



Beauty is Truth

CREATION

*Created in the the twinkling of an eye
You came to Earth
It may even have been
Some kind of plan
To spread truth and love
Throughout the land*

*Soon after that the veils descend
Like curtains of darkness...
Uncertainty...
The purity of the message you bring
Now you can't remember anything
You stumble lost as within a dream
Living this way is misery and pain
Then something happens
You bump your head
In a flash you remember
What you forgot
Life now however is just so set
To return to your truth seems so hard
Deconstructing your life
You start anew
You are the message you came to bring
Each breath you breath
Each song you sing
Nothing else means a single thing*

GOD'S REFLECTION

*In your embrace I am mighty,
I remember the truth of who I be
It is reflected in you,
It is reflected in me.
The beauty abounds
If we choose to see,
It's what I am,
It's what I be.
A mirror for God's love
Reflected in each other's eyes.
And so it goes without end,
We light a path to the divinity within.
I am in you.
You are in me.
We are the God we long to see.
So open your hearts my children divine,
And know that your heart
Is a holy shrine
Containing all you could
Ever need to know,
Look within and let your beauty glow.*

Beauty inspires people, but how does one define beauty? Perhaps it is this mysterious quality that most intrigues us humans. Beauty is everywhere. It is in the face of a small child, a flower, and a sunset. All these things are beautiful. True beauty, we are told, comes from within. When things are unaffected, natural, as they are, true to their own nature, then they are most certainly beautiful. It is this authentic quality that we experience and go, "ah yes, that is it, that is beauty". One of my favourite quotes is from the poem *Ode To A Grecian Urn*, by John Keats:

*Beauty is truth, truth beauty
That is all ye know on earth
And all ye need to know*

If we agree with Keats' definition, then beauty is a quality of the truth that is reflected in form. We then need to examine the essence of that which we find beautiful. This leads us to contemplation, meditation, and turning inward. True beauty is the pure essence of what is. What is, is beautiful. When we flow in harmony with what life is presenting then we are this truth, this beauty. We look within to find beauty within ourselves. If we can acknowledge this as true, we then can open our eyes and see this beauty reflected in our world.

Beauty becomes an expression of who we are as we express the truth of our being in the world. That is why artists, musicians, writers, and others are creating in many different ways. They are trying to express their inner truth, their beauty in the world. The truth is we are beauty and perfection itself, but it is as though we have amnesia and have forgotten who we are and what we are doing here. As another wonderful poet, Hafiz, puts it: "You are a divine elephant trying to live in an ant hole."

Here is my take on this mass amnesia we have.

Instead of being true to themselves, so many people are trying to live up to someone else's version of who they should be. Much of our economics and the selling of products is based on telling people they are not good enough as they are. However, if they use "our product," they will have sweet breath or shiny hair, and they will get that guy or girl because they are now somehow improved. Other conditioning that helps us deny our beauty is that we must go to the right school, have the right job, or an expensive car — all these will make you better and you will then be acceptable. Our whole system is based on the assumption that you are flawed and need to be improved.

People love new born babies. One reason may be that we get to see the true, natural beauty of those beings before they are conditioned to believe otherwise. It reminds us of our own innocence, truth, and beauty before someone talked us into a self improvement program.

In answer to the question, what is beauty? Contemplate your own life. Look within and see the radiant truth and beauty of your own being. Some might say that when they do this, sadness, regret, anger, or some other thoughts and feelings arise. If that happens, just sit with those things and be tender. What we are can embrace everything. Eventually it will clear.

We are the beauty of that new born babe. It is always who we were, even if we forgot. Now, in this moment, we get to remember who we are and know that it is true. Maybe we could remember our beauty for eternity and create a whole new way of living on this planet. It isn't really new, but the way we were intended to live.

".... That is all ye know on earth and all ye need to know."

