**Mirror of Self - Stories & Illustrations**

**How can you say to your brother,  
Let me take out the splinter from your eye,  
and behold there is a beam in your own eye?  
*(St. Matthew 7: 4)***

**If a movie were to be made of your life story, what actor would you like to see play you? Don't answer. It is a trap. Some psychiatrists -- those who don’t think it is too obvious -- say answers to the query are so revealing they can save much time at the outset of analysis. Clearly, naming the actor of your choice tells the doctor how you see yourself. *(L. M. Boyd)***

**What you call the aperture in your eye, the “pupil,” came from the French diminutive of doll. Alluded to the tiny image of yourself reflected in another's eye. *(L. M. Boyd)***

**At the beginning of this century, Percival Lowell was the most eminent astronomer in the world. It was in 1906 that he announced the presence of red canals on the planet Mars from his telescope in Flagstaff, Arizona. This indicated to him and to our world that there was intelligent life on this planet. Somebody must have built those canals. He followed this up by drawing intricate charts of these canals, which made their way into school textbooks and world atlases. Nobody questioned his charts nor his conclusions because he was “the expert.” Probably no one else looked through a telescope at Mars, or, if they did, like the people viewing “The Emperor's New Clothes,” they decided that they, too, MUST see canals, so they said they did. What is so important is that for decades, all of us raised in that period viewed Lowell's drawings of the canals and, as vulnerable children, certainly believed with no doubt that there were canals and sentient beings on Mars. Ray Bradbury was a school child at this time of universal belief and, because of that, his “Martian Chronicles” all contain stories about the canals of Mars. Well, of course, with modern telescopes and close-ups of Mars taken by spacecraft, we now know that there are no canals on Mars and no evidence of any life. But imagine, for over 50 years this myth has been spread around the world. What is so interesting to me is that my mind now knows there are no canals on Mars, but my inner child has not forgotten that old belief. Down deep, I know that in some future time, somehow, someone will discover those canals. How strange it is to contemplate that whole illusion that became so much a part of my life. And the Lowell Syndrome? That is a medical condition named after the great astronomer because he apparently suffered from it. It's quite rare, but the main symptom is that the patient is able to see the blood vessels in his own eyes. This seems to reinforce the concept that what we think we are seeing at a distance is nothing more than a projection of something inside ourselves. *(Bev Ludwig)***

**When we raise our children, we relive our childhood. A lost ball recalls another lost ball 20, 30 years ago; the smell of cedar brings forth the Christmas of '57; the burial of a hamster brings forth tears of another time for another pet -- perhaps a turtle wrapped in tissue and buried beneath an elm tree. When we hear ourselves raise our voices at our children, or see or hear ourselves through their eyes and ears, we meet the ghosts of our own young parents. So each of us thinks, almost daily, of how our own childhood compares with our children's, and of what our children's future will hold. *(Richard Louv, in Childhood's Future)***

**It has been said that our children are our best teachers because they will bring up in us everything that was left unresolved in us from childhood. They will present you with situations where you can finally resolve your childhood issues if you stay conscious of the process. *(Dr. Barry Weinhold)***

**A football coach had a star quarterback who was as dumb as a post. The only way the kid could stay on the team would be to pass all his classes, which was impossible. All his teachers agreed to go easy on him except for one, his math teacher. The coach begged the math teacher to not fail the kid. The math teacher agreed to give the boy an oral exam which, if he passed, would count for class credit. The coach came to the exam to support his star athlete. The math teacher asked only one question for the exam: “What is two plus two?” “Four,” the athlete answered. The football coach went into a panic and yelled, “Give him another chance! Just one more chance!” *(Sports Illustrated)***

**Starbucks Chairman Howard Schultz recently lamented that the coffee chain was becoming too much like McDonald’s. Now McDonald’s is becoming more like Starbucks. Many of its 13,700 U.S. locations will soon install machines to make cappuccinos, lattes, and other “destination beverages.” *(The Wall Street Journal, as it appeared in The Week magazine, March 16, 2007)***

**The sad truth is, Americans have conditioned themselves to believe in a movement almost as dangerous as Communism. I call it Job-ism. Under Communism, the government takes away your freedom and forces you to depend on them for all your basic needs. Under Job-ism, you voluntarily give away your freedom in exchange for a weekly paycheck. *(Burke Hedges, in You Can't Steal Second With Your Foot On First!)***

**I once heard a story about a mynah bird which developed a very distressing cough. His owner took him to the vet, who listened to the mynah's cough and then said to the owner, “Let me hear you cough.” It was the same cough. So the doctor said, “You get over your cough, and the mynah bird will get over your cough too.” *(Eknath Easwaran)***

**A college girl we know reported on her first and last fling with a computer-selected date. After answering scores of personal questions about her likes and dislikes, she mailed the form and waited. A few weeks later, up charged 43792-C -- her male counterpart. Anxiously, they began to discover each other and soon learned that neither wanted to live in a big city, she could be happy without money and so could he, they both liked collies, and so forth. Goodbye anxiety, goodbye excitement. “It was like meeting a long-last brother,” she said. And they parted. *(Marjorie Brophy)***

