

IF ONLY OUR EYES SAW...

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August 19, 2020

The following quote was posted this morning on the Facebook page of one of my favourite sites "*Mindful Christianity Today*". It is another of those memes that might cause one to sit up and think, and that, is what it did for me.

***"If only our eyes saw souls instead of bodies.
How different our ideals of beauty would be."***

Questions that popped into my head included: Is this statement true? Will it really make a difference, and if so, for whom? Am I able to make this my practice? You get the gist.

Today's obsession with appearance certainly challenges our will to do this, you know, "*See souls instead of bodies.*" Our first judgement when we see people is often only based on what they look like - their body image. Even when thinking of ourselves, more than a few of us are convinced that we are anything but beautiful.

What about the old adage "Beauty is only skin deep?" Probably like me, you have said it, but do we believe it? Many of us say we do, but do we, really?

"When it comes to looks, on a scale of one to ten (one being ugly – ten being beautiful) how would you rate your spouse/partner/friend?" has become a popular game show question.

The word **Ugly**, as defined by most dictionaries - *offensive to the sight; hideous. Very unattractive or unpleasant to look at; offensive to the sense of beauty; displeasing in appearance. Disagreeable; unpleasant; objectionable* and then may offer common examples of the word in a sentence.

Beauty, on the other hand is a difficult thing to explain because there is no one definition. Most dictionaries will say something like - *the quality or aggregate of qualities in a person or thing that gives pleasure to the senses or pleasurably exalts the mind or spirit.* (**Merriam Webster**)

I did discover however that the **Urban Dictionary**, uniquely says:

*Beauty is everywhere and everything.
If you look deep inside a person, you will see that...*

Beautiful: **YOU!**
*Look in the mirror - You are **beautiful!***

I remember the first time I watched Disney's cartoon - *Beauty and the Beast* with my then, very young, daughter. At the end, to my great surprise, she was quite upset about it all. When I asked what the problem was she adamantly explained how it would have been so much better if the Beast's appearance had not changed but stayed the same as it was.

"If only our eyes saw souls instead of bodies."

I am greatly blessed these days as I have the privilege of working with a rather unique collection of beautiful people and while I do not yet know many of them, I am excited to be given this opportunity to see these souls and perhaps to look into their eyes and see true beauty; to look into their eyes and see God.