**Mirror of Self**

**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)***

**Our attitude toward the world around us depends upon what we are ourselves. If we are selfish, we will be suspicious of others. If we are of a generous nature, we will be likely to be more trustful. If we are quite honest with ourselves, we won’t always be anticipating deceit in others. If we are inclined to be fair, we won’t feel that we are being cheated. In a sense, looking at the people around you is like looking in the mirror. You see a reflection of yourself. *(Bits & Pieces)***

**What you say about somebody else, anybody else, reveals you. *(James Baldwin)  
\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The best mirror is an old friend. *(George Herbert, English poet)***

**The human body is the best picture of the human soul. *(Ludwig Wittgenstein, Austrian philosopher)***

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**The world will see you the way you see you, and treat you the way you treat yourself. *(Beyonce)***

**Admiration: our polite recognition of another's resemblance to ourselves. *(Ambrose Bierce)***

**Willy says to Ethel: “The kid thinks there’s a boogeyman under his bed. He won’t believe me, would you go check it out for him. And while you're at it, check out our bed too.” *(Joe Martin, in Willy 'N' Ethel comic strip)***

**Their breakup was caused by irreconcilable similarities. *(Ashleigh Brilliant, in Pot-Shots)***

**The greatest conflicts are not between two people but between one person and himself. *(Garth Brooks)***

**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)***

**Irving is driving down the freeway when his cell phone rings. It's his wife: “Irving, I just heard on the news that there's a car going down the freeway in the wrong direction. Please try to be careful.” “It's true,” Irving replies. “But not just one car -- there are hundreds of them!” *(A. J. Junop, in Reader’s Digest)***

**One especially may not like a career's Dark Side when one remembers the mirror -- the things we don't like about our career are also what we don’t like about ourselves. Is your career insincere? Dishonest? Heartless? Gulp. Behold, the mirror. *(Peter McWilliams, in Do It!, p. 192)***

**Grandpa: “Look at that stupid cat.” Grandma: “What about her?” Grandpa: “She's been batting around that little ball of aluminum foil all morning. So, it just goes to show that feeble minds are easily entertained. Pathetic, isn't it? Well, I've got to go.” Grandma: “Where are you going?” Grandpa: “To play golf.” *(Brian Crane, in Pickles comic strip)***

**People rarely disclose their character so clearly as when they describe someone else's. *(Bits & Pieces)***

**One man says to another: “If you want to see something ‘real cheap,’ take a look in this mirror.” *(Jim Unger, in Classic Herman)***

**Sitting in the clubhouse after a game, Joe said, “I’m not going to play golf with Smith anymore. He cheats.” “Why do you say that?” another club member asked. “Well, he found his lost ball two feet from the green,” Joe said. “That could happen,” the other man said. “Not when I had it in my pocket,” Joe retorted. *(Rocky Mountain News)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Husband: “Dithers treats me like a child!” Wife: “Why? What happened, honey?” Husband: “I was sitting at my desk building a little fort out of paper clips, and he sneaked up from behind and shot me with a rubber band!” *(Dean Young & Denis Lebrun, in Blondie comic strip)***

**Making the decision to have a child -- it's momentous. It is to decide forever to have your heart go walking around outside your body. *(Elizabeth Stone)***

**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)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**When we choose to dwell in kind and inspiring thoughts as we go about our daily tasks, they literally transform our world of human experiences; for the law of every demonstration is, “As within, so without.” *(Dr. Al Salazar, Divine Science minister)***

**What's all the fuss these days about cloning? I think cloning myself could be an attractive proposition. At least I'd have someone whose company I enjoy!" *(Art & Chip Sansom, in The Born Loser comic strip)***

**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!)***

**When one is completely whole and at one with the world one does not need a mirror. *(Lewis Mumford, critic)***

**Our old consciousness follows us wherever we go. *(Richard & Mary-Alice Jafolla, in The Quest)***

**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)***

**We talk a good deal about the need for disarmament in order to handle the nuclear crisis. How about personal disarmament? *(Michael & Nancy Burghley)***