**A third-grade class was being led through the Natural History Museum with their teacher. A guide patiently explained each exhibit. “This large creature is a dinosaur. Its real name is Brontosaurus. It lived 80 million years ago. In our next display is another dinosaur. It is a two-footed, flesh-eating Tyrannosaurus. Next is the largest bird that ever flew.” Working their way through the museum, the children were in awe of the strange creatures with even stranger names. Finally, they came to a lifelike exhibit depicting early Cro-Magnon men and women dressed in animal skins, sitting around a campfire. One little girl looked at these alien man-ape creatures and saw her own dim reflection superimposed on the glass which separated her from the figures. “What am I?” she asked her teacher. *(Richard & Mary-Alice Jafolla, in The Quest, p. 47)***

**President Grover Cleveland was a draft dodger. He hired someone to enter the service in his place, for which he was ridiculed by his political opponent, James G. Blaine. It was soon discovered, however, that Blaine had done the same thing himself. *(David Louis, in Fascinating Facts, p. 135)***

**On ancient maps, all uncharted lands were referred to as terra incognita, meaning “unknown region.” The early cartographers drew dragons and sea monsters in those areas. These frightful creatures were graphic expressions of the mapmaker's own convictions that great dangers awaited those foolish enough to venture into these regions. *(Richard & Mary-Alice Jafolla, in The Quest, p. 22)***

**Sometimes there's a spot of dust on the slide, and instead of wiping it clean, we curse the projector. You want someone else to change. You want a better life but refuse to make any adjustments to the show running through your head. The very life we're experiencing is a projection of the thoughts we hold. When we hold the energy of love and compassion, we see beauty we might otherwise miss. Wiping the slide clean rewards us with a life of amazing clarity. We see ourselves more clearly and begin to extend compassion not just to others but to ourselves as well. *(Mary Manin Morrissey)***

**An Easterner on his first trip west, traveling on a bus tour, was unmoved by the scenery, scoffed at the Grand Canyon, yawned at the Petrified Forest, the Painted Desert, and had no interest at all in Yellowstone Park. When the bus driver had had too much of this carping and indifference, he finally turned to the fellow and said quietly, “Mister, when you haven't got it inside, you can't see it outside.” *(Bits & Pieces)***

**Woman: “You go first. What are the things I do that bug you most?" Man: “Okay, I hate the way you finish my sentences for me. It's, um it's...” Woman: “Presumptuous?” Man: “Exactly!” *(Ted Dawson, in Spooner comic strip)***

**The real menace in dealing with a five-year-old is that in no time at all you begin to sound like a five-year-old. *(Jean Kerr, in Please Don’t Eat the Daisies)***

**Jesus said, “A man's foes will be those of his own household.” (St. Matthew 10:36) The battle is always in our own consciousness, between what is real and what we believe, between judging by appearances and judging righteous judgment. *(Greg W. Neteler)***

**One day a rich but miserly Chassid came to a Rabbi. The Rabbi led him to the window. “Look out,” he said, “and tell me what you see.” “People,” answered the rich man. Then the Rabbi led him to a mirror. “What do you see now?” “I see myself,” answered the Chassid. Then the Rabbi said, “Behold -- in the window there is glass and in the mirror there is glass. But the glass of the mirror is covered with a little silver, and no sooner is a little silver added than you cease to see others and see only yourself.” *(S. Ansky, in The Dybbuk)***

**Two traffic court judges were both stopped by the same motorcycle patrolman on their way to work. They agreed to try each other. The first judge pleaded guilty, and the second judge fined him one dollar, plus costs. But when he, too, pleaded guilty, the first judge fined him $50 plus costs. “I only fined you one dollar!” protested the second judge. “I know, I know,” said the other, “but there has been too much of this sort of thing going on. This is the second case we've had today!” *(Fillers for Publications)***

**I asked myself why a person would purposely put gum on someone's automobile. That person was just being nasty and mean, I inwardly reasoned. Who could it be? My mind searched for suspects. Probably those kids at the library, I told myself. They were just hanging around the front of the building. They probably thought it would be a funny prank. Yes, I told myself, they were the ones who caused this extra work. They should be punished for doing such a thing, I reasoned, a punishment like washing my car for a month. The gum was difficult to remove. It seemed to multiply as I diligently worked to remove it. As I inwardly seethed with anger and scrubbed the car, I noticed a pattern. Where I touched the car, a sticky fleck was left. That's strange, I said to myself, as I leaned closer to investigate. Then the truth became evident. A finger of one of my latex gloves had melted while hanging in the hot garage, and I was the one creating the sticky mess. As I stripped the damaged glove from my hand and tossed it in the garbage, I felt a gentle wave of both remorse and hilarity pass over me. My thoughts had accused, and once again, I was the one my thoughts should have been accusing. *(Jan DeVries, in Unity magazine)***

