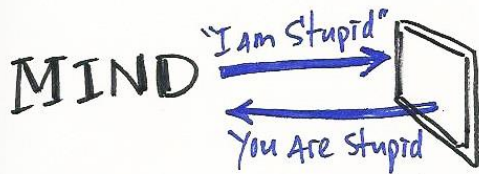
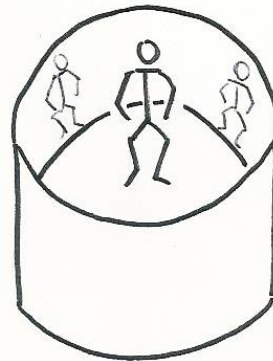


Like A mirror, the world reflects back to us that which we put out. What we put out comes from our minds (mental) and hearts (emotional).



Mirror faces in!



We project out into the world what we believe about ourselves.

Judgments we have about ourselves, no matter how false, reflect back to us proving our judgments and beliefs.



Since the world reflects our thoughts back to us, we feel the need to protect ourselves. We then build tall thick walls onto the mirrored wall in an attempt to keep people from finding out how horrible we are (based on false beliefs) and to keep the BAD we judge from getting to us.

Or anything. It is rare that we let our true selves out for fear of being hurt. We may have a select few that we allow our true selves to come out to, and the rest of the time we are fake to a certain degree.