

The Reflection of Me
By Penny Calcina

I've been thinking lately about the ideas of worlds of illusion, worlds of mirroring, worlds of the macrocosm and of the microcosm, as above, so below and so on. These ideas come to us in many names, yet they all have common elements within them that fascinate me, challenge me and resonate deeply with me. How I dance with them depends on the day, my point of view and the degree to which I am ready and willing to change my mind!

You know the expression, "A picture paints a thousand words"? Well that is just the beginning of the entrance into a deeper look at these worlds. If there is more to something than just what we see on the surface, then how much more is there? How much indeed? That alone is the reason we look deeper into space, deeper into stronger microscopes, deeper into the psyches and energy fields of our own bodies.

As creators of our life in each and every moment, we co-create our experiences by our thoughts, feelings and actions. By observing the outer worlds of physical creation, we begin to see what is going on in our inner world. By whatever name you choose to call it, you can find a fertile ground of vast support to see more clearly the reflection of your own feelings about yourself and who you believe yourself to be, as evidenced by what you are observing externally.

Ever notice that days seem to have a theme? How about the kind that you catch all the green lights, find a \$20 bill in your pants pocket, win the drawing for a free lunch from your favorite restaurant? Now that's a nice day and maybe you notice and even say that this is YOUR day. Maybe you even notice it and congratulate yourself for "being in the flow".

Ever have the kind that you get up feeling somehow out of sorts and the kids let you know straight up that you packed a lunch that didn't meet their standards, someone cuts in front of you in line when you stop to get gas, the project that you felt great about yesterday doesn't even look average to you today and you begin to second guess it? Well maybe you notice that this is NOT your day and think you should have stayed in bed. Or, maybe you notice that this day seems to also have a theme and what could these "pictures" be telling you on some deeper level?

It is within these realms of ideas that I love to explore what I really believe. For me, this relationship to these worlds is my world of discovery – or the world of self-discovery. You have the perfect opportunity in each day to explore your world of self-discovery. What do the experiences of your day tell you about how you are feeling about yourself, your capabilities, your capacity to experience, offer and receive love?

If you are willing to observe and reflect, you will discover so much information about your inner thoughts and feelings. We are so good at hiding from our own mind chatter. It runs like white noise in the background sometimes and we forget the messages that it is conveying. And then we see how our day goes, or even the next few hours, and if we are willing to take responsibility for our part of creating those events, we can learn so much and gift ourselves abundantly – if we are willing.

That is a key of infinite possibility. Willingness. Sometimes we are addicted to the story of those occurrences. Sometimes, we would rather stew in blame toward

someone else. Sometimes, we are challenged beyond our comfort places to look deeper at ourselves than ever before. Sometimes, things went so very well that we are sure that we couldn't have played any part in their creation.

Today, if you are willing, begin to listen in a new way. Listen with the heart. The heart knows the world of discovery and supports the highest idea of you. Are you willing to own the chatter? Are you willing to accept the part you play in all that you see? Are you willing to own your own brilliance? Are you willing to co-create more consciously with the world around you by accepting your part?

If so, can you see with new eyes the partnership of you and your life and your life experiences? This partnership paints the picture that is worth more than a thousand words. It paints a story of unfolding growth for you in your highest expression of self.

I know you can, if you are willing. Will you join the world of discovery in a renewed way and become the explorer of the interplay of the dance of your inner/outer world? You have everything you need within you to begin the journey. Say yes to you today.

Not to be reprinted without permission from the author.

Penny Calcina

www.earthstarradiance.com

803-530-4695