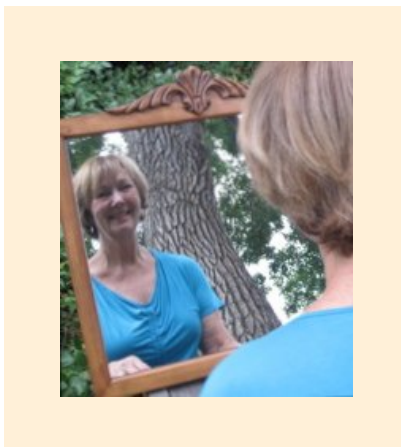


# Am I Seeing More Beauty in Myself Than Before?

by Amy Thieme

EVERYDAY  
*Life*  
COACHING



Recently, in a moment of illumination, I saw more beauty in myself than I had before. I turned on the bathroom light, looked up to face the mirror and saw a brighter, lighter face. A mouth with slight, soft upturned corners. Eyes that shined deeper. I stood up straighter, pulled myself back and leaned in to get a closer look. Searching for an explanation, my mind danced with questions.

Did I get a faerie facial during the night? Did the moon beam in a little laser lift to the corners of my mouth as I slept? I made a note to myself to watch

for evidence that something magical had indeed happened to me.

Later, as I hurried out the door to my book club meeting, I heard my daughter say, **“Wow, Mom. You look stunning!”** Calling thanks, I rushed to the car. There I sat for a moment and thought, “My beautiful, stunning 25 year old just told me that I look stunning. Really? Wow.” This is feeling infectious. ***Could it be that my new perception of myself has been transferred to others?***

In the awareness of the present moment I wondered if I was seeing through new eyes. As I drove, the colors of the cars and on the billboards were brighter. The new bridge spanning the highway seemed artful and perfectly balanced. The trees and the mountain peaks were majestic. I smiled and saw the beauty in the paradox when a lady with a Namaste sticker on her car window unintentionally cut me off in traffic. I thought to myself, “Yes, the light in me sees the light in you!”

“You look good in the morning sun”, my husband said to me days later as we ate breakfast. With lingering self doubt, more questions danced in my mind. Really? Doesn’t all that light show my 62 years off too much? I’m certain my chin is not where it used to be. At that moment, I knew that when I looked in the mirror I had seen the reflection of a shifting perception. I had seen what he saw: beautiful me.

## Key Points:

- Perception is reality.
- Look for evidence in your world, reflecting your perception.
- When we merge our love of self with a love of others and a love of the beauty all around, we begin to know joy.

Stunning, looking good, beautiful. These words have been inspired and received by a self love that has grown from self respect, self honoring and self nurturing. When we become more self-ish, we allow and connect to self love.

***“To be consciously aware of, to experience love in ourselves and others, is the meaning of life.”***

- Marianne Williamson

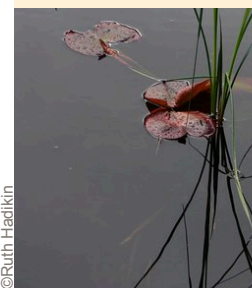
When we merge our love of self with a love of others and a love of the beauty all around, we begin to know joy. What I saw in the mirror wasn’t a facelift on the outside but a spiritual facelift from deep inside. My perception had changed my experience of reality.

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