

You Are A Lot More Beautiful Than You Think

Dr. Catherine Hart Weber

I wasn't careful recently and was robbed.
I left my car door unlocked in the driveway overnight.
A thief roaming around looking for an opportunity, rummaged through my car, taking valuables, registration and insurance.
My car's 'identity' was stolen.

And then it struck me. This feels familiar.
Day and night we are being vandalized in this fallen world as the result of sin - inwardly and outwardly

Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour.

1 Peter 5:8 Amplified Bible

We are mostly vandalized within, by our own defected, default nature.
By our automatic negative thoughts, attitudes and choices.
Remnants of wounds and brokenness damage our soul, our confidence - even our 'true identity'.
We forget who we really are. Our self-perception gets distorted.
Our full potential languishes.

We don't have to live in fear or paranoia.
But, we must be careful to guard our minds, get re-aligned with God's perspective on our true identity and real beauty.

This recent Dove commercial **Real Beauty Sketches** illustrates distorted self image - how we don't think we are as beautiful as we really are.

<http://www.youtube.com/watch?v=XpaOjMXyJGk>

For a good laugh, watch the parody on the ad. **Dove Real Beauty Sketches - Men**. In contrast, they make fun of how men often think they are more beautiful than they really are.

<http://www.youtube.com/watch?v=T8Jiwo3u6Vo>

Here are some reminders on how we can protect our 'true identity' and cultivate our 'real beauty'.

Healthy Habits for a Beautiful Mind

1. God's Love reflects your real beauty

*Life isn't about finding yourself.
It's about discovering who God created you to be.*

The love and gaze of God is your 'true mirror'.
See your divine image through God's eyes.
God receives and reflects you exactly as you are.
This is what transforms you, helps you discover your true self and makes you beautiful.

How do you see yourself in God's eyes?

2. Have at least one person who is a mirror of your true self

*Many loved me for who I really was,
and this was the only love that ever redeemed me.* Richard Rohr

Thanks to 'mirror neurons', we discover ourselves through one another's eyes.
Who reveals your inner, deepest divine image?
Who is a loving honest friend, authentically and accurately keeping you grounded?
These are our 'safe places', our true 'soul friends' who help us grow and heal.

Who in your life reflects the 'real you'?

3. Develop accurate self-acceptance

This was the main point that came across in the Dove Commercial.

Learn to be more grateful for your God given natural beauty.
It impacts everything.
The friends you make, the jobs you apply for, the way you treat others, the choices you make. It is critical to your happiness.
We spend a lot of time trying to analyze and fix the things that aren't quite right.
Instead, we should spend more time appreciating the things that we do like.

Know who you are and accept how God made you.

What aspects of your God given beauty can you appreciate more?

4. Guard your mind and heart

*Stay alert. The Devil ... would like nothing better than to catch you napping.
Keep your guard up... keep a firm grip on the faith. The Message*

I'm being more careful lately about protecting and cultivating right thinking. That is where the battle for our beauty, wellbeing and happiness is lost or won.

I'm wiping out toxic thoughts and creating new healthy thoughts by renewing my mind and rewiring my brain with www.21daybraindetox.com. A helpful 5 step process developed by Dr. Caroline Leaf. (She is also originally from South Africa)

*Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God – truly righteous and holy. Ephesians 4:21-24
NLT*

There is no greater power to change or a more accurate reflection of your true self than resting in the presence and gaze of God's love. It is there He reflects your 'true identity' assuring you that you are a lot more beautiful than you think.

No one can steal that from you!

In what ways are you guarding and cultivating your 'beautiful mind'?