



SHAPE OF DIGNITY

*Yet you, LORD, are our father; we
are the clay and you our potter;
we are all the work of your hand.
Isaiah 64:8*



Sunflower

WEEK SIX SHAPE OF DIGNITY

Opening Prayer

Heavenly Father,

Thank you for creating me with dignity and beauty.
Help me to see that the body you gave me is a gift.

One that is meant to bring your love to others.

Amen.

Yet you, LORD, are our father; we are
the clay and you our potter;
we are all the work of your hand
Isaiah 64:8



Song for Reflection:
Cello Suite No. 1 - Bach



POPE ST. JOHN PAUL II
THE 'EVERYTHING' POPE



*"The body, in fact, and it, alone, is capable of
making visible what is invisible: the
spiritual and the divine"*

-Pope St. John Paul II

- ✦ **Early Life and Vocation:** Born Karol Józef Wojtyła, the youngest of three children. By age 12, he had lost all of his siblings and his mother. His father, a devoutly religious man, raised him with the love of Christ. After overcoming many obstacles, he was ordained a priest at age 26.
- ✦ **Papacy:**
 - Elected Pope in 1978 at the age of 56, becoming the youngest Pope since 1846.
 - Succeeded his predecessor after only 33 days and chose the name John Paul II.
 - Ruled until his death in 2005.
- ✦ **Sainthood:** Named a saint just six years after his death in 2011, after Pope Benedict XVI waived the standard waiting period.
- ✦ **Major Contributions and Legacy:**
 - Considered one of the most influential saints and popes of the 21st century, known for his legacy of love and deep theological knowledge.
 - His most significant contribution was the "Theology of the Body," a series of 129 addresses on the human body and sexuality.
- ✦ **Key teachings from the "Theology of the Body":**
 - The human body is a gift, created in the image and likeness of God.
 - Humans are unique creatures of inseparable body and soul.
 - Bodies reflect the Creator and are designed for a total "gift of self" in love.
 - We are intentional reflections of God's creative design, not biological accidents.

THE SHAPE OF HIS DESIGN

- ✦ **God as Artist:** After painting your life in color, He sculpted it in form — each curve, angle, and line woven with purpose.
- ✦ **Sacred Silhouettes:** Your body carries a unique architecture — a combination of lines that reflect God's intentional design. This isn't about fixing or changing; it's about recognizing what He already made.
- ✦ **A Journey of Discovery:** Finding your silhouette is often a process, not a single moment — a dialogue between observation and intuition.
- ✦ **Holy Discernment:** When we invite the Lord into this process, it becomes a journey of uncovering the beauty He already placed within us.



The shape of your dignity isn't something to earn - it's something to remember.

WHAT IS A SACRED SILHOUETTE?

- ◆ **Definition:** A way to understand the harmony between your physical form and the clothing you choose to wear.
- ◆ **Not About Labels:** It's not about size or measurements — it's about discovering the natural lines and architecture of your body.
- ◆ **Your Lines:** Every woman carries a unique combination of structure and softness — what we call your "lines."
- ◆ **The Connection:** Just as your color season reveals the tone of your beauty, your Sacred Silhouette reveals its shape.
- ◆ **Living in Harmony:** When you dress in a way that mirrors your natural shape, your clothing feels both effortless and true.



*Five reflections of divine design —
the harmony of line and movement.*

UNDERSTANDING YOUR LINES

ANCHOR & MODIFIER

Every Sacred Silhouette is made of two parts:

Your Anchor: Your primary line — the dominant characteristic of your silhouette.

- ✦ Straight: Your body creates a primarily vertical, angular line. Length and structure are your defining features.
- ✦ Curve: Your body creates a primarily rounded, flowing line. Softness and curves are your defining features.

Your Modifier: What makes your lines uniquely yours.

- Tapered — Narrow, delicate, elongated
- Contour — Waist definition, hourglass curve
- Openness — Width, breadth, strong frame
- Balanced — Proportioned, symmetrical, moderate
- Compact — Petite, small-scale, condensed
- Lush — Full curves at both bust and hips



Your Anchor + Modifier = Your Sacred Silhouette

THE TEN SACRED SILHOUETTES

- ✦ These five foundations each have two expressions — one leaning Sharp (more angular), one leaning Soft (more curved).
- ✦ This creates 10 total Sacred Silhouettes.
- ✦ Beauty is not about size, symmetry, or trends — but harmony.

