



Growth in Truth and Inner Beauty

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People may wonder what exactly defines beauty. Some may associate beauty with famous brands of clothes, bags, shoes or cosmetics while others may argue that it actually originates from within, just like a smiley face, a warm expression or a friendly gesture. Being a student, I am going to take the example of teenagers nowadays to express my opinion about the true meaning of beauty.

Youngsters experiencing puberty tend to imitate what adults do. They may be going through the first lesson of dressing up, having the first try at lipsticks and high heels. Yet, if such behaviour goes on to an extent that the teenagers only focus on their appearance and ignore everything else around them, this will become a really big problem.

From my perspective, there is so much more to be done, to explore, to realize and to learn during this phase of life than being excessively concerned about which outfit suits us the most. We should be enjoying our flaming youth. Learning and getting to know how adults behave should not be the sole subject of life. It is the time when we should

be exploring the huge world around us and gathering as many wonderful memories with our friends as possible. Being obsessed with one's image should not be part of our daily routine.

In addition, teenagers have to understand the true meaning of fashion. It does not necessarily mean that we should not care at all about our appearance since the impression we make on others is also essential for developing and maintaining relationships. Yet, what we have to take note of is that being trendy only serves to enhance one's appearance. It should not be the main factor which determines who we are. Instead, inner beauty is. Day by day, we grow. This process in which we slowly adapt to maturity should not only be attributed to our skills of dressing up but to the growth of our virtues like the sense of responsibility, honesty, authenticity, generosity, gratitude, forgiveness, and many more.

Kahill Gibran once said, "Beauty is not in the face; beauty is a light in the heart." You light up your surroundings not with a sparkling evening gown but in the sincere way you treat others. Jewellery is unnecessary because outer beauty only attracts while inner beauty truly captivates. Only when we learn to focus more on cultivating our inner beauty instead of concentrating on our fashion codes are we really growing.

In conclusion, it is crucial for us to know that even without "ornaments", being the way we really are would be more than enough.

