Mirrors

Topic: Mirrors…. We’ve all been exposed to the fact or accused of “mirroring” – “we are mirroring something or someone”. What does this mean? There are some situations where the definition of mirroring which we were given (and according to Webster: ‘something that gives a faithful representation, image or idea of something else, a pattern for imitation’) just didn’t work. We’d look at the situation and just know we weren’t mirroring ourselves at the time or even something we needed to learn specifically about ourselves, something we were lacking, etc. (and… believe me, we have many opportunities to do this first mirror). We came across an individual, Gregg Braden, who taught us more about mirroring. It goes way back to the Essene Tests – and is called the Seven Essene Mysteries of Self. By understanding what they are, life and life’s challenges seem to make so much more sense. The concept/idea is from Gregg Braden, but the rambling text pretty much belongs to us.

SEVEN ESSENE MYSTERIES OF SELF

1. Mystery of the First Mirror – this is the mirror we are all familiar with. It is known as The Mirror of the Moment. It is the one Webster so aptly defines. You’ve all been there – someone says or does something (we like or don’t lie, it doesn’t matter), and it may be mirroring an action or word within you or some action or word you need to learn.

2. Mystery of the Second Mirror – this mirror is The Mirror of That Which is Judged. This is the mirror that we have the most trouble with. The thing(s) that we judge will present itself to us over and over again, until we realize that it will keep happening again and again until we understand it is the charge we are placing on the people, situations, words, etc. Let me explain further. Take something you really judge – let’s say – dishonest people. You have put a charge on it – then I can pretty much guarantee you, you will have lots so dishonest people show up in your life. Another one is erratic drivers (this was one of mine). The charge I placed on it was rather undignified language and an occasional hand gesture to the car or individual driving the car. Until I came to the realization that it was a judgment call and to get into a place of non-judgment – you can bet I had this happen over and over and over again. Yes, it is possible to get to that place of non-judgment. The second mirror is all about allowing within another the possibility of thought action and feeling that you do not allow within yourself. In other words, they have a right to do exactly what they want… BUT you have a right not to react to it.

3. Mystery of the Third Mirror – This is the mirror of relationships. The Mirror of That Which is Lost, Given Away, or Taken Away. The relationship can be a momentary one that happens as quick as a flash or as long as life long friend(s) or
a partner. This is the mirror which tells us that we see something in another individual that we don’t see in ourselves or there is a void in ourselves. As this part “awakens” in us, many times the relationship is completed or the void is filled. The relationship happened just for the simple reason of “awakening” some part of us. Other times, after we reclaim that part, the relationship will need to be redefined and continue with the context of the redefinition or it will discontinue because it is finished.

4. Mystery of the Fourth Mirror – this is the mirror of compulsive/addictive behaviors, *The Mirror of the Most Forgotten Love*. I want you to just take a minute here and spend some time figuring out your compulsive/addictive behaviors. Everyone has them. I used to think I didn’t have an addiction; I thought addictions were drinking, drugs, alcohol, gambling, etc. We spent some time and we identified our addictions. For me, it was trying to be perfect………………. Trying to fix everyone’s lives………………. Food…………..control…………..Now, figure yours out. Next think about what you have missed out on because of the addiction/compulsion. What I “lost” was being able to be myself. I lost time for myself. I lost me. Through missing out on being myself, I was missing out on life. What do I love most? Life, living….. Interesting mirror. You can think of the alcoholic – he loves his family and what does he end up losing but that which he loves the most – his family. Braden says that your greatest fear may be re-defined as your most forgotten love. Addiction/compulsion may be re-defined as a behavior pattern which, in its extreme, will provide the opportunity experience exactly the opposite of that which you most desire in your life. The addiction/compulsion is your way of providing yourself the opportunity to experience your greatest fears (most forgotten loves), in degrees, as you drive from your life the very things that you hold the most dear, until the fear is either resolved or manifested.

5. Mystery of the Fifth Mirror – *The Mirror of the Mother/Father*. This mirror has an exercise. Take out a piece of paper. List on the top – mother figure….father figure. Under each put a + and a - . (If you did not have a mom or dad, put down your childhood caretakers. Under each list all the positives and negatives about each as you saw them before you were 12 years old. (Again, not through an adult’s eyes, but a child’s eyes). If you don’t have any positives or any negatives, that is fine. Use phrases or key words. Do this before you read on………………………………………… do not read on until you do this…..Now I’ll write down what the Essenes have to say about this list. “Your earth ‘Father/Mother’ holds and reflects your expectations and beliefs of your relationship with your heavenly Father/Mother. (Spirit, energy or whatever you call the higher essence). The way that you see you ‘mother’ and ‘father’ probably have very little to do with the person that you call ‘dad’ or ‘mom’. Through their lives, your father and mother have loved you so much that each has held a reflection of how you see, or have seen your relationship with heaven and earth.” Sit and think about this mirror awhile. This mirror was the most profound for Loren and I.
6. Mystery of the Sixth Mirror – *The Mirror of the Dark Side of Soul*. The best way to describe this mirror is to tell you what the Essenes have to say. “You are not capable of entering the Dark Side of the Soul until you have amassed all the tools necessary to move through the experience, with grace. In Trust, you will allow ‘experience’ to take you to the very edge of who you believe you are. If it serves you, ‘experience’ will push you over the edge and leave you to find your way out, alone. This is your opportunity to demonstrate your mastery of who you have become. The Dark Side of the Soul is your way of re-defining your perception of one, or some combination, of the Universal Fears of Abandonment, Separation, Self Worth, Trust, etc.”

7. Mystery of the Seventh Mirror – *The Mirror of Self*. In this mirror, we want you to set up a report card. Put on it: Physical, Mental, Emotional, Social. Then give yourself a grade in each. Starting with fail, average, above average, excellent. After you do this, read the next passage………….. Don’t cheat now……. “Your view of yourself in anything other than perfection will reveal your greatest doubt (least trust) in the One. The view that others hold of you in anything other than perfection will reveal their greatest doubt (least trust) in the One.” It also gives you a good time to look at yourself and really ‘get it’ that you were made in perfection. Do you think God created junk?