

Mirror Mirror

TELL ME WHO I AM



Jacob Eapen

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Published by Fractal Communications

www.fractalcomm.ca

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Editing: Barbara Adams

Book design: Mitch Goldsmith

ISBN 978-0-9782946-1-8 (eBook)

Disclaimer: all names and characters in this book are fictional, and do not depict any real persons.

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FOREWORD

Do everyday life experiences make sense to you? Do you understand why some experiences jar you, or keep repeating? Have you ever wondered if there is any purpose to all of this?

I invite you to consider a new perspective. All our life experiences are tied to an innate quest to discover more of who we really are. We create our own life experiences, and everything in our life mirrors how we think and feel about our self and the world around us. Somewhere along the way many of us misinterpret our experiences and forget that life is a game we play to learn more about who we really are. Despite that, we continue to play the game without being aware that we are actually playing it. It is within each one of us to create or change any of our life experiences including the ones we are having difficulties with. By changing how we think and feel about our self and the world around us we can also change our experiences.

This book will likely appeal to you if you are caught up in the everyday grind of life and tired of it, perhaps experiencing an overall dissatisfaction or unhappiness with life, or you are already in crisis and looking frantically for answers. It will



CHAPTER 1

THE MEETING

Introduction

My father had a love of nature which he passed on to me, and so perhaps I can partially thank him for what was about to occur. In my early teenage years we spent many weekends wandering in nature and identifying the different plants, trees, geological formations, insects, birds and animals. He was so passionate about nature that he instilled in me a deep appreciation for the simple beauty everywhere in nature, even in a blade of dry grass or completely barren terrain. I also remember sitting around campfires with my father gazing at the star-filled sky and wondering out loud what really lay out there in the universe. Even at that age I remember being totally in awe and feeling humbled by its vastness. There was something about being in nature that made me feel at home, and I never forgot that feeling.

The events of the past two years of my life had left me searching, and in the hope of finding answers I went to the place I knew I could find that feeling again. On that summer

CHAPTER 4

THE QUEST

Piecing the Puzzle

My body felt vibrant the next morning. Anne told me I was talking a lot in my sleep, but I couldn't recall any details, although I remembered dreaming a lot. Despite all that, I felt well rested and there was no soreness in my body. The excitement I felt on waking up continued all day long and overtook all the boredom at work. Before I knew it, the day had ended. Several times during the day I had paused to try to figure out what the excitement was all about, but could not quite put a finger on it.

As Barkley and I walked toward the trail that evening, there was an electrifying feeling in the air. The leaves of a huge birch tree created a fluttering sound in the stiff breeze, which added to the feeling. I could not tell if it was the anticipation of meeting Albert that was creating this excitement. When Barkley and I got to the parking lot, I noticed that Albert's car was not there. For a moment I wondered if he was coming, but just then he pulled in. Barkley ran toward the car to greet



his friend Toby.

Albert and I said hello, and chatted briefly as we started down the trail. As always, Albert was very peaceful and had a warm smile on his face. Barkley and Toby were chasing each other as usual, and ran ahead of us on the trail.

Then Albert asked, "Do you have any questions from our conversation yesterday?"

"Actually, no," I said. "I have to admit, though, I now realize I have been dissatisfied with life for over 15 years now. I fell into a slump somewhere along the way, and I do not recall ever being like that when I was younger. I can now see how fear was a factor in many of the choices I made in my life. But interestingly enough, I found myself in that same place again and again, even though the circumstances were different, but my response was the same each time."

"Well," he said, "you cannot escape life. Life has a way of catching up with you and will gently nudge you to move forward."

"Why is that?"

A branch had fallen onto the trail, most likely from the breeze during the night, and Albert moved it to the side of the path. "You recall I said there is another reason for change?"

As I watched him place the branch in its new location, I noticed a deer trail leading into the forest I hadn't seen there before. "Yes, I've been wondering what it is."

"Very few people consciously know this," he said, "the

biggest single reason for change is to nudge you forward on the big quest."

I felt myself smile. "Aaah... the quest!"

"Remember we talked the other day about those moments of truth when we hear ourselves say, 'This is not me!' or 'This is not for me,' or 'There has to be more than this...'"

"Yes, I recall."

"Think about it some more... it is very subtle," he said, "but there is something behind those statements. Each one of us knows at an innate level that we are on a quest to find out more of who we really are."

"But I already know who I am," I protested.

"Okay, describe for me who you are," he said. "Introduce yourself to me as if I don't know you."

I was happy to recite the answer. "I'm James, 42 years old, married with two kids, I've got a degree in biology, I work for a large multi-national company... I enjoy swimming, being in nature..."

Albert nodded slowly. "For most people, their sense of self is defined by their education, job or career, family, health, wealth, power, social status, culture, lineage, and so on. This all serves us well to establish our ego identity. But what happens when something changes?"

"Like what?"

His nod finally faded. "We know all too well that change has left no area of human life untouched. So let's take a person's



A trail in the woods. A dog gone astray. A chance meeting with a mysterious stranger.

And so began James' journey of self-discovery. Following his dog into the forest, James crosses paths – literally – with Albert, a vaguely familiar stranger who seems to understand James' inner struggle. James and Albert agree to meet for a walk the following day, and the next day, and the day after. Slowly, a new trail emerges into view – a previously unseen path that leads to renewed happiness, personal satisfaction and well-being. It's a trail, you'll discover, that invites us all.

"It touches a rare theme, one that is obviously not written with an eye on big money. It actually expresses a deep-felt need to share one's experiences and the resulting thoughts on what life is about after all."

Paul Mathew
The Gulf Today, UAE

"Mirror Mirror, an outstanding book about how to interpret and create your life experiences... a map and directions on how to connect thoughts and feelings to our creation of reality... a book that can be read, and re-read, gaining new insights every time."

Dr Joseph Piazza, BPE, DC
Chiropractor, NSA Practitioner

"It is one of those rare books that has so much intense information and yet is so easy and pleasurable to read. This book is a breath of fresh air! It helps one to understand oneself on a truly deeper level, and yet it is done with the simplicity of a fictional story."

B. Hoffman
Business Owner

ISBN 978-0-9782946-1-8



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