FIVE FAMILIES OF SILHOUETTES

Striking — Vertical and elongated. A reflection of God's strength and grandeur.

Sylvan — Open and grounded. A reflection of His earthiness and ease.

Synchronous — Balanced and harmonious. A reflection of His constancy and peace.

Sprightly — Compact and dynamic. A reflection of His playfulness and creativity.

Supple — Soft and curved. A reflection of His tenderness and compassion.



Each form reveals another facet of the Creator's imagination. None is higher or lower — all are harmonious in His design.

STRIKING

VERTICAL & ELONGATED

Sharp Striking — *Straight + Tapered*

Your silhouette is defined by a strong vertical line with a narrow, angular frame. You carry a striking, elongated presence — your bone structure is prominent and sharp, your overall impression one of length and sleekness.

Reflects: God's strength and holy authority
Style: Clean vertical lines, tailored narrow silhouettes, architectural pieces
You might notice: Sleeves and pants often feel too short. People assume you're taller than you are. Delicate or fussy details disappear on you.



Soft Striking — *Straight + Contour*

You have a tall, elongated frame with added softness and curve. Your vertical line is dominant, but your body also has beautiful waist definition and gentle curves. You carry both drama and femininity.

Reflects: God's power held with tenderness
Style: Pieces that honor your length while allowing for your curves
You might notice: Straight, boxy cuts ignore your waist and feel "off." You need length AND curve accommodation. Wrap styles often work beautifully.

SYLVAN

OPEN & GROUNDED

Sharp Sylvan — *Straight + Openness*

Your frame has a strong, open quality with breadth through the shoulders and upper body. You have a vertical line combined with width that creates a powerful, grounded presence. Your bone structure is prominent and broad.

Reflects: God's earthiness and unmovable strength
Style: Unconstructed, relaxed silhouettes that allow for your frame's openness
You might notice: Structured blazers feel restrictive. You need room through the shoulders. Relaxed, open necklines feel like home.



Soft Sylvan — *Curve + Openness*

You combine softness and curves with an open, broad frame. Your shoulders have width, and your body has a relaxed, earthy quality combined with feminine curves. You are grounded yet soft.

Reflects: God's nurturing abundance in creation
Style: Flowing, unconstructed pieces that accommodate both your width and curves
You might notice: Stiff fabrics fight your body. You need softness AND room. Flowy, draped pieces feel most natural.

SYNCHRONOUS

BALANCED & HARMONIOUS

Sharp Synchronous — *Straight + Balanced*

Your body is beautifully proportioned with a moderate vertical line. Nothing is extreme — you have symmetry and balance throughout your frame with a slight lean toward angularity.

Reflects: God's perfect order and constancy Style: Classic, clean silhouettes with moderate structure You might notice: Extreme styles overwhelm you — very dramatic or very romantic both feel "too much." Simple, quality pieces shine on you.



Soft Synchronous — *Curve + Balanced*

You have beautiful proportion and balance throughout your frame with soft, gentle curves. Your body is harmonious — neither extremely angular nor extremely curved.

Reflects: God's peaceful symmetry and grace Style: Elegant, classic silhouettes with soft edges and gentle waist definition You might notice: You can wear many things, but sharp angles feel harsh. Soft, classic pieces with gentle waist definition feel most like you.

SPRIGHTLY COMPACT & DYNAMIC

Sharp Sprightly — *Straight + Compact*

You have a compact, petite frame with angular, straight lines. Despite your smaller stature, you carry a vertical impression with sharp bone structure and a narrow silhouette.

Reflects: God's playful precision Style: Fitted pieces with clean lines that honor both your petite frame and angularity You might notice: Standard sizes are always too long. Overwhelming prints or large details wear you. Cropped, fitted pieces feel right.



