



The Law of Reflection

Before you criticize someone, you should walk a mile in his shoes.

*That way, when you criticize him,
you're a mile away and you have his shoes.*

~Anonymous (I wouldn't claim this either. LOL)

**If you judge people,
you have no time to love them.**

~Mother Teresa

It is important to look at the Law of Attraction from a different perspective: In a client session, I talked about being stuck and I realized that the Law of Attraction really encompasses the Law of Reflection. If you are stuck, it is time to reflect on your thoughts, your life and your wants and desires. Not only is it about reflecting within, it is about seeing parts of yourself reflected in the people and circumstances around you.

Look into your last SIX weeks (unless you have been stuck longer than that, then go back beyond that) and see what you have attracted TO you in your life. It is time to be honest and really search for the correlations between your current state, whether it is health, relationships or career and see the connection. The connection will be through your language and through your thoughts, which inspire your actions.

As an intuitive I help most clients with all of the above simultaneously, why, because there is no separation. You come to me about your health and we end up talking about your boss or your partner or your child! It is all related, and I tend to get to the

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cause of the tissue issue, the cause of the spiritual struggles, not deal with the symptoms. Your symptoms are the message, not the issue needing attention.

So, I ask you to reflect honestly about what is NOT working in your life, because hidden within that tidbit is YOUR gift of insight. Rather than cursing yourself for bad choices, or cursing God (there are a lot of people out there mad at God) and the most common, blaming others in your life, or the economy, or the bank, whatever, whoever... bless your situation for the insight you have been given, for it is about reflection, adjustment and then reward. What is the reward? The reward is FLOW.

The Law of Reflection is a gift "a gift of shift". In reality, it is the ability to look into your life from a different perspective. In my first book, Everyday Lessons, I talked about how to look at life as a lesson. Well, this takes that one step further; it is about objectively looking at the people and situations in your life and garnering the true message from these issues. Good or bad, you have attracted these circumstances and these people to you NOT for a reason as so many will state, for there is no reason, it just merely IS! What is it? Like attracting like.

What do I mean by this? It is about responsibility, responsibility for your own thoughts. Actions follow thought, therefore it is the thought that needs to shift in order to shift the action and therefore shift the outcome, the circumstances. (OK, you can take a breath now that is a lofty sentence). So we can focus all we want on the Law of Attraction, but it is the Law of Reflection that actually helps you discern what it is you are attracting and make something of it: inviting flow.

The Law of Reflection requires responsibility for one's own actions; one's own thoughts but also requires objectivity, true responsibility and ownership. For you are indeed in charge of the boat, are you not? Yes, so it takes a moment to look into your life and see what it is you like, what you don't like, who you like and why, who you don't like and why not. For the people in your life reflect who YOU are and the things in your life reflect what you think, and what you expect out of yourself. Your circumstances reflect your actions and your responsibilities.

How quickly do these thoughts and these actions take place? You must give thought, give energy to the positive (to the left!) in order for it to manifest. If you haven't read about the magic refrigerator...that entry and some others go into more detail about manifesting. In actuality, a cascade affect takes place when you have other people and

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situations around you in a similar vibratory field, therefore as people shift and opportunities shift, so do the vibrations. Be forewarned, as your energy shifts, not everyone can reside in the energy field. How many of you have released weight and your overweight friends shift out of your life? How many quit smoking or perhaps decide to be happy and your grumpy partners can't take it? Or on the other side, you became depressed and overweight and your "old friends" are no longer around you. Really take stock, as they cannot reside in the same vibrations, so they seek out like vibrations. We as humans take it personal, when in fact it is all about energy, not attitude. If you are harboring a grudge, take another look at what was going on in your life. If your answer is "nothing, same stuff, different day" then look at what was going on in THEIR life. They were shifting and you didn't shift with them. That is the Law of Attraction brought to your attention by the Law of Reflection.

It is again the Law of Reflection and what is reflected in your life. It is about what you are attracting and what you are attracting is based on the vibrations and thoughts around you. Yes, this tends to blow a little hole in the theory about mere thought, it IS mere thought, but it is like mercury pooling, like attracts like. It is the entire composition. As a graphic designer I know that it is the logo, the mark, the energy, the flow, the color, the placement on the page, the application of the ideas and finally the method of communication of the ideas that create the overall message. When I do an "intuitive" read for a company it is all the parts but also the overall flow and energy of their intent, their message.

I read human energy in a similar way, in fact I see each of us as symbols of our soul and use my extensive design and teaching background to help you better understand what you are communicating, attracting and manifesting in your life. Corporations have a consciousness too; it is just represented a bit differently. We can see it, physically and with the power of color. We are given the same insight; we just need to be open to the message and honest with the answers.