

1001 mirrors

Have you given yourself a quick glance in the mirror this morning?

Have you taken a good look? Do you remember?

I invite you to read this parable - feel encouraged to enter . . .



... the hall of one thousand mirrors

Somewhere, in a land far away, there was a temple that housed a hall of one thousand mirrors. One day it so happened that a dog got lost in the temple and arrived at this hall. Suddenly confronted with one thousand of his mirror images, he growled and barked at these presumed enemies. These, however, returned his growling and teeth flashing a thousand times over. The dog in turn got even more aggressive. And as the situation got more and more heated, the dog got more and more out of control, and finally reached such a state of aggression and exertion that he dropped dead.

Some time passed, and along came another dog, who also got lost in the temple and arrived at the same hall of one thousand mirrors. This dog, too, saw that he was surrounded by one thousand dogs of his kind. He then started to wag his tail with joy at these other dogs and, in return, one thousand dogs happily wagged their tails back at him. Happy and encouraged, the dog found his way out of the temple.

The mirror's truth

The mirror reflects our state of emotion – directly and accurately. Either you're welcomed by a benevolent smile or an aggressive grin.

It's important being hold up a mirror from time to time. Top manager are often quite lonesome as few staff member really dare to reflect the superior's behaviour.

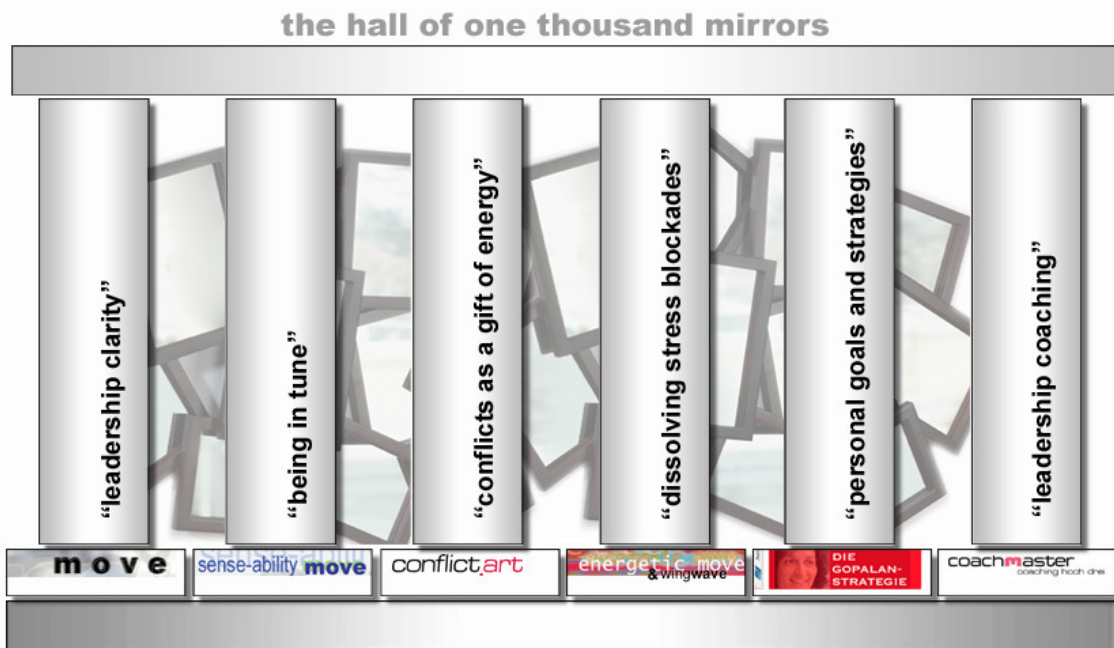
It can be very revealing and blessing having a look in the mirror. Reflect yourself - look at the big picture or focus on a facet in your life. Enter the hall of one thousand mirrors and face your own creation. Find a gesture that expresses your feelings.

The look in the mirror

When we meet ourselves as the aggressive dog in the story, we know what we have to work on. When we meet ourselves as the friendly dog, we can offer our gratitude and enhance that part of ourselves even more.

The outer reflects the inner. We are responsible for the mirror pictures we encounter on our way. To be able to understand what we attract into our lives, we often need more mirrors.

And what is the key to balance the manifold facets of your reality?



My open seminars and coaching programs can help to find the door to your personal and professional clarity. All seminars can be booked independently.

For more information, feel free to contact me or visit my website http://gopalan.de/Seminare_basic.html).

DATES

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