

Recipe for Beauty

By Wanderer

You do not think you are beautiful. I can help you be.
Follow these steps and you will see.

Step One: Take a look in the mirror every once in a while... but with my thought process and point of view when I view you. That way, you can appreciate your skin tone, the structure of your cheekbones, the perfect placement of your eyebrows and the symmetry of your face. You'll realize the perfection present and penetrating my eyes when I see your figure; then figure out exactly what I've been trying to tell you: Baby you are beautiful. I love you. Everything you are and all you do.

Two: Repeat Step 1 because I need you to understand how beautiful you truly are to me.

Three: Smile. And I mean smile for a long while; while examining your straight white teeth and moon crescent shaped lips. Recognize the sparkle in your eyes and how soft your face is. At this point you should begin to melt at the core.

Four: Turn away from the mirror.

Instead, look inside. There's a lot to you that you try to hide; but I've found it. Now it's your turn. Experience your wonderful soul and intriguing personality. You bring all dull things alive.

Five: Make a list of all of your strengths and qualities, rather than your list of "what-I-wishes" and "how I could bes."

You do not think you are beautiful. I just wanted to help you see.