**Sign in veterinarian's office: The next time you call your dog a dumb animal, just remember who he's got working to support him. *(Greta G. Riedley)***

**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)***

**I know it seems egotistical -- but in my dreams, I'm always the central character. *(Ashleigh Brilliant, in Pot-Shots)***

**“I can’t figure out what’s wrong with you,” said the doctor. “To be frank, I think it’s due to drinking.” The patient said, “All right, I’ll come back when you’re sober.” *(L. M. Boyd)***

**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) 8239020***

**People seem not to see that their opinion of the world is also a confession of character. We can only see what we are, and if we misbehave we suspect others. *(Ralph Waldo Emerson)***

**We know spiritually that only that which man has failed to realize within is lacking in his or her world of experience. All that anyone experiences at any time is the unfoldment of his own state of consciousness. *(Mary Emma Dryden, in Consciousness Sharing)***

**People who have no faith in themselves seldom have faith in others. *(Bits & Pieces)***

**The best way to know your faults is to notice which ones you accuse others of. *(James Richardson, aphorist)***

**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, Unity Minister)***

**Clean your Finger, before you point at my Spots. *(Benjamin Franklin)***

**It is precisely the minor differences in people who are otherwise alike that form the basis of feelings of hostility between them. *(Sigmund Freud)***

**You must be the change you want to see in the world. *(Mahatma Gandhi)***

**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)***

**God looks into the mirror of the universe and sees Himself as man. *(Charles Fillmore)***

**As my friend Carol stood with her daughter and son-in-law in the hospital nursery, she proclaimed with pride that her first grandchild had her daughter's eyes, her daughter's nose, her daughter's coloring and her daughter's dimple. Her son-in-law asked, “Doesn't the baby look anything like me?” “Your mother is coming tomorrow,” Carol answered. “Then the baby will look just like you.” *(Laverne H. Pollak)***

**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)***

**We are always hard on our faults when we see them in others. Perhaps the reason is that we know how inexcusable they are. *(Bits & Pieces)***

**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)***

**It is not the mountain we conquer but ourselves. *(Edmund Hillary)***

**The best time to study human nature is when nobody else is present. *(Thomas Masson)***

**You can always spot a well-informed man – his views are the same as yours. *(Ilka Chase, actress)***

**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)***

**He is not only dull himself, he is the cause of dullness in others. *(Samuel Johnson, 18th-century author)***

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**Everything that irritates us about others can lead us to an understanding of ourselves. *(Carl Jung)***

**Knowing your own darkness is the best method for dealing with the darknesses of other people. *(Carl Jung)***

**If there is anything we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves. *(C. G. Jung, in The Development of Personality)***

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**A small boy, confined to the house one rainy Sunday afternoon, became somewhat of a pest to his father who wanted to take a nap. “Go away, son. Daddy’s sleepy,” he said. “Find something to play with. “Like what?” “Anything.” “There isn’t anything,” the boy complained. Whereupon his father rose from his couch and turned to the Sunday paper. Finding a large map of the world printed on one of the pages, he got a scissor and cut it out. Then he cut it into a good many irregular shapes like a jigsaw puzzle. “See if you can put that together. And don’t disturb me until you’re finished.” He turned over on his couch, thinking that would keep the boy occupied for at least an hour. But ten minutes later the lad was tugging at his father’s shoulder. “Don’t tell me you’re finished already?” he said. The boy nodded. His father went to investigate and couldn’t believe what he saw. Every piece of the map of the world had been fitted together perfectly. “How could you do that so soon?” his father asked. “It was easy, Daddy. There was a picture of a man on the other side and when I got him together right, the world was right.” *(Bits & Pieces) 359217***

**Seek first to understand and then to be understood. Most people do not listen with the intent to understand: they listen with the intent to reply. They’re filtering everything through their own paradigms, reading their autobiography into other people’s lives. *(Stephen R. Covey, in The Seven Habits of Highly Effective People)***

