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Inner Glow

When I gaze at the bright luminous screen
No reflection of me, it may seem
Amid beauty filters, makeup, skincare and more
Social pressure escalates, expectations soar

But why is it we chase such perfection
Seeking change, cosmetic procedures in every direction
The entire world, so focused on celebrity ideals
It is no longer easy to tell what is real

In the search for sheer perfectness
True beauty is hard to assess
Some might say it is being skinny, slim, and thin
But to me, it is what comes from within

Thoughtful and heartfelt conversations with friends
Physical beauty will fade, but what's inside never ends
Memories and moments that shape who I am
I will never change, not in this lifespan

Being kind, generous, and truthful is what is beautiful to me
And it is not up to me to control what anyone else sees
Social media will always change what beauty means
But it is important that you know it is the beauty inside you that beams