Soft Sprightly — *Curve + Compact*

You have a petite, compact frame with soft curves and rounded edges. Your small stature is combined with femininity and gentle curves.

Reflects: God's delightful creativity Style: Scaled-down pieces that honor your curves without overwhelming your proportions You might notice: Everything needs hemming. Large, stiff pieces overwhelm you. Scaled-down details and soft curves feel most harmonious.

SUPPLE

SOFT & CURVED

Sharp Supple — *Curve + Tapered*

You are curve-dominant with a narrow, delicate bone structure. Your body has softness combined with a small, tapered frame. Delicate yet feminine.

Reflects: God's gentle tenderness Style: Soft, curve-honoring pieces that don't overwhelm your narrow frame You might notice: Oversized clothes swallow you. Stiff fabrics ignore your curves. You need softness in a smaller scale.



Soft Supple — *Curve + Lush*

You are pure feminine curve — lush, soft, and rounded throughout. Your bust and hips are both full with a defined waist between. Two distinct curves stacked.

Reflects: God's lavish, abundant love Style: Soft, draped fabrics that honor and accommodate your curves You might notice: Boxy cuts make you feel shapeless. Your waist is your anchor — when it's honored, everything works. Soft, stretchy fabrics are your friends.

OBSERVING YOUR LINES

A Quick Observation

You don't need a mirror for this. Just your hands and your memory.

Your Hands

Look at your hands right now.

- Are your fingers long and narrow, or short and tapered?
- Are your knuckles prominent or smooth?
- Is your palm wide or narrow?

What do you notice?

Your Frame

Think about how clothes fit you.

- Do sleeves tend to be too short, too long, or just right?
- Do you need room through the shoulders, or do things feel too big there?
- Does your waist tend to be your fitting challenge, or is it your hips? Your bust?

What do you notice?

OBSERVING YOUR LINES CONTINUED

Your Wardrobe

Think of an outfit that made you feel completely yourself — not performing, not trying, just at home in your skin.

What was it? Why do you think it worked?

Now think of an outfit that never felt right — no matter how much you wanted it to work.

What was it? What felt "off"?

Sometimes our clothes already know what our minds are still discovering.

Reflect and pray

Ask yourself

What aspect of God's image do I uniquely reveal?

How can I honor this through how I dress, move, or carry myself this week?



Optional Exploration: Discovering Your Lines

If you'd like to explore your Sacred Silhouette more deeply, you can use the guided observation or quiz on the portal:

Sacred Silhouettes Quiz

[myholycrescendo.com/sacred-silhouettes]



This tool may help you notice patterns in your proportions, but it isn't meant to define you. Let it guide reflection, not verdict — your harmony already lives within God's design.

OBSERVING YOUR LINES CONTINUED

WEEKLY CHALLENGE

Three Things

This week's practice is on the next page — a way to receive your body as gift and carry that gratitude with you.

You'll need: a full-length mirror, a few quiet minutes, and a small piece of paper to keep with you all week.

Closing Prayer

Heavenly Father,

You shaped me with care and purpose.

Help me to remember that the differences between us

Are not an indication of "wrongness", but a proof

That I am uniquely made in Your image.

Amen



*"The body reveals the person."
— St. John Paul II*

LIVING IT OUT

Three Things

Materials: Full-length mirror, pen, paper

The Practice:

- Stand before a full-length mirror in something that allows you to see your body — a bathing suit, fitted clothing, or undressed if you're comfortable.
- Look at yourself with gentle eyes. Ask the Lord to help you see what He sees.
- Name three things you love about your body — no more, no less.

They can be large or small — the way your eyes light up when you smile, the strength of your hands, the softness of your hair, the curve of your shoulders, the steadiness in your gaze. Don't overthink it. What draws your eye with gratitude?

- Write them down below, then copy them onto a small piece of paper.

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LIVING IT OUT. CONTINUED

The Week-Long Practice:

- Carry this paper with you every day this week.
- Take it out at least once a day — look at it and thank God for these three gifts.
- At the end of the week, notice: Has anything shifted in how you see these three things? Has anything shifted in how you see the rest of your body?

End-of-Week Reflection:
