



ALLORAH'S INSIGHTS

February 1, 2009

The concept of "by any means necessary" is almost always a scary one, partly because it is really offered as a solution to the frustration about the issue at hand rather than to the actual issue. One of the most encouraging things about life is that there are ever deepening levels of understanding for even the most basic truth. As our understanding changes, so does our ability to understand. Growth is rarely a process of consistent or constant forward movement; it is instead a series of steps forward, backward, in circles and running in place.

One of the many tools available to us is the energy of a mirror. Mirrors in the practical sense are shiny objects that reflect back what stands before them. If the mirror is dulled by debris, it loses some part of its ability to reflect. Mirrors in the energetic sense, do not need to be shiny because they work in much the same way as the law of attraction does. Water can be a mirror that functions both practically and energetically; if the water is still and clear we can get a picture perfect image of our reflection. If the water ripples, our reflection becomes distorted, sometimes disturbingly so. If the water is dirty, it is very difficult to get a reflection at all. Water like the law of attraction gives back what it absorbs from us, what we project into it consciously or unconsciously.

The question then is "how do I make use of the energetic mirrors in my world to improve my life?" Energetic mirrors express themselves in a variety of ways. I say "express themselves" because the simplest way to benefit from working with these mirrors is to view your experience as an interaction, a conversation if you will. How often have you responded to or perhaps reacted to something you actually mis-heard? Are you moving forward? Are your choices based on what's happening in the past, or in the moment? Are your choices based on who you are or who you were, perhaps they are based who you intend to be? The key is to begin paying attention to what goes on in your world because energetic mirrors are far more subtle than their shiny practical counter parts.

One such mirror is the energetic mirror of the mimic. Say you find yourself in a series of disappointing relationships that follow pretty much the same pattern and you cannot understand why until you realize that you are replaying some unresolved issue from childhood but that you have shifted roles from that of child to absent parent. This expression of mirror is the one that may offer you insight into why the person did what they did. It is you becoming them, it is unconscious especially if you have not worked to heal your hurt about the issue. It has great power because it is deeply rooted in the part of us that learns from copying what we see. This mirror can be the one that helps us become what we wish to be or (if we ignore it) can condemn us to be what we vow never to be.

Another kind of mirror is the energetic mirror of our shadows. This mirror most commonly expresses itself with the playing out of those pieces ourselves which we hide from completely or unconsciously suppress the expression of. It is through this mirror that our darker, judgmental thoughts of self and of others, and our unacknowledged gifts and desires seek out a voice. This can manifest in many ways, we may find that we are picked on for qualities we hate, or get blamed for "crimes" we didn't commit. Sometimes we find ourselves living in the "shadow" of someone who appears to be living the life we dream of. The purpose of this mirror is to reveal our shadow self to us in order that we are not over thrown by those shadow parts, but instead have the opportunity to integrate those aspects into strengths.

There are many variations of energetic mirrors. The purpose of all energetic mirrors is to help us see the places we are not serving our best interests and also the places we are. They offer us feedback to help us on our journey and they only work if we use them. We may not venture to look into them, but they will spring up in the most amazing ways and we will catch glimpses of ourselves by coincidence.

Energetic mirrors express themselves in the form of our interactions with strangers, and through our more intimate relationships. They work through our experiences such as receiving a series of traffic tickets or a series of lost jobs. We may hit a lucky streak or get into a flow wherein we are getting lots more compliments. However the mirrors choose to work with you, take notice. Take notice of what is being reflected and what has no reflection. Then start asking the right questions. You can even call the mirror forth into service on your behalf by simply asking for guidance, clarity and help.

Namaste,
Allorah