

The Mirror of Self Perception and Divine Creation

Our relationship with ourselves is the most important relationship that we will ever have and mirrors our relationship with the divine.

This mirror shows us that Others will perceive and treat us according to how we perceive and treat ourselves. If we have low self-esteem and do not acknowledge our wisdom and beauty, others will not acknowledge that either. If we are angry, bitter and unloving to others, they in turn will often react in the same way.

Our self-concept is formed by our core beliefs and by what others tell us (many of which are formed in childhood), as well as by our feelings and emotions, opinions and life experiences. We are also influenced by media, societal expectations, and the desire to fit in.

Through the mirror of self perception, we are urged to compassionately allow perfection in every expression of life, regardless of how it is viewed by others. Demonstrating compassion for yourself is the greatest act of compassion. Respect for the gift of perfection that is you. Allowing for perfection in the imperfections of life.

We are able to see this reflected in how others perceive us and how we perceive them. We tend to seek relationships with people that embody the qualities we feel are lacking within ourselves or mirror what we embody.

What standard are we holding ourselves to which causes us to feel unhappy?

Exercise

Journaling Prompts

Think of someone that you enjoy being around or are in a relationship with.

- What is it about them that you like/love?

- Why do you enjoy their company?

- What qualities do they have that you like?

- How do they interact with others?
- How do they interact with you?

Now think about how you perceive yourself. Be honest about what you truly think. Think back on what your self-talk sounds like.

- Is it disparaging? Do you put yourself down? What do you say?
- Is it supportive? Do you give yourself encouragement and acknowledgement? What do you say?
- What qualities do you have that you see as good? Why do you see yourself this way?
- What qualities do you have that you see as bad? Why do you see yourself this way?

Now reflect on the interaction you have with others in general
How do you treat or interact with others?

What do you think and/or feel towards others?

How do others respond to or treat you?

Consider what the influences in your life have been or that are in the present that are affecting your self perception.

- What type of media are you watching?
- What music do you listen to most?
- Are you comparing yourself to the unrealistic ideals of others?
- Was there a narrative you heard about 'who you are' growing up?
- What events or experiences did you have that affected how you perceive yourself.
- What type of people are you spending time with now?

Look back at the list of qualities, good and bad, that you wrote down.

Consider which of these are

- Rooted in limiting beliefs
- Unhealed loops
- Come from outside influences

In looking back at how you respond to or treat others, do you see a correlation between your self perception and with whom and how you interact with others?

To change your inner monolog and create a new narrative you must first recognize when you are thinking or speaking badly of yourself. Catch yourself when your responses or treatment of others is rooted in your self perception. Forgive yourself and move past it. Make changes to the things that are influencing your self perception in a negative way.

Change is optional. You are perfect just as you are and you will be perfect if you make changes. It's all part of the divine plan.

Come back and do this exercise again after some time has passed and you will see that there have been changes in you and the people around you.