**A prosperous young Wall Street broker met and fell in love with a rising young actress of gentility and dignity. He frequently escorted her about town and wanted to marry her. But being a cautious man, he decided that before proposing marriage he should have a private investigating agency check her background and present activities. After all, he reminded himself, “I have both a growing fortune and my reputation to protect against a marital misadventure. The young man requested that the agency was not to reveal his identity to the investigator making the report on the actress. In due time the investigator's report came back. It said the actress had an unblemished past, a spotless reputation, and her friends and associates were of the best repute. The report concluded, “The only shadow is that she is often seen around town in the company of a young broker of dubious practices and principles.” *(James S. E. Hewitt, Editor, Illustrations Unlimited)***

**Our lack of heroes is an indication of the maturity of our age. A realization that every man has come into his own and has the capacity of making a success out of his life. Of being able to say, “I have found my hero, and he is me.” *(Dr. George A. Sheehan)***

**Jesus said, “You shall love your neighbor as yourself.” One translation renders this, “Love thy neighbor, for he is as you are.” *(Eric Butterworth, in Unity magazine)***

**Only so far as a man is happily married to himself is he fit for married life to another. *(Friedrich von Hardenberg)***

**Michelangelo's David did not begin as the magnificent statue which stands today in the Academy of Fine Arts in Florence. Before Michelangelo ever picked up a chisel, an infinite number of David's existed in the raw marble. But to Michelangelo's consciousness, there was only one unique David in that stone. The David that he created perfectly mirrors his consciousness at the time he did it. It reflects the thoughts, feelings, memories, impressions, and collective ideas of the human race which he held. Thus, Michelangelo is the soul of David. It was he, using the character of his own thoughts, expressing his own consciousness, who formed the “body” David to mirror those thoughts and that consciousness. *(Richard & Mary-Alice Jafolla, in The Quest)***

**Mirror, mirror, in the water, who's the fairest little daughter? Mirror, mirror, at the sink, tell the fairest what you think. Mirror, mirror, on the door, who's the fairest forevermore? Mirror, mirror, in my hand, who's the fairest in the land? *(Bil Keane, in The Family Circus comic strip)***

**The natures of dogs, swine, vipers, of Sodom and Egypt, Pharaoh, Cain, Ishmael, Esau, etc. The natures of these I saw within, though people had been looking without. *(George Fox, the spiritual-minded Quaker)***

**In Pretty Woman (1990), the opera Richard Gere takes Julia Roberts to is La Traviata . . . which is about a prostitute who falls for a wealthy man. (*Uncle John’s Bathroom Reader: Wise Up!, p. 253)***

**The world has only one purpose – to heal you and bring you joy. Recognize that the person or event you think caused pain is only a stimulus that surfaced what was already there. Once more you have been given the opportunity to heal. Don’t miss it! Again! *(Michael Ryce, in New Thought magazine)***

**Physician heal thyself means that in some way physicians really need people for their own healing. And maybe lawyers need clients for their own honesty. And educators need students for their own education. And it seems that we go outside of ourselves in seeking out our shadow. *(Dr. Paul Brenner)***

**The female pigeon cannot lay eggs if she is alone. In order for her ovaries to function, she must be able to see another pigeon. If no other pigeon is available, her own reflection in a mirror will suffice. *(Isaac Asimov’s Book of Facts)***

**When Anne comes home from work, she's usually tense and irritable. Listening to her daughter's frantic rock music one evening, she realized it matched her mood and made her feel better--and more able to relax to Mozart later. Anne had stumbled on what music therapists call the “isomoodic principle,” a way to change mood through music. First you match music to your existing mood; then you gradually change the music to reflect the mood you want to attain. *(Catherine Houck, in Reader's Digest)***

**The sound heard by a listener when holding a seashell to his ear does not come from the shell itself. It is the echo of the blood pulsing in the listener's own ear. *(David Louis, in Fascinating Facts, p.. 24)***

**Before I can sell John Jones what John Jones buys, I must see the world through John Jones’ eyes. *(Bits & Pieces)***

**Billy: “Shadows don’t have faces, so how can we tell whose shadow it is?” *(Bil Keane, in The Family Circus comic strip)***

**We have storms of all kinds because we, as a race, the aggregate of humanity, still have storms in our consciousness. Don't believe that? Have you not felt some anger at some thing or some one some time? Anger is violent and moves with destructive force in our consciousness, laying waste to our peace of mind. It outpictures as tornados, hurricanes, earthquakes, volcanoes and other “natural disasters.” When we no longer wage war in our minds we will no longer wage war on earth. When we have only love and peace in our minds we will have only love and peace on earth. *(C. Richard Stone)***

**The treacherous, unexplored areas of the world are not in continents or the seas; they are in the minds and hearts of men. *(Allen E. Claxton)***

**Those who are at war with others are not at peace with themselves. *(William Hazlitt)***

**You cannot build a better world by using hate, discord, condemnation, fear, or doubt. A better world and a godly world can be constructed only with harmonious, loving, courageous, forgiving, and believing thoughts, words, and deeds. When you build a better world in your mind, you will find a better world about you. *(Lowell Fillmore)***

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