

## **True beauty**

I am told we live in the age of the body-boom, of the iconic body-beautiful where what is considered physically beautiful is portrayed also as true and good, as positive and life-affirming. In reality it seems, however, that this vanity can turn into a kind of slavery. I am reminded of a Thai lady who came to a meditation retreat I was teaching. When I asked her why she had come she said with a smile that she had come to save money on passing over beauty treatments. When she practised Dhamma, she said, she didn't care what she looked like – how liberating!

Actually by the end of the retreat she looked radiant, composed, full of dignity and grace. Perhaps we can see this as what is truly beautiful and good, positive, life-affirming and free – in more ways than one.

Beauty, after all, is in the eye of the beholder.

I offer this for your reflection.

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