**I wouldn’t so much mind looking in the mirror if the person there didn’t always look back. *(Ashleigh Brilliant, in Pot-Shots)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**What we love we shall grow to resemble. *(Bernard of Clairvaux)***

**Tell me whom you love, and I'll tell you who you are. *(Creole proverb)***

**Love is but the discovery of ourselves in others, and the delight in the recognition. *(Alexander Smith)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Man's outlook depends on a good inlook. *(Dr. Graham)***

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

**Half of all high-school students have trouble with basic math. That means that out of 14 million students . . . uh . . . uh . . . . *(Sue Sebesta, in Quote magazine)***

**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)***

**Gloria: “There’s no mirror in your bathroom, Lance.” Lance: “That’s okay, Gloria. I’ll tell you what you look like.” *(J. C. Duffy, in The Fusco Brothers comic strip)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**People who say others are difficult are usually difficult themselves. *(Van Morrison)***

**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)***

**Everyone is so obsessed with themselves nowadays that they have no time for me. *(Louise Rennison, novelist)***

**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)***

**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)***

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**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, p. 118)***

**All looks yellow to the jaundiced eye. *(Alexander Pope)***

**If I’m a problem to you -- I’m also a problem to me. *(Ashleigh Brilliant, in Pot-Shots)***

**Mom: “We’ll be home as soon as the parent-teachers’ meeting is over.” Billy says on behalf of the children: “Make us proud of you!” *(Bil Keane, in The Family Circus comic strip)***

**The outer reflects the inner. The outer, we might say, is the part of the inner that shows. “As within, so without,” said Hermes. And someone else has said, “The body is the part of the soul that shows.” Once we change the inner picture, the outer is bound to change because there is now no reason for it to continue. We have taken the power out of it. *(Jack E. Addington)***

**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)***

**Embarrassing moment for Saddam Hussein recently: He called President Bush a “tyrant” who “enslaves people and besieges their freedom.” But then one of his aides came up and said, “You’re reading the wrong card – that’s your intro.” *(Jay Leno)***

**A satirist is a man who discovers unpleasant things about himself and then says them about other people. *(Peter McArthur, author)***

**What we are searching for cannot be found for the simple reason that that which is searching and that which is sought are not different. I am you and you are me. *(Judie Wilkinson, in Reflections)***

**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)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**We do not see things as they are, but only as we are. *(Dr. Al Salazar, Divine Science Minister)***

**What are we seeing in our fellow man? That which we are seeing in ourselves. *(Nona L. Brooks)***

**You are seeing things, not as they are, but as you are. Man is not in the world to set it right but to see it rightly. *(Eric Butterworth, in Discover the Power Within You, p. 68)***

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

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Man stands in his own shadow and wonders why it is dark. *(Ancient Zen saying)***

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

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**All the world’s a stage, and all the men and women merely players. *(William Shakespeare)***

**Better keep yourself clean and bright; you are the window through which you must see the world. *(George Bernard Shaw)***

**Son: “You owe me $3.” Dad: “What for?” Son: “You said you’d pay me $3 to shovel all the snow off the driveway.” Dad: “That was last week. You never did it.” Son: “I did it today.” Dad: “The snow was all melted!” Son: “Well, then, next time give me a deadline.” Dad: “Honestly. You’re as bad as I am.” *(Bill Amend, in Foxtrot comic strip)***

**We find inner peace, not through silence alone, if by silence we mean exclusive solitude of some sort, as if we could find freedom only by shutting people out. To do this is to find that we have shut ourselves out, too. Nor do we find it by mere contemplation of “the One without a second,” by renouncing the social world that we have found too difficult. The many are also with us on “The Mount” of meditation, howbeit each ascends by his own path. *(Horatio W. Dresser, in Unity magazine)***

