

RANDOM HOUSE  BOOKS



The Mirror Of Existence

Dr Christine R. Page

Contents

Cover

About the Book

Also by Dr Christine R. Page

Title Page

Dedication

CHAPTER ONE: Stepping into Life

CHAPTER TWO: From Inspiration to Action

CHAPTER THREE: Inspiration

CHAPTER FOUR: Intuition

CHAPTER FIVE: Logic

CHAPTER SIX: Emotions

CHAPTER SEVEN: Instincts

CHAPTER EIGHT: The Mirror

CHAPTER NINE: Illusions

CHAPTER TEN: Living in the Light

Bibliography

Index

Acknowledgements

Copyright

About the Book

Dr Christine Page invites us to embark on a journey of self-discovery by stepping into the 'Mirror of Existence' where we will find that our own thought processes direct our outer experiences.

She inspires us to 'tune in' to the higher frequencies of intuition and inspiration so that our creative impulses have maximum benefit for all concerned.

Her thought provoking writing and illustrations help us to recognise reflections of ourselves which, until now, were masked; including the beautiful spiritual being who waits within and whom we have so much difficulty acknowledging.

Her book, as a mirror, guides us towards wholeness. All we need are the eyes to see and the willingness to enter the experience.

Also by Dr Christine R. Page

Frontiers of Health

The Mirror Of Existence

STEPPING INTO WHOLENESS

DR CHRISTINE R. PAGE
MBBS, MRCGP, DCH, DRCOG, MFHom

Index compiled by
Lyn Greenwood



DEDICATION

To those who live and walk in the Light

Chapter 1

Stepping Into Life

A FRIEND OF mine agreed to look after his three-year old nephew for the afternoon whilst the child's parents were away. In preparation, he gathered together an assortment of his own old toys which he thought the boy would like to play with during his stay.

As is the way with children, the nephew completely ignored his Uncle's memorabilia and spent most of his time fascinated by a large standing mirror in the bedroom.

He stood in front of it, to the side of it, with his back to it and even behind it.

Finally, just before tea, he ran to his Uncle with a look of great pleasure and excitement.

"Unc" he said, with child-like familiarity, "Unc, do you know that wherever I stand around the mirror I can only see part of me?"

And then with an enormous sigh of satisfaction he concluded: "It is only when I step into the mirror can I see all of me!"

Out of the mouth of babes the truth is told.

All life is a mirror reflecting our inner thoughts and inspirations. However, this mirror is unique for it has magical properties which allow us to step inside and become active participants in our own creative process.

In order to do this, we have to be willing to let go of some of our individuality so that we may interact freely with situations and people that we may meet along the way.

For some individuals, such loss of identity threatens their security and they choose to stand on the outside, projecting relatively limited thoughts into the mirror and receiving predictable reflections. They hold onto dogmatic beliefs which structure their identity, fearful of losing themselves within a crowd.

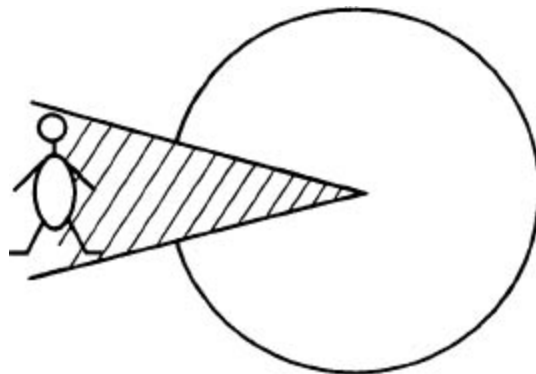


Diagram 1

Unfortunately such security is gained at the expense of connection, both with themselves and with others, leading to feelings of isolation and rejection. Eventually they come to realise that true security is not gained by remaining separate but by the ability to integrate fully with the world whilst maintaining their own integrity.

Then there are those who willingly step inside the mirror recognising that only by accepting the need to change will they grow. They happily release their need to be separate and engage in the situations which come towards them.

However, once inside it is easy to lose all sense of boundaries and these individuals then become immersed within the drama of life forgetting their spiritual origins and reacting purely to feelings rather than to their higher wisdom. Now the emotions have become the driving force

which formulates the next action. Emotions attracting emotions. Fear attracting fear.

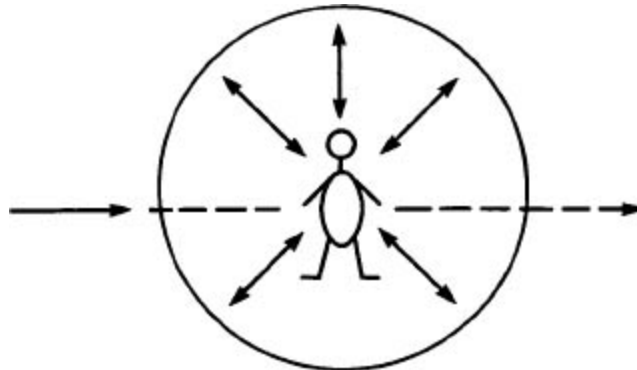


Diagram 2

Their salvation is to have the courage to step out of the mirror, often against the tide of general opinion, guided only by a distant memory of their own inner truth. With this step tremendous transformation takes place creating a wonderful sense of inner peace and security.

