



Colleen R Russell MA, Depth Psychology

Artist, Healer, Women's Empowerment Coach
Specializing in Change and Transition and the Transformation of Women

Explore the FEMININE PATH TO WHOLENESS
and become more alive and creative
in all areas of your life!

Inner Beauty

By Colleen Russell, MATP

Several years ago I was in a small café and saw a card on the bathroom mirror that read: *"Warning. Objects in the mirror are more beautiful than they appear."* I took another look, and noticed that I saw myself differently.

In our culture, we're so used to looking for what's not working, or for what's not right about ourselves, that we rarely stop to honor the beauty of who we are.

Women in particular spend a lot of time loathing themselves and their bodies. Millionaire Entrepreneur, Ali Brown says 75% of women have an unhealthy relationship with food and their own bodies. I imagine with the growing magazines for men, that the same dissatisfaction is starting to grow. To find out if you are one of them, just go into a dressing room and try on clothes and listen to what you say to yourself about yourself.

I once taught a self-esteem workshop and shared this quote. *"If you said to others what you said to yourself, would you have any friends?"*

In this culture, we've been marketed with an overwhelming number of glamorous images of what the perfect woman or man is supposed to look like. Never mind that they have been airbrushed to perfection, may have false lashes, hair extensions, silicone breast, and a team of make-up artists to make them look that way. They still influence the image we hold of ourselves. Unable to reach this kind of perfection, we beat ourselves up and our self-esteem plummets.

On the other hand, I'm sure you've met people in your life that you thought were beautiful even though they did not possess any of the magazine qualities. Their beauty was more natural and seemed to radiate from the inside out. They have what I call, *"inner beauty."*

They are usually people who have been seasoned by life and have emerged wiser and stronger as a result. They may even have battle scars on the outside because of the ordeals they have been through. They may be overweight, have the wrong kind of hair, and may wear clothes that have seen better days. But there is no denying, they are still beautiful.

What makes these people beautiful is that they know who they are. Who they are is no longer defined by that status quo. They are people who have learned to follow and trust the wisdom from within. They are passionate, alive, and energized by life. They know they are here for a purpose and that their purpose is larger than what they look like. Over the years they have learned to respect and care for their bodies.

One of my favorite lines from the Bridget Jones movie is, *"He loves me just as I am!"*

Inner beauty comes not from waiting for someone on the outside to discover how beautiful we are, but comes when we can say to ourselves, *"I love myself just as I am."*

Inner beauty comes from being you.

Colleen Russell, MATP is a transformational/creativity coach. Her passion is helping people to find their authentic selves and to live and express their creative gifts. www.quest4wholeness.com