

**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 begirt or surrounded with laws that execute themselves." We do not have to wait around watching and wishing for these laws to act. We are bathed within that very law and order. All one need do is realize



James Coburn stars at Lt. Jody Christian, a rugged Infantry officer with an imagination that works overtime, in the World War II comedy, "What Did You Do In The War, Daddy?" Produced and Directed by Blake Edwards in Color and Panavision, the Mirisch Corporation presentation for United Artists release now at the Tryon Theatre.

this, and become a part of it. All things we do will radiate and reflect it. Merely reflecting the image from our thoughts and needs.

Our responsibility is not to make the laws work. We cannot, as they continually, automatically work themselves. Nor can we change their flow. Our duty is to get in tune with them and use them to influence our lives, and to experience the reflection they make; 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 concerned about the reflections or returns or what is coming back, but how and what we send out; what we place in front of the mirror.

Our actions and reactions must therefore radiate our most careful inward thoughts and feelings. One must give out, always with the thoughts of good, with kindness, friendliness; with understanding, with compassion, with generosity; or in a word, "love".

It not only radiates but 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, however in various tempos, not always smooth not always calm. Some violence--some serenity. We cannot always help this, as it too follows the laws of creation. But we must use this mirror to endure it. The thoughts that reject evil, that over-

ride 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 and trust; of belonging and self confidence; of cheer and faith.

We must ward off thoughts of depression and tragedies; of bad impressions of others; their taunts of morbidity and antagonism. Antagonism in a person is a measure of inferiority. It must be ignored or it becomes a part of our make up.

One can never help others by getting in the gutter with them. So one must constantly be aware and guard his thoughts. We become what we subject ourselves to. We are guided by our inner selves, our inner minds or subconscious. A body-mind relationship which projects and reflects from the mirror a character and an image of reality.

One must find his sense of balance within his heart, for the problems of life will not go away. We are a part of the spiritual laws with which flow all elements of emotion, good and bad.

We find fulfillment in a faith that goodness and happiness can be ours by choice; that we capture and use it, and radiate it to others; that we can overcome all problems.

What is more, we feel a kinship to the divine oneness of



For **HOME AND HEARTH**

— By CAROLYN HOLLIDAY —

Home Service Representative  
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Because this is the season during which water sports are so popular, let's take a moment to review artificial respiration as a safety measure.

Apnea, the stoppage of breathing, may be the result of a disease or an accident. Because the body cannot store oxygen, it must have a continuous fresh supply to carry on life. Therefore, when breathing has stopped, some form of artificial respiration should be started at once, and if possible someone should send for the doctor.

Any procedure that will create and maintain an open air passageway from his mouth to his lungs and provide for an alternate increase and decrease in the size of his chest will move air in and out. When a person is unconscious and not breathing, the base of his tongue

God Himself, "for closer is He than breathing, and nearer than hands or feet. If I ascend up to heaven, thou art there.

tends to press against and block the upper air passageway.

1. Clear the victim's air passageway of any foreign substance.

2. Tilt the head back so that the chin is pointing up.

3. Put open mouth (yours) over the victim's mouth. Pinch his nostrils shut and blow into his mouth. The rescuer who does not wish to have direct contact with the victim may hold a thin cloth over the victim's mouth and nose and breathe through it. The cloth does not greatly affect the exchange of air.

4. If not getting air exchange recheck the head and jaw position.

5. Remove the mouth and turn head to the side to take another breath.

6. Repeat the blowing effort. Blow vigorously at the rate of about 12 breaths a minute.

This method has the advantage of immediate inflation of the victim's lungs.

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