

MIRROR, MIRROR, ON THE WALL...

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When was the last time you looked in a mirror? Did you see yourself? Did you like what you saw? When was the last time you looked at your surroundings? Did you see any expressions of yourself in those objects? Of course you did. The way your house is arranged and decorated, the style of furnishings, the colors and textures all are expressions of you and your choices. The desk where you work expresses you thru your choices. The car you drive, the way you wear your hair, the photos you put on the wall...all express you. Even the people you hang out with are an expression of your choices.

I suggest that every person, object and event in your surroundings reflects you. How? Well, if you see an elephant in a parade, the animal is not showing you how big and wrinkled you are, but when you respond to the presence of that elephant, you express yourself. In that way, the elephant is acting like a "mirror" that shows you to you. If you respond to the elephant with fear, you can then "see" your fears expressed, so you know what's inside you. If you respond to the elephant with a feeling of wonder and a big smile, then you can "see" your curiosity and joy expressed, so you know what's inside you. Everything in your life acts like a "mirror" to help you see yourself more clearly.

You express yourself when you respond to your boss or your mail or your child or a bottle of alcohol or a person in need. When you express yourself, you can "see" yourself, through your actions, more clearly - if you so choose! If you respond to your boss with disgust and anger, it's as if the boss is saying, "See what's coming out of you? See what's inside you?" If you choose to, you can now see what you have inside to work on. You can, of course, pretend that you don't see what you're doing, and the longer you pretend that you don't see yourself clearly, the longer you'll feel like something's missing in your life. Why? Because you will not have found your truth about you. You'll be fooling yourself about Who You Are. That never feels very good; it feels shallow, empty, hollow and downright sad.

Your life - all the people, places, events and things in it - are acting like mirrors to help you discover your SELF. Who are you being today? An angry person? A loving person? Your responses to the things around you will demonstrate quite loudly just who you think you are today. What do you see in your responses today? If you don't like what you see, recognize that something you are doing is not working for you; own it; try something different and see if that works better.

Change your mind and change your life. It's all up to you; it's your life.