

**MIRROR
MEDITATION**
By EMMITT L. BRINSON

Just as everything within the universe has a set cycle, a set pattern, set rhythms, following directions of law and order, so must our lives be influenced by the same law of cause and effect. Action and reaction. Everything we do or say, or think completes a cycle, and returns.

Emerson said; "We are bigert or surrounded by



BLACK SHEEP IN THE FAMILY . . . A flock of black sheep mysteriously appeared on a Netherlands farm recently, born to all white sheep mothers and presumed white sheep fathers.

spiritual laws that execute themselves." We do not have to sit around waiting and wishing for those laws of life to act. We are bathed within that law

and order. All one need do is realize this, and become a part of it. All things we do must radiate and reflect it. Merely reflecting the image in front of it. A true reflection of what one places before it.

Our responsibility is not to make these laws work. We can not. Nor can we change them. Our duty is to get in tune with them and use them to influence our own lives, and to experience the reflection it makes and the joy and happiness as it returns to us in its cycle--and its radiation to others.

The important thing, however, is not to be too concerned about the reflection or returns of what is coming back, but what we send out. Of what we place in front of the mirror.

Our actions and reactions must therefore radiate our most inward thoughts and feelings. One must give out with the thoughts of good, with kindness, friendliness, with understanding, with compassion, with generosity, or in a word "LOVE". It radiates and rubs off. It becomes a part of the surrounding atmosphere. It is catching to others, and it bounces back to us in abundance.

Life flows to us in various temperaments. Not always smooth, not always calm. Some violence--some serenity. We can not help this, as it too follows the flow of creation. But we must use the mirror to endure it. The one that rejects the evil, that over-rides misfortune, bad luck, ill will, hate and depression.

If we are to enjoy happiness, then we must habitually radiate happiness. We must give in order to receive. "It is done unto us as we believe." We must continually seek a sense of contentment, of peace, of trust, of belonging, of self-confidence, or cheer and faith. We must ward off the depression, and tragedies, and bad impressions of others. Their taunts of morbidity and antagonism.

Antagonism within a person is a measure of inferiority. It must be ignored. One can never help others by getting in the gutter with them.

So one must constantly be aware and guide his thoughts. For we become what we subject ourselves to. We are guided

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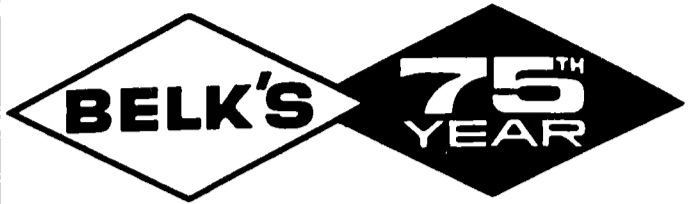
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