

Defining Beauty By Jean Kadkbodaian

Throughout the ages, from Queen Nefertiti and Helen of Troy, to Botticelli's Venus, to Greta Garbo and Marlene Deitrich, Audrey Hepburn and Michelle Pfeiffer, human personal beauty has always and continues to both awe and mystify us. What is it?

Many have discussed the forms of facial attractiveness, and in general have agreed that the basic components come down to two "ideals", Symmetry and Harmony.

To those with a design background, you may know that the "Golden Ratio" (1.61803399) is the mathematical formula that has been used in nature, art, music and math. This ratio is found in all living things. If you measure the length of your body then measure from your belly button to the ground you will find that the ratio of the total length of your body to the length of your belly button to the ground is 1.61803399. This is also the ratio of the Earth to the Moon and the Sun to the Earth. Seashells, leaves and puppies all have this golden ratio. Everything.

I have also found that the thing that is most difficult for a person to perceive as beautiful is one's self. Maybe it is that our eyes see outward and not inward and the only way to see ourselves is in a mirror or through reflection. When a person closes their eyes and allows the world to fall away and takes a good hard look within, they tend to find, under the layers of wounds and mistakes, that there is someone in there that is worth loving. That we are all not so different. This is a kind of harmony.

That we are all imperfect but we all want to be seen by our potential not our short comings. When a person has that realization they are able to see the world in a loving non-judgmental way and that my friends is BEAUTY! ✨

Jean Kadkbodaian is the co-founder of The Lighthouse Emotional Wellness Center in Arlington Heights, Illinois. Please direct and comments or questions to jean@lighthouseofillinois.com or for more information visit their website at www.lighthouseemotional-wellness.com

Beauty Exercise

Focusing on the good in another is a great way to shine your light brightly out into our world—to see beauty around you and express it is a powerful exercise.

Here's a process you can do, with another person, or within your meditation or contemplation practice:

Think of someone in your life. It can be someone you love now, who brings happiness when you think of them, or even more challenging, someone who you are having issues with. See them before you, and look into their eyes.

Repeat this to each, filling in the end however you wish. Do it as many times as you want to, until you feel complete with that person for now:

"The beauty I see in you is..." put your sentiments in there from your heart and deepest connection.

Here are some examples: The beauty I see in you is the playfulness and humor I always see in your eyes. This makes me happy and brings me joy.

The beauty I see in you is your sincere nature and your ability to see the good in everyone.

The beauty I see in you is your dedication to your work, your integrity and your willingness to do whatever it takes to get the job done.

The beauty I see in you is your radiant spirit, and your shining heart, ready to help without needing to be recognized.

The beauty I see in you is your love for your family and friends, and your great humanity to animals and our planet.

See how many people and qualities you can find—you may not want to stop! ✨

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