

## Day 21: The Law Of Reflection

**Quote today**      *"By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest."*

Confucius

---

**Recap of the Law**      This Law has two interpretations. One is that we stop, pause or reflect and let the events we have encountered catch up with us and get integrated. The other interpretation is that when we look at other people around us, they can be reflecting back to us things we are not quite ready to see inside ourselves.

---

**Today I am grateful for....**      Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

---

**Meditate (at least 15 min.)**      Feel free to meditate on this law or choose a meditation of your choice.

---

**Exercise**      Go outside for your exercise today. Walking consciously, slowly, and deliberately will aid in discovering the rhythms of nature. Notice the sights, sounds, smells and stillness that would normally be lost to you by hurrying.

---

**Hydrate**      Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

---

**Your Life Insight**      Take time throughout your day to become more mindful and concentrate on your breath as many times as you can. Or, if you wish to focus on the mirroring aspect of this Law, your focus is to become aware of your interactions with others. What aspects of YOU are being reflected there?

---

## Day 21: The Law Of Reflection, Continued

### Your Mindful Practice

Take a moment, breathe and just be in the present. For the mindful reflection, take an extra five to ten minutes out of your day and go into a quiet state of reflection. This can be added to your regular meditation if you wish or simply reflect during the day as needed. If you feel you need more time, just get up ten minutes earlier and you will have created the extra time to take the ten minutes in reflection.

For the mirroring reflection, take a look at what is either irritating you or pleasing you in the people around you. Ask yourself “What is this person teaching me?” Look at the person and consider the lesson to be learned. What is the reflection that is being mirrored back to you and why? Then (here’s the magical part) make the change inside and watch the reflection change outside.

---

### Your Success Strategy

Write out by hand *Chapter Eight: Serenity* in *As a Man Thinketh* by James Allen. (If you feel you really want to integrate this chapter then find an accountability partner and write it out for 30 days. If you miss a day, then start all over again until you do thirty days in a row. If you are needing the calming effect of this chapter in your life, then write it out for 90 days.)

---

### Your reading meditation

This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

*The Law of Reflection says that no matter what we do in life, there is always the need to stop or take a breather and integrate the events we have encountered. Reflection is one way we can do this. Life comes at us fast and for many of us, we have to respond to shifts in direction all day long. Look at your workload and determine when and where you can spend time in meditation and contemplation.*

*People everywhere seek peace, happiness and freedom from life's entanglements, without realizing that what they seek is already within themselves. The word meditation in Tibetan literally means "to become familiar with." So when you sit in meditation, with your eyes closed, you have eliminated the environment, you are no longer focused on time and you begin to observe the steady stream of thoughts. You are meditating to become familiar with your real self.*

*There are many ways to get into this state. Becoming mindful and concentrating on your breath can bring you into a more reflective state. Another great way to generate this Law is by being in nature. Nature itself teaches you to slow down. You can also invoke this Law by journaling your findings and being perceptive and sensitive to any shifts in your consciousness.*

*The Law of Reflection is also an inward journey where we can discover that we are essentially spiritual beings rooted in God or the One Mind. When we are still, we do not have to apologize, justify ourselves, or impress people. We can let go of the ego aspect of self. Rather, in stillness we reconnect with our being, our real nature, our true Self. This connection is essential for living a life of flow.*

*There is another way to look at this Law of Reflection. When we think of a mirror we can see our reflection in the mirror. When we look at other people around us, they can be reflecting back to us things we are not quite ready to see inside ourselves. What reflections of other people and other things are affecting you? When someone or something annoys you, identify what is really upsetting you about them or it. Now look deep inside yourself and identify that irritation inside of you. Conversely, when you are with someone who makes you joyful or you really appreciate an object, look deep inside yourself to see what it mirrors to you that you like about yourself. Enhance these qualities and you will attract more people with these characteristics to come into your life.*

*It is so important to realize that the reflection you have identified, you cannot change in the other person or object. Instead, ask yourself what is this person or situation teaching me and determine what is the message. What is the reflection that is being mirrored back and why? If it irritates you or you don't like what's happening outside, only you can make the change, inside of YOU. Just look within and change yourself and watch the reflection change. When you do this, these situations and people will disappear from your life and life will flow for you.*

*See reflections as continual growth opportunities: fascinating, exciting openings to become who you really are as you strive to remember you as part of the Oneness. By understanding the Law of Reflection, you can expand your spiritual growth by looking at what life is telling you through others.*

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.

---