

BEAUTY AT ANY AGE

Beauty is “the quality or aggregate of qualities in a person or thing that gives pleasure to the senses or pleasurably exalts the mind or spirit”. This definition is according to the Meriam-Webster dictionary.

What makes a person beautiful? Many of us have heard that “beauty shines from within”. According to famed French-born actress, Claudette Colbert – “It matters more what’s in a woman’s face than what’s on it.”

True beauty is when you are in alignment with your soul’s purpose and your heart’s desire. Beauty can deepen with age, as you know yourself more, and are more comfortable and confident with whom you are. “A woman’s beauty shines with age” (author unknown), is an apt quote. To the extent to which your thoughts are beautiful, you are beautiful.

Although this may be high-sounding, it also has a concrete basis in science. You may already be aware that you are an energy system – scientists tell us that all matter when broken into sub-atomic particles is pretty much pure energy. This means you are made up of frequencies of light, sound and movement.

The book *The Holographic Universe* by Michael Talbot sites the following. Scientists taped the frequencies of the supernova remnant *Crab Nebula*. They then played the tape into a tray of sand. The sand started vibrating, and eventually formed the shape of the Crab Nebula.

Your frequencies manifest into the physical form that is you. As you ‘shift’ your frequencies, your physical appearance and body alters. If you ‘vibrate’ with higher thoughts, feelings and actions, your appearance reflects this.

The Holographic Universe also talks about research that was conducted in the 1990’s with a group of senior citizens. After they received a myriad of physiological tests, they

were placed for three weeks into an environment that was set up to be 1950's. They were told "Be as you were in the 1950's." Their environment, dress, food, news, entertainment, everything – was as it was in the 1950's.

At the end of three weeks, the exact same physiological measurements were taken. And guess what happened! Every measurement showed a difference. **Every** sign of aging had decreased, many by years. There was no more osteoporosis, arthritis, or cataracts.

However, after three months of being back in their own environments, when the measurements were done again, everything had reverted back to the beginning.

"The recipe for beauty is to have less illusion and more Soul, to retreat from the belief of pain or pleasure in the body into the unchanging calm and glorious freedom of spiritual harmony." (Mary Baker Eddy)

Here are some qualities that manifest into beauty:

Feelings

Happy

Loving

Grateful

Joyous

Peaceful

Confident

Thoughts

Clear

Empowered

Enlightened

Positive

Prosperous

Generous

Behaviour

Open

Aware

Accepting of others

Considerate

Giving

Respectful

If, according to Margaret Wolfe Hungerford, 'beauty is in the eye of the beholder', then as we ourselves resonate with beauty, we are able to see the beauty in others.

Let your own beauty shine, and witness the radiance in others.

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