

~ REFLECTIONS ~

January 2008

***Mirror, mirror on the wall. Who's the fairest of them all?***

I think we all remember the wicked witch asking that question and how she became very angry when the mirror's answer was Snow White. How dare the mirror reflect something back to her that was not to her liking - how absurd! We would never be that unrealistic, would we? Or would we?

It is said that everyone we attract into our lives is there to reflect something to us. And yet, if someone is reflecting something we don't like, we try to get *them* to change. This makes as much sense as looking into a mirror, seeing a smudge on the face looking back at us and trying to wipe it off the face in the mirror - and then becoming frustrated because it didn't go away! But does this stop us? Usually not - most of us persistently try to change the face in the mirror. Or, if we get really frustrated, we occasionally break the mirror by breaking off the friendship. Then we act surprised, when we attract a new friend into our lives who reflects the same problem. "Why do I keep attracting people who            (you fill in the blank           ) we ask?"

But we aren't going to do that anymore, are we? From this point forward, when someone begins to annoy us, we're going to take a step backwards out of the irritating energy and ask ourselves: "What is this person reflecting back to me?" And we're going to ask the question as many times as we need to - until we get an answer. And then - (here's the BIG one) - we're going to begin to work on ourselves. Because we truly know that we must BE THE CHANGE.