

# Why Beauty Is Truth: The History of Symmetry



## Why Beauty Is Truth: The History of Symmetry

by Ian Stewart

★★★★☆ 4.2 out of 5

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Screen Reader : Supported

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Symmetry is a fundamental concept in art and aesthetics. It is the arrangement of elements in a way that creates a sense of balance and order. Symmetry can be found in both the natural world and in human-created objects.

In the natural world, symmetry is often found in the form of bilateral symmetry. This is the type of symmetry that we see in humans, animals, and plants. It is characterized by two identical halves that are mirror images of each other.

Bilateral symmetry is also found in many natural objects, such as flowers, leaves, and crystals. This type of symmetry is often associated with beauty and harmony.

In human-created objects, symmetry is often used to create a sense of order and balance. This can be seen in architecture, painting, and sculpture. For example, the Parthenon in Athens is a symmetrical building with a central axis that runs through the center of the building. This axis creates a sense of balance and harmony.

Symmetry is also used in painting and sculpture to create a sense of unity and cohesion. For example, the Mona Lisa by Leonardo da Vinci is a symmetrical painting that features a central figure that is surrounded by a background of symmetrical elements. This symmetry helps to unify the painting and create a sense of completeness.

The history of symmetry in art and aesthetics is long and complex. It can be traced back to ancient Greece, where the philosopher Plato argued that symmetry was a fundamental principle of beauty. Plato believed that symmetry was a reflection of the underlying order of the universe.

During the Renaissance, symmetry was revived as a key concept in art. Artists such as Leonardo da Vinci and Michelangelo used symmetry to create beautiful and harmonious works of art. The use of symmetry in art continued during the Baroque period and into the 19th century.

In the 20th century, symmetry was challenged by modern artists who sought to break away from traditional forms of beauty. However, symmetry continues to be an important concept in art and aesthetics today. It is used by artists to create a sense of balance, order, and harmony.

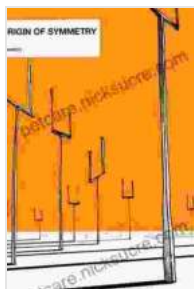
**Why do we find symmetry so pleasing?**

There are several reasons why we find symmetry so pleasing. One reason is that symmetry is associated with order and balance. This sense of order and balance can be calming and reassuring. It can also make us feel more confident and in control.

Another reason why we find symmetry so pleasing is because it is associated with beauty. Symmetry is often found in nature, and we have evolved to find it attractive. This is because symmetry is a sign of health and vitality. It can also be a sign of intelligence and creativity.

Finally, we find symmetry so pleasing because it is simply easier to process. Our brains are wired to recognize and process symmetrical objects more quickly and efficiently than asymmetrical objects. This is because symmetrical objects are more predictable and easier to understand.

Symmetry is a powerful concept that has been used in art and aesthetics for centuries. It can create a sense of balance, order, and beauty. It can also be calming and reassuring. So if you're looking for a way to make your life more beautiful, try adding some symmetry to it.



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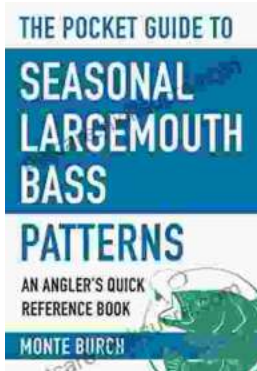
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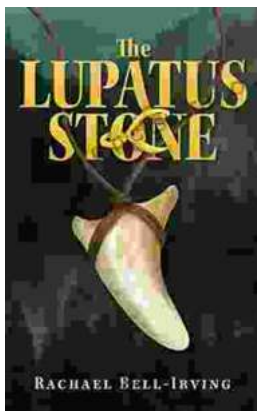
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