

# The Looking Glass

By Eva Starr

I grew up watching Disney movies and then sharing them with my daughters as they grew up. The joy of it all is that one never gets tired of watching Disney movies. By the time my youngest was growing up, there were so many more to choose from, we watched them all. The good, the bad, and the ugly.

One of my favorite Disney movies is Alice in Wonderland. How many awakenings did Alice have as she traveled through the rabbit hole?

*“Either the well was very deep, or she fell very slowly, for she had plenty of time as she went down to look about her and to wonder what was going to happen next.”*

~ Lewis Carroll

As we go through our day-to-day life, we should ask ourselves, ‘what do we see as we peer into the looking glass of our world?’ Everything we see is a reflection of who we are...that my dear friend is the *awakening*. That’s why the Louise Hay mirror work is so important; to look in the mirror of ones soul and look deep inside your psyche and still love every single thing about you. The good, the bad, and the ugly. When we love ourselves, we can only project love unto others.

When someone is criticizing another human being, or being judgmental in reality, they are criticizing themselves. They are peering into the looking glass and what they see is a reflection of who they are. The people who appear to be the cruelest are the ones we need to love the most, for they are the ones in the most pain. It makes sense if you think about it. If you love yourself, you love the world. If you love the world, you wouldn’t think of casting the first stone toward another. Awakening comes when you, yourself, realize that your whole world is reflecting back to you, it’s the mirror image of *you*, my friend.

Let’s look at Jesus, he was probably the most kind, loving and forgiving soul who walked this planet, but they stoned him, ridiculed him, judged him, and finally, crucified

him. What did Jesus do? He loved and forgave them, saying “they know not what they do.” As we are able to look outside our world into the looking glass, we realize what we see is a reflection of holes in our own aura of Swiss cheese that needs healing. That *moment* of recognition is an *awakening*.

It’s easy to love those who love you, but our quest is to love all that crosses our path. Then the sleeping giant inside becomes awakened and recognizes what it sees in the looking glass is his own. During my travels to San Diego, I’ve had countless opportunities to become awakened, and each one took me another rung up the ladder. It’s not about reaching the top of the ladder that’s important; it’s loving everything in your path, as you climb up the ladder, rung by rung. The good, the bad, and the ugly.

If you can do this, each storm yields yet another rainbow and the skies get sunnier day by day. We can reflect on the *Course in Miracles* teaching and ask ourselves, “is this real, or is this an illusion?” According to the course, everything that comes out of a place of love is real and anything that comes from a place of attack is an illusion. When one is able to distinguish between reality and illusion, then one is truly awakened.

*“Now I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly, dreaming I am a man.”* ~ Chuang Tzu

Awakenings come in various disguises. The good, the bad, and the ugly. So as you travel down the rabbit hole and peer into the looking glass, does the reflection you see reflect who you want to be? It’s your mirror, own it.

*Eva Starr’s spiritual journey has taken her coast-to-coast studying the various schools of thought. She has recently relocated to the San Diego area. Check out her website reachformoon.net for updates & to be added to her mailing list. Contact Eva Starr at evastarr24@yahoo.com 440-930-8865 for speaking engagements.*

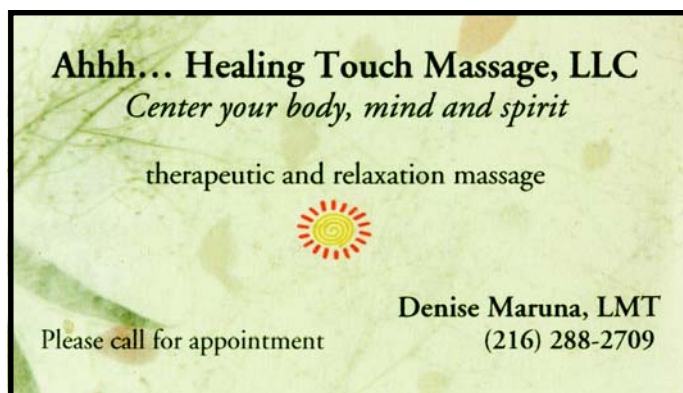


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