

“Chanel” Your Inner Beauty.

An excerpt by Amy Gilbert.

In a TED talk by Richard Seymour he talks about how beauty is a feeling we have in reaction to something else. During his talk he held up a picture, very simply drawn of a flower and a butterfly, like a kids drawing that many people can do, the audience reaction was a quiet “awww” like “that’s cute”. He then told the story behind the drawing: it was the last physical action of a little girl before she died of cancer. At this the audience went quiet and while i was watching it I got a feeling in my stomach. Seymour then went on to say that this feeling is the feeling of beauty. Even to something physically not all that beautiful we can still have the “feeling of beauty”.

I’ve had this feeling in relation to a couple of things, one when my little sister was born, another simply looking out at the view at my childhood home and seeing it as if for the first time and how beautiful it really is. Both of these were in reaction to an event or sight that I experienced and it’s a tangible feeling in your gut. I’m sure you’ve all had similar experiences where you felt a sense of beauty or a tingly feeling in your stomach in relation to something or someone. Many poets often describe love as beauty or truth as beauty and these are both ideas or feelings of beauty that people have and simply don’t realize what they are.

So there is the individuality aspect of inner beauty and there is the common knowledge of what beauty feels like and how we perceive actions and experiences as beautiful or not. Now I know I’ve been telling you about just outer and just inner beauty and maybe you have an opinion on which is more important. But to me they both are, and only when you put your outer individuality with your inner actions and emotions can you be truly beautiful.

A lot of people have taken to saying that inner beauty is all that matters nowadays and to “accept who you are on the inside” and maybe to some it does and they can. But there is also the entire fashion and model industry which is built on the idea that outer beauty is all that matters, or at least that outer beauty is more important than inner beauty. I believe that they are both important... even though I may want to believe that it is only inner that matters. Just take a moment and imagine living in a world where only outer beauty matters, no human connection, no feelings, no emotions. It wouldn’t be possible.

Now imagine living in a world with no physical attraction...or no outer beauty...there would be no variation; nothing for you to be able to identify one person from another initially (I honestly just think of a bunch of blobs floating around). In this world you would not be able to make judgements or choose who to get to know further. There is a quote by Kate Angell, a famous author, that I think fully encompasses the idea that outer and inner beauty must coexist and it is this: “Outer beauty attracts, but inner beauty captivates”. We need the outer beauty to be able to define one person from another and we need the inner beauty to be able to connect with one another.

The outer and inner beauty of a person are what make a person and it is when they work together that you get a truly spectacular individual. You must be you on the outside and you on the inside because that is the only way you can fully be YOU and beautiful. I lived totally in my inner beauty the entirety of my childhood and it is only recently (in the last 4 years or so) that I realized there was this whole other world to who we are. Maybe that is why this topic has intrigued me so much...? Because I didn’t totally understand the 2 sides to it fully until recently... I had only seen others struggle with it.