

Mirrors

What is a mirror? A mirror is our reaction to what we see in others. It is our reaction to what others do or say. It is what our filters show us from the interaction.

Notice how a person makes a statement, and later the same people who heard the same words can each have a little different slant as to what was said. The reality for the listeners is based upon their mirrors and filters as to what is said and what it means to them. We all have our own reality and reaction. That is why there are so many differences. That is why we all have different truths.

Our actions and reactions toward people provide a message to both sides. It is all about us and our reaction. We need to dig deep into seeing what our mirrors of others tell us about ourselves. It is us and not them. By our actions and reactions, we tell them how to treat us.

Other people are mirrors for us to help us learn. It is the mirror that teaches us and creates value for us in the lessons. It is up to us to step back from the stage of life and reflect on the lesson and the deeper meaning of any action and interaction. Whatever has an emotional charge also bears a needed lesson. What happens to us happens for a reason. Our interactions are for a purpose and should teach us something.

When we meet someone and like them, the meeting may be showing us something missing that we need or want. If we dislike someone, they may be showing us a trait of ours from this life or a previous life that we dislike and would prefer to avoid.

Mirrors are the messages we send and the messages we receive. We determine how we see things based on our needs, our filters, and our personal insight. We can find great value and learning in our mirrors.

What about your mirrors? What have you seen in someone else that you approved of and started to do yourself? What have you seen that you feel is wrong and you now watch

yourself so you do not make the same mistake? Yes, a mirror can show us what to do as well as what not to do.