

Beauty as a Path of Healing

HEALING THE SELF HEALING THE WORLD

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Beauty. What is beauty? Is it really captured in the statement "Beauty is in the eye of the beholder"?

This statement implies that beauty is perhaps relative, or is a subjective perception, even a preference, different for each person.

Without denying that aspect of beauty, I would rather say that beauty has a universal quality that goes beyond individual preferences; beauty is more like an imprinted quality chart in our being, recognizable by everyone on the subconscious level, but not equally activated in everyone.

The experience of beauty is penetrating every cell of our body and positively affecting our wellbeing to the degree of our openness to it, and awareness of it.

Most are unsuspecting of the differences in the experience of beauty. Though it is universal in nature, the depth and immediacy of that experience is commensurate to an individual's spirituality. Those who, at their very core, value openness, respect, ethics...in a word, who vibrate in unison with oneness - connected to themselves, to others and to the entirety of the universe - have a deeper, privileged and direct access to beauty and its experience.

Henry David Thoreau wrote: "the perception of beauty is a moral test." The philosopher David Michael Levin, in his commenting on Thoreau's statement, writes: "A test, [Thoreau] meant, of character—a test of character, moreover, not only in its ethical formation, but also in its spiritual vocation, that dimension of human existence in which we put into practice a commitment to cultivate our capacity for openness and wholeness."

As Yasuhiko Genku Kimura said: "If the perception of beauty is a moral test of the character of an individual, the presence of the creative expression and appreciation of beauty in the world is a moral indicator of the character of humanity as a whole."

To appreciate beauty is to experience the wholeness within and without; wholeness is balance, and restoring balance is healing the whole of an individual, or of society.

We can heal with beauty - everything that is beauty, such as truth, integrity, honesty, gratitude, kindness, compassion, authenticity, courage, trust...all are attributes of our character.

By living our life with high ethical principles, we can heal ourselves, others and society in very powerful, significant and much more enjoyable ways.

There is nothing more beautiful than the riches and beauties of the inner world of being; once found, it can never be lost or forgotten, it will heal within and restore balance and wholeness, as well as expand one's ability to experience beauty outside of oneself.

These inner riches will increase our ability to experience the beauty of nature (sun, sky, sea, animals, birds, flowers...), as well as the creations of mankind, such as amazing architectural structures made by ingenious people of the past and the present, profound works of written words by philosophers, poets, literary authors, thinking people, great composers whose music illuminates the world, artistic souls that shared their masterful paintings, sculptures and all kind of marvelous creations...

Beauty inside and outside us has a deep impact on our physical, emotional, psychological and spiritual health. Good health is also the manifestation of embodied beauty showing up as vibrant aliveness, happiness, clarity...

Beauty is inside out and outside in; working on our inner-self, we display beauty externally. Beauty of self is divinity showing itself.

From an evolutionary stand point, beauty can make us happy and fulfilled, and attractiveness implies health.

Beauty is crucial for the development and evolution of humanity.

Throughout human history, we have been able to witness the importance of beauty in artistic expressions, but we certainly need it today more than ever, and art will play one of the most significant roles in awakening humanity to its greatness.

Art is our window into the transcendent, the bridge to the unknown; when beauty is expressed, art empowers the blossoming of our soul, elevating us closer to our divine origin. By expanding our relationship with art and beauty, we are coming into alignment with our higher being, strengthening the connection to our divinity.

Experiencing and appreciating beauty makes imprints in our soul, stays with us forever, infusing every breath we take, every word we speak and every action we perform...

As more of us consciously engage in the creation and embrace of beauty in our lives, more healing will take place in the world. Beautiful and free expressions of our essence will shine though and illuminate the whole world, in the expression of eternal gratitude.

Beauty is the ultimate powerful path to elevate and heal humanity, making our experience on Earth pure joy of being, celebrating the wholeness of creation.