

## **Mirror Therapy**

**Over the years i have developed my own particular and effective therapy for “Self”. I have noticed that when i am most displeased with my “Self”, i have no use for mirrors. I have conversely noticed that when i am too full of my “Self” i spend too much time admiring my perceived Grandeur and Beauty. Usually those particular States are based on some illusory characteristics i am attempting to convince my “Self” that i am! The allusion does not persist with any long lasting effect, for at some time the truth comes along and smacks me soundly up upon my “Headiness of Self”.**

**Some many years ago, a friend of mine (close), Jim Turner, gave me a Poem which i wish to share with you at his time. I have kept this Poem framed and upon my night stand that i can be reminded each day to take a True, Honest and Close look at myself. Hopefully this will assist me in keeping grounded . . .**

**Here goes . . .**



# *The Man In The Glass*

When you get what you want in your struggle for self,  
And the world makes you king for a day,  
Just go to a mirror and look at yourself,  
And see what that man has to say.

For it isn't your father or mother or wife,  
Whose judgment upon you must pass,  
The fellow whose verdict counts most in your life,  
Is the one staring back from the glass.

Some people may think you a straight – shootin' chum,  
And call you a wonderful guy,  
But the man in the glass says you're only a bum,  
If you can't look him straight in the eye.

He's the fellow to please, never mind all the rest,  
For he's with you clear to the end,  
And you've passed your most dangerous, difficult test,  
If the man in the glass is your friend.

You may fool the whole world down the pathways of years,  
And get pats on the back as you pass,  
But your final reward will be heartaches and tears,  
If you've cheated the man in the glass.

*Passed on to me from my friend*  
**James "Jim" Turner**

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