

## Inner Beauty versus Physical Beauty

Beauty is the ability to evoke pleasure in someone. It is also defined as something that is pleasing to look at. Many people define beauty inappropriately by only referring to the second definition where beauty is just based on visual characteristics. However, it should be noted that beauty is a perception, and that is why people say, beauty is in the eye of the beholder. A common comprehension of beauty is possession of attributes that are admired in a particular culture or the ability to be close to perfection in the eyes of the perceivers. Therefore, beauty can either be physical or abstract. The discussion in this essay serves to compare and contrast the core values of inner and physical beauty as defined in the modern day culture.

Both inner and physical beauty are seen as attributes that are close to perfection. Inner beauty refers to the purity at heart. It refers to the ability to do good, show love, kindness and compassion to people who need it. It is the ability to be fair and non-judgemental when dealing with everyone. This kind of characteristic trait is extremely difficult to find, and so is perfection. There are few people in the history of man whose lives draw this kind of reference. In the Christians community, Mother Teresa was highly regarded as one of the people who had an almost perfect heart. She had inner beauty that is still admired by everyone to date. To many, she is a legend, and to some, especially those children in Kalkuta, India, she is a saint. Her kind and passionate deeds are still mentioned till date. Physical beauty also has the same reference. People refer to someone as being very beautiful when they can hardly find any flaw in their appearance. People like Marilyn Monroe and other socialites are still referred to as some of the most beautiful people to grace the world because their physical perfection was hard to match till date.

Furthermore, both inner and physical beauty are perceptions based on an individual's or culture's judgment. Some actions can be interpreted as an act of love and care in a given

culture but proceed to mean something else different in the next culture. In some African communities, wife inheritance is still practised. The willingness to inherit a sibling's spouse (wife) after their death is deemed as an act of love and care for both the spouse of the deceased and the deceased himself. Such acts are defined as an act of inner beauty, due to the willingness to take someone's baggage and take care of it as if it is yours. However, this culture is not welcome in some communities in the same region. Similarly, physical beauty is highly subjective. What one person defines as a beautiful woman may not be all that to the next person after all. Some people prefer petite girls to plus size girls because according to them, the classical definition of a model, which includes a slender woman with a high cheek bone is beauty. However, among other populations or cultures, beauty is defined by how 'healthy' a woman is. By healthy, these cultures mean the actual weight of the woman. The heavier the woman, the healthier they are; and, therefore, the more attention they attract.

Also, inner and physical beauty both can be changed. One can change her inner self to be perceived as beautiful by others by adapting characteristics that are desirable to others. Similarly, as one ages, physical beauty fades, making them less beautiful.

The first difference is the description of the two types of beauty. Inner beauty is abstract. It is a characteristic, personality or trait. It is the expression a person portrays to other people. On the other hand, physical beauty is the outward appearance of a person. It is the description of someone's elegance, facial features, hair color eyes, body shape and general body features that make people feel attracted to them.

Secondly, unlike inner beauty, physical beauty fades with time. The older a person is, the less beautiful they look physically. That is why many celebrities end up employing heavy cosmetic adjustment including use of botox and plastic surgery to still maintain their beauty. On the other hand, inner beauty tends to grow with years. According to Audrey Hepburn, inner beauty only grows with years. Inner beauty is not the facial mole of someone, but the

love, care and passion that a person shows. These attributes tend to increase with age because as one shows love and tender care to the people around them, they only become closer, making them even more loving and caring.

Lastly, inner beauty is likely to affect many people positively because of the ability to share its attributes, unlike physical beauty. Physical beauty just changes the lives of the people close to the person, especially the spouses. They give the spouse and possibly the offspring praises and sometimes respect because they have someone that every person wants. However, this does not change the lives of the other people. Matter of fact, it might only benefit the people around the beautiful person. On the other hand, inner beauty affects many people around and even far away from the beautiful person. Acts of passion, compassion, love and care change the lives of many people, especially the less fortunate ones in the society. The charitable and selfless deeds as a result of inner beauty change the lives of the people, including those in need. When Mother Teresa committed herself to helping the children in the slums of Kalkuta, she provided a home, love, care and other basic needs they lacked in their lives. Although she did this with the help of other well-wishers, it was her initial initiative that made this a success. She even dedicated all the prize money she got for her Nobel Peace Prize to charitable deeds. Her inner beauty was all-inclusive and indiscriminatory.

In conclusion as much as inner and physical beauty differ in various aspects. Overall, beauty in general is the ability to evoke affection, desire and pleasure.