

Windows and Mirrors

By Tygo Lee

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One way I myself can *truly* lead a more peaceful, happy, and productive life on a daily basis, and do so in the long run, is not by towering over others, but by dominating myself.

In other words, I need to do some mind shifting, for a new me.

And the more *control* I have over *myself*—my thoughts, words, and actions—the more *powerful* I become. Interesting?

This *internal* power over myself—as opposed to the *external* power over others—is an incredible form of energy and a positive force that I can bring about, on my own. Hmmm.

Thus, the focus is on *me*, and not on *them*. In many cases, I am the source of my problems, and therefore, I am also +the solution. It's so easy to blame others for everything and take a blind-eye to ourselves, don't you think?

In other words, instead of spending so much time looking out the window, I need to spend much more time looking in the mirror. That's where I can often see the problem *and* the solution simultaneously. Surprise!

The curious thing is, when I do this by very deeply and seriously looking at myself in the mirror, the power that I have always had inside of me is sparked. And with time, I can transform these sparks into a warm, comforting fire.

The power, within us all, has always been there.

Fewer windows. More mirrors. That's it.

How about you?

Are you spending more time looking outside, or inside?