



Djwhal Khul Spirituality Article  
Information complimentary every week  
Channeled by Rev. Terri Newlon

“Mirroring, How It Works”

December 2, 2010

This is Rev. Terri Newlon of [www.TerriNewlon.com](http://www.TerriNewlon.com)

You can also listen to the following message, and all subsequent messages which change every Thursday. The latest message is available 24/7 by telephone or computer at:

Recorded Dial-In: [1.916.233.0630](tel:19162330630), Box 163

Refresh Browser for latest version: <http://www.audioacrobat.com/play/WC4rwp5k>

Watch the video on <http://terrnewlon.com/articles.htm> or [www.YouTube.com](http://www.YouTube.com)

And here is Djwhal Khul's latest Spirituality Article, information complimentary every Thursday:

(Channeling begins)



Djwhal Khul here. Tashi Delek.

Alright. Our topic is "Mirroring, How It Works". We're going to work with the basic concept that everything in Creation is a reflection of the Self. In other words, if you look at a person and you say "That person is lazy" then you are in fact calling yourself lazy in some area.

So all judgments, if you will, or assessments of others, reflect back upon the Self. You may look at someone and say "That person is very enlightened". You're also then referring to the aspect of yourself that is also very enlightened.

In other words, you cannot see it in another person unless you possess it within yourself. So if you can perceive beauty outside of yourself, you are perceiving beauty within yourself. If you can perceive maybe ill behavior in another, then you are also perceiving the ill behavior within Self.

Now basic psychology, maybe if you work with something like the book "Codependent No More" by Melody Beattie, or something similar to that effect, that was written quite some time ago, but still very, very good at pointing out the mirroring process.

Another way that it's said is that if you are pointing one finger towards someone else, there are three pointing back. Sometimes this is very difficult to see. For example, maybe it's a loved one who is saying hateful words to you. And then you are wondering "What part of me would say hateful words to someone I love?" Well you might reflect back and say "Well my goodness, I did that when I was much more immature" or "I remember doing that in the school yard when we were little" or you would say "That's how my aunt and uncle communicate with each other." They yell at each other and degrade each other. So there's always some component within Self.

Now the basic rule of thumb is never try to fix the mirror, always fix yourself. So if you look in the mirror and you decide your hair needs to be combed or something, you don't reach the comb into the mirror and try to fix it that way. You deal with your own body, your own consciousness.

So if someone is reflecting anger to you, you go within yourself and you clear your anger. Or you acknowledge that it is there and you know you might say "Well my anger is there because I'm mad at that person for being mad at me."

The mirror can bounce back and forth endlessly. In later episodes we'll talk about transcending the mirroring effect, because that can also happen.

So at some point, there comes a conscious recognition, that if you looked at someone else and you said "That person is outrageous" then you'll actually start to giggle and say "I'm laughing at myself because I'm pretty outrageous in certain scenarios also." You come to rather quickly own what you are trying to project outward onto others.

Remember there is only Oneness. And that's the good news. It means that as you work on yourself, you are working on the collective whole.

Alright dear ones. As always, thank you and my love to you,

Djwhal Khul

Channeled by Rev. Terri Newlon  
[www.TerriNewlon.com](http://www.TerriNewlon.com)

(Spirituality Article, Transcribed by Micheline Ralet)

[Training for Modern Mystics](#)  
[Channeled Teachings for Everyday Spirituality](#)

© 2010 All Rights Reserved – Terri Newlon Inc.

Join our e-newsletter and get complimentary Spirituality Articles information every week.

NEW custom designed long distance ethers broadcast for anyone seeking Spiritual Enlightenment. Great for World Servers. Economically priced. [http://terrnewlon.com/events\\_sessions.htm](http://terrnewlon.com/events_sessions.htm)

About Reverend Terri:

Terri Newlon is a world renowned spiritual teacher and conscious voice channel for Ascended Master Djwhal Khul. Djwhal Khul has worked through numerous channels, including Madam H.P. Blavatsky and Alice A. Bailey, and is well known to spiritual students. His work through Terri began in 1980 when she studied under Janet McClure and The Tibetan Foundation, Inc., and has resulted in an extensive online global support system of practical spiritual teachings.

She is also a gifted Health Empath and has trained thousands of mediums and psychics. One of her specialties is instructing other natural sensitives how to turn on and off their abilities so they can live well-balanced lives, without neglecting their own physical, emotional, mental and spiritual requirements.

Terri Newlon, Inc. PO Box 161, Patagonia, AZ 85624