

MIRROR MIRROR ON THE WALL...

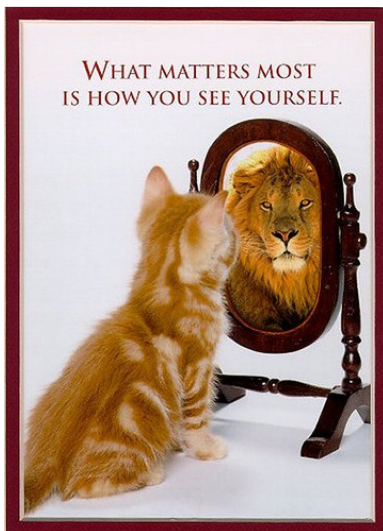
I am devastated! My sister-in-law Sonia sent me a hilarious 'YouTube' video which I was going to show and use as the basis for my article this week. But, when I went to look at it this morning it wasn't available due to copyright...D'oh!! It was funny but with an extremely profound and powerful message. I will try to describe it ...

The photo on the right is the only image I have left of this video and as you can see it is a little girl standing on the bathroom vanity dancing in the mirror. The thing that is so fabulous about this video is that as she is dancing she is singing and affirming everything she loves in her life. *'I love my mum, I love my dad, I love my brother, I love my cousin, I love my hair, I love my haircut, I love my pajamas, I love my bedroom, I love my whole house!'*



She then goes on to do hilarious a little dance and sing, *'I love myself and I can do anything better than anyone – better than you, better than you!'* She then jumps off the bathroom sink and runs off into a fabulous day and life because that is how she expects it will be! Don't you love the naivety and innocence of children? They are not held back by the baggage that we so often are. They have total belief that the world is theirs and they can have and do whatever they choose – and why not?

What we see is what we get



Is there any doubt that this little girl, if she keeps dancing and affirming, won't end up confident, happy and successful in her life? She obviously lives in a loving and encouraging environment, or else she chooses not to listen to negativity about who she is and what she can and can't do. Either way, the reality is that whatever the image we see in the mirror is what we will get. If we see ourselves strong, successful and happy then that is what we will get. On the other hand, if we see ourselves as unworthy, not good enough and/or lacking the confidence to have what we desire then that is what we will get. The answer is simple; to get what you want – see yourself as successful!!

It is a sad reality that most people have a distorted view of themselves when they look in the mirror. Most of us see someone who is far less than what we really are. We see ourselves as fat, poor, insecure and afraid. Every time we look into the mirror, which by the way is every single day, we affirm a picture of ourselves which will eventually manifest itself into our reality.



Using the mirror for good...

The little girl is unknowingly using her bathroom mirror as a tool to create an incredible life for herself. No matter where we are in our lives we can all do the same thing. I am not suggesting that we need to dance on the bathroom vanity as we don't want any broken bones! What I am suggesting is that we start to change what we say and what we see when we look in the mirror.



You are all you have got and so am I. Why don't we look at ourselves in the mirror and be thankful that we are here and that we have the opportunity to do whatever we want? Why can't we kiss ourselves in the mirror? In fact why not do it now? Go to a mirror look at yourself and give yourself a big smooch on the lips and say 'thanks for being me!'. You know you are the perfect you don't you? There is no-one that does you any better!!

Affirm your amazingly successful and happy life

Unwittingly the little girl in the video has tapped into one of the most powerful principles in the universe - that is that what ever we speak into our lives will become our reality. Maybe we are not all as naïve and innocent but we can deliberately change what we say to ourselves as we look in the mirror each day. We can create a list of statements or questions that describe what we want and say them to ourselves as we look in the mirror every day - these are called affirmations.

Could you write down a list of the things that you want in your life? Could you write them as if they have already happened? For example; *'I am lean fit and healthy'*, *'I am confident, happy and love my life'* or *'I have total belief in my ability to be the person I want to be'* etc. Could you make this list of statements? Most importantly could you prioritise a few minutes each day to read them out aloud to yourself in the mirror? It won't be comfortable and you may not believe your statements to start with, but would it be worth persisting if it would guarantee that you would live the life you have always dreamed of?