and blonde hair, reflect on the strengths you have. The positive reflection of who you really are creates the mindset that helps you see and recognize opportunities. Having a positive attitude leads towards success and happiness in life. Things are getting easier to cope with.

Beautiful people from in and out think, say, and do positive things and try to stay away from negativity. It means physical beauty is only skin deep. In fact, most people would say, love at the first sight and first impression count. But in my opinion, person's physical appearance will be appealing to the majority of the people, but the time makes wonders. Getting to know someone beautiful in and out little by little make you get attracted to that person even more. But in contrast, even if you are a beauty queen who has negative vibes, and a stone heart with no kindness, people will not be around you. Nobody would like to be with a person who looks like a

princess, but the heart is as dark as that of a witch. True beauty goes much deeper than skin.

The ultimate reality we learn in Buddhism is impermanency. The blessed one has put it into words beautifully, the first of four noble truths itself is "everything is impermanent and changing". We all live in a world that everything is going to fade away little by little. All the people age and the beauty of the appearance slowly fade away as we grow old. Even if you are the most beautiful person on the earth, your beauty will fade away one day. But having compassion and positive attitude towards life, enhances your inner peace and help to improve even the outer appearance in a way that is incomparable to the beauty created by any cosmetic surgeries.