

'Create Your Life' Newsletter



Who's that in the Mirror?" www.turnyourlifearound.com.au

"Geez I look bloody awful, I look so fat in this dress... I hope no one notices this big zit... I should've washed my hair, I just can't get it to look right... I wonder what so and so's wearing... I know I won't fit in....." And the list goes on and on....too skinny, want smaller nose, more muscles, longer legs.

When you catch your reflection in the mirror, what do you see? Do you like what you see? Or do you see yourself as less than best, not good enough or just plain.

It has been well documented that Australian women are less than happy with their body image, most likely a result from the images of air brushed celebrities and models with perfect bodies in glossy women's magazines and the media swamping women with the need for botox, collagen, liposuction, breast implants etc. etc. etc. - what's next? When we don't feel good about who we are, what messages are we sending to our children? I am personally shocked at the fact that some 20 year olds are now choosing cosmetic surgery. Even young children are confronted by the desire to look model-like to feel accepted into their peer group.

Our rules and regulations for loving ourselves are many. We have to have the right hair, makeup, body shape, teeth, clothing, to fit in. How about if we could feel perfect and feel deeply beautiful with who we already are.

And whatever happened to the wisdom of "ageing gracefully" or "beauty is in the eye of the beholder". When you can connect with your inner beauty you can withstand the outer pressures to conform.

Of course it's quite ok to want the odd treatment, but when the desire for perfection becomes an obsessive focus, often deep painful feelings of inadequacy are the culprit. These feelings are really a deep desire to be noticed and loved.

Do you love your partner any less because he has lost his hair or put on some extra weight? Or does your relationship together go deeper than that? How could you deepen the relationship you have with yourself and achieve that same unconditional love?

If you are willing to accept yourself exactly as you are with all your flaws and instead see your flaws as unique and perfect, you will rarely have the need to undergo the knife.

Ever noticed the woman who walks into a room, exuding an air of inner confidence and has everyone's attention? That's her inner beauty shining out. Our wrinkles reflect our experiences throughout our lifetime and our uniqueness. As you begin to open your heart to loving yourself, self worth increases as your worries about what society thinks, diminish.

So what about having a love affair with yourself that totally connects with your heart? Now that would enhance your true beauty!



Attend a Heal
Your Life Work-
shop/Study Group

Or a Private Focus
Session (all about
you!)

These workshops
are based on the
philosophies of
Louise L. Hay,
metaphysical
teacher & inter-
national best
seller.

"Don't look for blemishes, look for the blessings"