



BEING BEAUTY

What Makes Us Glow

by Glennon Doyle Melton

Plenty of people are pretty, but haven't yet learned how to be beautiful. They have the right look for the times, but they don't glow. Beautiful women glow.

That's because beautiful is not about how we look on the outside; it is about what we're made of and being "full of beauty" on the inside. Beautiful people spend time discovering what their idea of beauty is on this Earth. They know themselves well enough to know what they love, and they love themselves enough to fill up with a little of their particular kind of beauty each day.

When we are with a beautiful woman, we might not notice her hair, skin, body or clothes, because we'll be distracted by the way she

makes us feel. She is so full of beauty that some of it overflows onto us. We feel warm and safe and curious around her. Her eyes typically twinkle a little and she'll look at us closely—because a beautiful, wise woman knows that the quickest way to fill up with beauty is to soak in another's beauty. The most beautiful women take their time with other people; they are filling up.

Women concerned with being pretty think about what they look like, but women concerned with being beautiful think about what they are looking at, taking in the loveliness around them. They are absorbing the whole beautiful world and making all that beauty theirs to give to others.

Source: Adapted excerpt from Love Warrior by Glennon Doyle Melton (Flatiron Books). She's the founder and president of the nonprofit Together Rising. Read more at Momastery.com/blog.