

Lecture Outline: What is Inner Beauty?



...Shakespeare

How do We Achieve Inner Beauty?

- Another Critical Thinking Tool
- Average or Beautiful?
- Inner Beauty: Foundation -> Definition
- Achievement: Taoism, Buddhism & Christianity
- Music Video: "Happy"

1

Review: Critical Thinking Tool #7

"What cannot you control? ...what you can control?"

Someone steals from you



You get angry



Call police; earn, borrow money to buy another; etc.

External Event
↓
Uncontrollable

Internal Reaction
↓
Controllable

(Stoicism: Marcus Aurelius, Epictetus, etc)

2

Which door would you choose?



<https://www.youtube.com/watch?v=7DdM-4siaQw>

3

Harvard / London School of Economics

Question	specific	yes
Do you consider yourself beautiful?	world	2%
Are you satisfied with your beauty	world	13%
Are you very satisfied with your body weight & shape	world	13%
Are you dissatisfied with your body weight	world	33%
Are you dissatisfied with your body weight	Japan	59%
Are you dissatisfied with your body weight	Brazil	37%
Are you dissatisfied with your body weight	UK	36%
Are you dissatisfied with your body weight	US	36%
You have to be more attractive than your mother's generation	world	63%
Beautiful women have greater opportunities	world	45%
Media/advertising set unrealistic beauty standards	world	68%
Female beauty should be shown as more than physical attractiveness	world	76%
Inner beauty can be achieved through attitude & spirit	world	77%
Every woman has something beautiful about them (inner beauty?)	world	85%
You are most beautiful when you are happy & fulfilled	world	86%
You want your daughter feel inner beauty	world	82%

Nancy Etcoff & Susie Orbach

4



Lizzie Valezquez...



“What defines you?”

<https://www.youtube.com/watch?v=QzPbY9ufnQY>

5

Foundation of Inner Beauty: What I can & cannot control?”

Answer from 2200 years ago: Stoicism



...Marcus Aurelius
Rome 180 A.D.

“My...”
is “inside” of me
“Inner Beauty”



“Other...”
is “outside” of me

“Outer Beauty”

6

Definitions of Inner Beauty... Behavior / Attitude



Happiness



Kindness



Wisdom



Dignity



Love / Affection



Authenticity



Self
Realization

7

First Step: Knowing What You Control?



Taoism's Answer – 2800 year ago

"The inner is the foundation of the outer"
...Lao Tzu, 600 BC

8

What You Can Control => Kindness/Compassion, Affection, Respect



...Dalai Lama

9

What I can control #1: Be Kind / Compassionate



...Dalai Lama



...Buddhism

10

What I Can Control #2: Be Loving / Affectionate



Bible, Book of Romans 12:10
...Christianity



"With love, one is fearless"
...Verse 67, Taoism

["Brave Starts Here"
...Lizzie Valaquez]

11

Fearlessness from 19 BC to 2022



...Virgil 19BC



...Matt Damon 2022

12

What I can control #3: Be Authentic / Transparent / Self Actualized

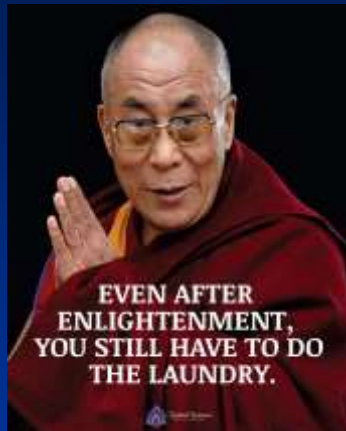
Kindness and compassion give rise to self-confidence, which in turn empowers us to be honest, truthful and transparent.

- Dalai Lama



13

What I can control #4: Be Humorous / Happy / Funny



14

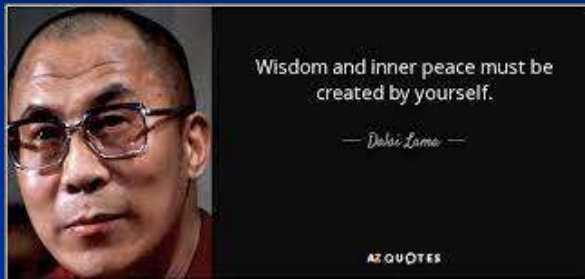
Summary: You control **your** Inner Beauty



Lao Tzu
600 B.C.



Marcus Arellius
180 A.D.



Dalai Lama
2003

15

Inner Beauty: Contrasting Perspectives

Resume Virtues



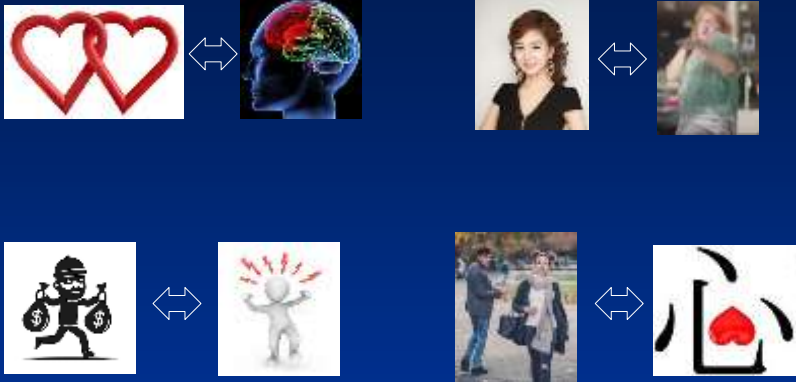
Eulogy Virtues



Which is more about "Inner Beauty"?

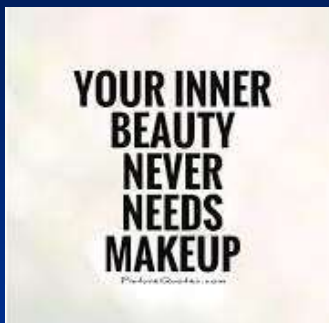
16

Review: Critical Thinking Tools



17

Some Final Thoughts



"Outer beauty turns the heads
...inner beauty turns the heart."
...Helen J. Russell

"Outer beauty will draw people to you
...inner beauty will keep them in
your presence"
...Robert Overstreet

18