**With the midterms looming, the crime surge spells big trouble for the Democrats, who have a history of being tagged “soft on crime” by Republicans – a label that’s effective with voters. But Republicans fight even modest efforts to limit the explosion in gun sales and trafficking, said E. J. Dionne in The Washington Post. They give “fiery speeches” about crime and backing the police, and then “guarantee lawbreakers access to all the weapons they need.” So tell me, “who is really ‘soft on crime?’” *(The Week magazine, February 18, 2022)***

**A man finds out what is meant by a spitting image when he tries to feed cereal to his infant. *(Imogene Fey)***

**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, Unity Minister)***

**One man says to another: “Kelly thinks I have a suspicious nature. She says I question everything she does. What do you suppose she means by that?” *(Dean Young and Denis Lebrun, in Blondie comic strip)***

**A father and his eight-year-old son hired me as their fishing guide for the day. As we quietly approached one of my favorite coves, another boat zoomed ahead of us and stopped to fish in the area just ahead of us. Because of their lack of courtesy, I let loose a few foul remarks. Later, as we moved to another spot and I calmed down, I apologized to the father for swearing in front of his son. “That's all right,” he said. “I take him golfing with me.” *(Matt Hoover, in Reader's Digest)***

**You can tell more about a person by what he says about others than you can by what others say about him. *(Quoted by Leo Aikman, in Atlanta Constitution)***

**Why do you have to be a nonconformist like everybody else? *(James Thurber)***

**When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years. *(Mark Twain)***

**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)***

**A wealthy farmer decided to go to church one Sunday. After services, he approached the preacher with a great deal of enthusiasm. Farmer: “Reverend, that was a damned good sermon you gave, damn good!” Reverend: “I'm satisfied that you liked it, but I wish you wouldn't use those terms in expressing yourself.” Farmer: “I can't help it, Reverend. I still think it was a damned good sermon. I was so impressed that I put a hundred-dollar bill in the collection basket.” Reverend: “The hell you did!” *(Nebraska Smoke-Eater)***

**No man will look under the bed unless he has once hidden there himself. *(Abigail Van Buren, Dear Abby)***

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

**Rose notices the snowman: “What are the odds? We’re both wearing the same hat and scarf set!” Do I acknowledge our fashion coincidence, or simply ignore it completely? The mature approach is the best!” Rose then says to the snowman: “I think we both look fabulous!” *(Pat Brady & Don Wimmer, in Rose Is Rose comic strip)***

**In all men I see myself. Not one barley corn more, not one barley corn less. And the good or bad I say of them I say of myself. *(Walt Whitman)***

**Most people are other people. Their thoughts are someone else's opinions, their lives a mimicry, their passions a quotation. *(Oscar Wilde)***

**The words we use and how we use them reveals a great deal about what we give priority to in our minds. And our life itself is revelation and reflection of the words we use. Ralph Waldo Emerson expressed it this way when he wrote: “A man cannot speak but he judges and reveals himself. With his will, or against his will, he draws his portrait to the eye of others by every word. Every opinion reacts on him who utters it.” *(Wendy S. Craig, in New Thought magazine)***

**It’s not working on the other person, it’s working on yourself. It's not setting them right, it's seeing them rightly. And this has to do with what goes on in you in your consciousness. *(Dr. Eric Butterworth, Unity Minister)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**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)***

**The world is a mirror that reflects our own face. Frown at it and it will show you a sourpuss. Laugh at it and it will be your jolly friend. *(Bits & Pieces)***

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**It was a bright, sunny day and the worm decided to take a crawl on a tree limb. After a while he stopped to rest. Suddenly he noticed another worm crawling toward him. He appraised it with mounting fascination and when it got closer he murmured, “Honey, you have a terrific figure. How about you and me getting married?” “Don’t be stupid,” the second worm returned, “I’m your other end.” *(Louis Croft)***

**First man: “If you ask me, there’s a better way to do that.” Second man: “If I was asking you, I wouldn’t know what I was doing in the first place.” First man: “Then that would make two of us.” *(Jerry Bittle, in Geech comic strip)***

**The only ZEN you find on the tops of mountains is the ZEN you bring up there. *(Robert M. Pirsig)***

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