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Unmasked Beauty: Navigating Our Reflections

In the digital realm where shadows sway,  
A glimpse of self, a fleeting display,  
Social media's seductive play,  
Shapes how we see ourselves each day.

Post-pandemic life, we found our way,  
Online bonds, our lifeline in disarray,  
But with every like, comment, and share,  
The mirror of self, it began to wear.

Perfection's lure, it beckoned near,  
Cosmetic dreams, and idols to revere,  
Yet beneath filters and glamour's sheen,  
A quest for true beauty remained unseen.

What makes you feel beautiful, they say,  
Is it in others' hearts, or your own array?  
Within the depths of your soul's embrace,  
Lies the essence of beauty's true grace.

In the gentle glow of self-acceptance's light,  
We gather strength to win the fight,  
Against standards that aim to bind,  
Our spirits to an ideal undefined.

So let's navigate this digital sea,  
With self-compassion and empathy,  
In the mirror of our hearts, we'll find,  
The beauty that's uniquely thine.

