

WHEN WHAT YOU SEE IN THE MIRROR

DOESN'T REFLECT WHO YOU ARE

-Cherri Walker, CTLC

Who do you see in the mirror? Are you happy with her or does she depress you? Does your reflection show the real you? It seems like our whole lives revolve around our "looks." They even take a picture before a baby ever leaves the hospital these days. Is it any wonder that some of us are camera shy? When someone asks about a newborn baby, they ask questions like: how much does she weight? How long is she? What color hair does she have? Who does she look like? I wonder what the reaction would be if a new mom responded with, "That doesn't matter, but she smiled the first day she was here and she seems so alert and curious." Baby statistics and photographs are not bad things; I just find it fascinating how early we start talking about looks and weight.

Each of us needs to be seen for who we are not what size we wear. Our inner spirit needs to shine so brightly that it obscures any physical "flaws." The only way for this to happen is for each of us to wrap our love around that person in the mirror and love her unconditionally. Celebrate her strengths and relish in her experiences.

Many of us think that others don't see our pain because we are so creative in masking it. However, when eating is a socially accepted outlet for stress, pain, depression, as well as celebration, reward and intimacy, we all may as well be wearing a sign that reads "Something in my life is not right and I have buried my authentic self in this suit that doesn't fit me."

Try to think back to that time when you didn't have stress and responsibility. Who were you then? What did "SHE" do when she was happy? What were her dreams and desires? When "she" is smothered in all the hard things life throws at us, each of us can lose our very essence. Then many of us reach out to find it in unhealthy ways – overeating, drinking, drugs and even chat rooms and television shows. However, when one is still and quiet, one can hear the small sound of that authentic person still yelling to be found and rescued from the rubble.

Many of us need to take more time to listen and locate that authentic person, and tell her we are listening and that we hear her. Then, just like the rescue teams of 9/11, we need to remove all that debris on top – the weight, the depression, the sadness, the overworked, over-extended stressful robot – so that we can free that authentic, happy person. Once each of us finds her, we need to nurture her by wrapping her in warmth from our heart and feeding her with positive thoughts and happy adventures. Once each of us

makes her healthy again, then she becomes who we are and we become who we have always been. Then not only the mirror, but every aspect of our lives becomes authentic, free and joyful!

Cherri Walker is the owner and CEO of Real Reflection, LLC. She is a certified transformational life coach, writer and teacher. She has published several articles, short stories and poetry. Cherri resides in South Carolina where she continues writing and coaching clients on self-image and purposeful living.

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