

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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"The average woman would rather have beauty than brains, because the average man can see better than he can think."

Author Unknown

"The beauty is an ever ending source of joy for the one who knows to discover it."

Alexis Carrel

"The best and most beautiful things in the world cannot be seen, nor touched ... but are felt in the heart."

Helen Keller

Good day dear woman reader!

This month, I have decided to talk about beauty. A tad longer to read, I admit, but be patient, I am all with you dear women, and also with the men who love you in your life.

Research has shown what kind of sentiments and emotions women were left, with after browsing women's magazine. These pages are filled with pictures and words about what beauty standards should be for a woman.

How many women look at these actresses and feminine models, and how many billions of dollars are spent a year, so women will believe they can resemble these pictures, even for a short passing cloud?

These studies have been repeated and have shown that a vast majority of women feel depressed, confused, tend to self-criticize and negatively compare themselves after having seen such magazines. Their whole environment is affected, even if they are not aware of it.

I really wish my message to scream DEATH TO THESE FALSE MESSAGES hoping to be heard by all women of this planet. I meet so many beautiful and natural women, with such sensuousness, with all their own power, just simply used to bash themselves to try and resemble that so called feminine model.

I totally approve Spain to have stood up and banish those stupid rules that a model has to weigh a certain weight to even be considered. What a horror! Can you imagine a 5'9 in. woman that weighs 110 pounds? She looks like a walking cadaver!

Oprah has been so great as to investigate very young girls (pre-school) who stopped eating because they find themselves fat and ugly. God Almighty! For Heaven's sake! Wake up ladies, and stop believing all these tomfoolries. My message to young girls and women of all ages invites you to stop torturing yourself and 'anorexiate' yourself so you will feel loved for your looks!

O.K. enough good anger and let's come back to my Lady of the Month I wish to share with you.

Lately, I was asked to look into a woman's reality who shared she was having skin difficulties; she wanted my opinion about what it could hide. The dermatologists she consulted had left her dissatisfied, and I am all with her, in believing that a product that is dangerous enough to damage your liver is not worth the try to get rid of some pimples or acne. To my opinion, that should never have been invented to begin with!

"Beauty is eternity gazing at itself in a mirror."

Khalil Gibran

The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt

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Furthermore, she also shared that the majority of her lady friends were waking up to having skin problems. Strange, I thought, for I never had such a difficulty. I would lie to forget that my teen years had their share of pimples at times, and I remember very well how my mother dealt with such realities. *"Don't touch them,"* she would say so I would not create scars on my face. *"Wash your face regularly, watch what you eat and don't put your dirty hands on your face."*

Dear Mom, she had her simple ways to deal with that part of growing and coming out of teenager phase.

Let's come back to that beautiful woman I will call Athena. It is kind of a testimony to the Greek Goddess to whom she reminds me of in all her beauty, as much physical as intellectual. As of now, she is not fully aware yet of all her beauty but that is work in progress shall I say. After our session, I know she will keep on working and may discover more yet. I know her to be on a quest to find her truth, and make important connections. She will heal profoundly what appears skin deep. But before going there, a bit of history.

A bit of mythology

Athena's father, Zeus, had such a fear of his wife Metis, and her powers, that he swallowed her to avoid dealing with her. Zeus did not know she was pregnant. He became plagued with such a headache that he wished for a lobotomy to release his pain, which helped Athena come out unaffected.

What a story! I am happy we no more live in these moments. So...

The symbolic to be understood here, is in the fact that so many men, specially in our fathers` era, were possibly afraid of woman's powers, in all their beauty potential, their creativity, their procreation powers and all the 'mysterious' that surrounded women in all she can me.

All this fear from our fathers has transpired to their daughters and also, has been transmitted as a message to their wives. One had to be careful to not be too pretty, too smart, too intelligent, and most of all, not to step ahead of the patriarchy so prevailing in those days. The whole household got affected.

Some societies still honour the masculine over the feminine, and still denigrate the feminine potential. That is in a nutshell the symbolic history of what I found in our Athena.

Here is her intimate history

Athena is from a family where culture, and beliefs inherent to the family, makes it so that women are left behind. Since her childhood, her father never acknowledged her beauty, her intelligence and growth. Of course, once in her teenage years, she follows the crowd and wishes to experiment with make up.

Make up is a double edge sword: it enhances beauty or it hides it!

I think back to some women I meet at times, they have covered themselves with so much make up they have become ugly.

Enhance what? All the potential that a tad of creativity may embellish, and put us at our best....

Hide what? That depends on the woman's inner belief. She may try to hide herself so she will not attract attention from men, from other women, afraid to be envied, attract jealousy and so on...

In Athena's story, a short time after she purchased make up, her father took it away from her and her sister. Time passes and they both shortly found their treasure hidden by their father.

Possible message: *"You have no right to be better yourself... or to be beautiful."*

Athena's past reveals that her father, first masculine reflection in her life, does not

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welcome her growth in beauty, in her intelligence, in her natural feminine power. This has for effect that she is where she is now. Even when her mate tells her how beautiful she is, her natural reflex is to not believe him, that he must be telling her this to make her feel better or just to be nice with her.

Other important fact is Athena's mother is also stuck in her belief that she has to be a **good mother!** Her woman is left aside, no enhancement, no recognition of her feminine potential and beauty.

No wonder Athena does not wish to resemble her mother! For the message she bears is that one must forget to be a woman. Quite a contract! A mother cannot be sexual, sensuous, feminine, cute, happy, joyous, etc. God keeps this mother to have a say on her right to feel beautiful and enhance her attractive powers!

Along the way, I question her if she has seen a pattern or phases or cycles in which her acne is acting up? Sure enough, it is very clear for her that when she had difficult moments such as being stressed by her father's severe illness, her divorce years ago, or any difficulty she encounters, her pimples (that are painful by the way) let her know about it. She is very conscious and aware of the mind-body connection here. She will certainly regain some empowering tools as she properly resets her belief system.

I helped her revise how she feels on a daily basis. If a pimple appears, she becomes controlled in not going out of the house. Her mood will also be altered and negatively influenced.

"My Beautiful Athena, how much wasted energy and lost power given to your ancient beliefs that should be better left with your father... Left also to your mother, who also did not know how to allow her beauty to just be?"

We finished with humour and Athena promised me she would practice believing her mate, and that she had to change in that regard. But above all, to start seeing her skin wanting to give her a message from within, wishing to shake her old beliefs out of her life.

"Oh! Beautiful Women! What tortures you endure from your old beliefs, and what tortures you endure to want to change to please the Gods that do not exist anymore"

Remember that suffering is only good if it helps you come out of that pain and understand why you got there in the first place.

As a final word, here is a very short video clip I feel every woman should see. Thank you Roxanne my beautiful niece to have shared that with me, for the pertinence of its message amplifies mine all the way to the sky. I wish your computer is able to view this link.

[Is that beauty?](#)

Until our next meeting, I wish you all the inner beauty that will reflect itself out to the world, from head to toe, from heart to soul, from your self to your loved ones and back to you.

Love yourself wall to wall!

With all my affection:

Pauline Houle - Therapist - author pms@paulinehoule.com

p.s. Thank you Athena. Remember you are even more beautiful when you live your true happiness.

NEXT MONTH: I do not know yet.

I WISH YOU A WONDERFUL MONTH filled with sunny thoughts and warmth in all areas of your life.

P.P.S. Last month, I had announced an interview in New York. It went very well but the audio is not yet ready. Be there for next month.