

From <20020608145514.17363.00000238@mb-bg.aol.com> Post #: 74746
X-Google-Language: ENGLISH,ASCII-7-bit
X-Google-Thread: 10a5e2,f7d58373b0203a89,start
X-Google-Attributes: gid10a5e2,public
X-Google-ArrivalTime: 2002-06-08 11:56:38 PST
Path: archiver1.google.com!news1.google.com!newsfeed.stanford.edu!bloom-beacon.mit.edu!
newsswitch.lcs.mit.edu!sunqbc.risq.qc.ca!news-peer-east1.sprintlink.net!news.sprintlink.net!
nntp1.roc.gblx.net!nntp.gblx.net!nntp.gblx.net!ngpeer.news.aol.com!audrey04.news.aol.com!not-
for-mail
Lines: 103
X-Admin: news@aol.com
From: obedientfemme@aol.com (ObedientFemme)
Newsgroups: alt.transgendered
Date: 08 Jun 2002 18:55:14 GMT
Organization: AOL http://www.aol.com
Subject: Body Image
Message-ID: <20020608145514.17363.00000238@mb-bg.aol.com>
Xref: archiver1.google.com alt.transgendered:7207

Body Image

By Roberta Angela Dee

Let me begin my saying that most of us are aware of the anxieties most genetically female women have about their bodies. Studies have proven that women often perceive themselves to be heavier than their actual weight. To make matters worse, they worry and fret about everything from hair color, to the circumference of their hips.

Those of us within the gender community, whether transgendered, transsexual or a cross dresser, at some point in time, have had the same experience as genetically female women, regarding our body image. In fact, the experience has been documented through several research studies. Each study proved that Media and advertising have an adverse effect on women and how women view themselves. We, in the gender community, are no different.

Few women can expect to be 5 feet, 11 inches, and weigh only 130 pounds. None of us are going to be young forever, or remain unaffected by the toll that gravity takes on human flesh.

In spite of all the ads and models airbrushed to perfection, there is no cream that can remove wrinkles, no lipstick that can make lips measurably fuller, no diet that allows unlimited food consumption, no ointment to remove cellulite, and no herb that can provides a perfect and perky bustline in 3 - 4 weeks. Yet, these industries continue making promises and we continue to listen. And it's the very reason why we're so often depressed after reading a glamour magazine, and viewing page after page of flawless women with flawless faces, flawless bodies, and flawless little smiles with flawless teeth.

If it sounds a bit absurd, that's because it is. Our culture motivates 6 and 7

year old girls to refuse to eat because they don't want to be fat. Little girls starve themselves because they are afraid of becoming too hippy, and they haven't even reached puberty. Some become anorexic, and some die. Isn't it sad that a little girl should die because she is overwhelmed by a fear of not being beautiful? What can 'that' kind of beauty truly mean, if it leads to a child's death?

Teenage girls idolize Britney Spears. Why? Certainly not for her voice. They idolize her because she's perceived as beautiful, and we must be beautiful, we must be beautiful, we must be beautiful.

Fortunately, adolescents are likely to become a little more realistic as they grow older. Yet, even as adults, we continue to idolize those beautiful celebrities -- those beautiful people.

And, even as adults, we perpetuate behaviors that reflect an obsession with youth and beauty. And our children watch us. Inevitably, they mimic us and inevitably fall into the same traps.

Being women isn't based on how we look. It's based on how we feel about ourselves. It's based on what lives in our hearts and our souls. It's based on our innately nurturing spirit that wants to love and wants to be loved in return. And however much it might sound like a cliché, real beauty lies within. It doesn't age. It doesn't wither. Why? Because it's who we are inside.

If you're looking for beauty, look within.

This is what the world's most beautiful women have said. It's what the wisest women tell us.

About 10 years ago, I left home to pick up an order from Olive Garden, a popular restaurant chain, here in the United States. I walked up to the pick up station located at the end of the bar, and stood waiting for my order to be filled.

While waiting, I noticed a woman seated at one of the tables. The woman was in her 60s, but was surrounded by four or five handsome young men who were in awe of her every word.

Interestingly enough, there were three much younger women, seductively dressed, and seated at the bar. Yet, in spite of their youth, revealing attire, and outward beauty, none of the younger women could pull even one of those young men away from the older woman.

It soon became obvious to me that the young men were in awe of the older woman's beauty because it was so apparent that her beauty came from within. She moved with the grace of a queen, spoke with the elegance of a princess, and gestured with the feminine command of a duchess. And, believe me, nothing in a bottle could touch her. Her beauty was timeless, ladies.

None of us can be happy or beautiful, until we discover that inner peace, that

inner place where beauty doesn't depend on how other people look at us. Each of us, in some way, searches for a sense of harmony. I hope that each of us find that harmony, that peace, that place -- that inner beauty.

With Love,

Roberta Angela Dee