Finally, there are those who unconsciously step inside the mirror, interact with situations they meet and step out again without ever acknowledging that they are the creators of their own reality.

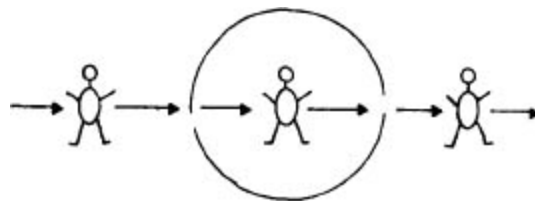
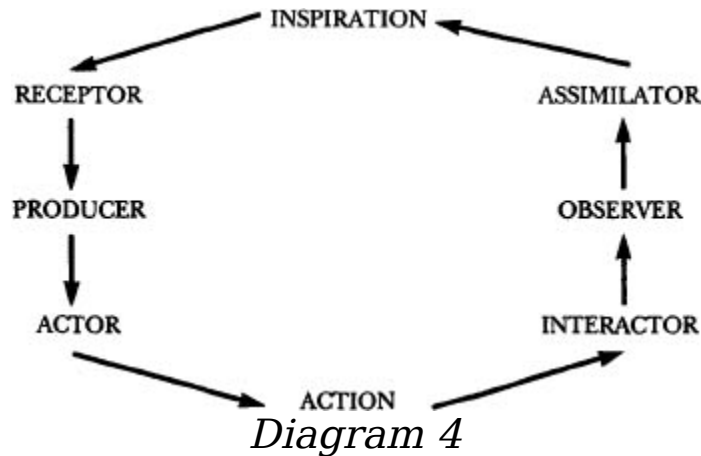


Diagram 3

They believe that they are just innocent pawns in the game of chance called Life. They are unable or unwilling to see that it is their thoughts which create the world which they perceive. If they want to change painful or destructive patterns of a lifetime they need to become more conscious of their thoughts, sending out only those which produce healthier and happier results.



As you see, we play many roles in life; often simultaneously. We are the receptor of the inspiration, the producer of the thoughts, the actors and the interactors, the observer of our own life story and the assimilator of the information.



All roles are essential for our evolution and none is more important than the other. Each is attached to a higher wisdom and each role is susceptible to an illusion which can create stagnation and prevent soul growth.

It is only by tuning into our intuition or inner guidance that we can be certain that our thoughts and actions resonate with our deep inner truth, steering a clear course between the rocks of illusion and the eddies of stagnation.

The mirror of life always reflects reality. It is we who wear the “blinkers” seeing only what we want to see or allowing outdated belief systems to guide us.

As the Taoist teacher Lin Ching-hsi said:

“A mirror will reflect all things perfectly whether they are beautiful or ugly: it never refuses to show a thing, nor does it retain the thing after it is gone. The mind should be as open as this”.

I believe that the purpose of life is to experience wholeness and thereby express the Light of our soul in its entirety. Since the word *healing* means to *make whole* we would also reflect total health.

I also believe that the blueprint for wholeness is already present within our energetic memory and that all we have to do is to uncover those parts of ourselves which are still hidden and reconnect them to the core of our being.

And why did they become separate in the first place? Well, my understanding is that when we chose to inhabit this world and adopt the physical form with its emotions, instincts, etc. certain aspects of our being became masked and disappeared into the shadows. But the beauty is that this was all part of the Greater Plan.

In the process of re-connection we have the opportunity to employ our creative energies in a way which will not only benefit ourselves but which will also add to the Universal experience.

Unfortunately, many have forgotten their purpose and have become transfixed by the masks rather than by what they cover, misusing their creative energies to reinforce these illusions.

I believe, however, that the inspiring force which motivates us towards wholeness is still present in every individual and that this force is represented in physical form by the very breath which keeps us alive. As we breathe in we are subconsciously inspired to reach for wholeness, so that 18 times per minute we are reminded of our contract with the Creator.

And if there is an urge guiding us towards re-connection and wholeness then this means that we already possess the inner knowing that such connection is not just possible but already exists on some level.

***We cannot search for something unless we
already know of its existence.***

***We cannot dream of happiness, peace of mind
or contentment unless we already know that the
dream can become a reality.***



Analogy

The picture of a completed jigsaw puzzle is shown on the lid of the box, but the pieces within the box are still separate and need to be joined in order to reflect the original picture.

The enjoyment of the puzzle comes from examining, experimenting and discovering how the pieces fit together, culminating in the final satisfaction of success.

***We create our own reality so that we may
experience wholeness.***

By entering the mirror of existence we attract towards us people, situations, objects and events which in some way reflect those aspects which are still masked or separate. Through our interaction with these people and experiences, we are able to acknowledge and accept those parts, integrating them within our being so that we may become whole and healed. (Diagram 5)

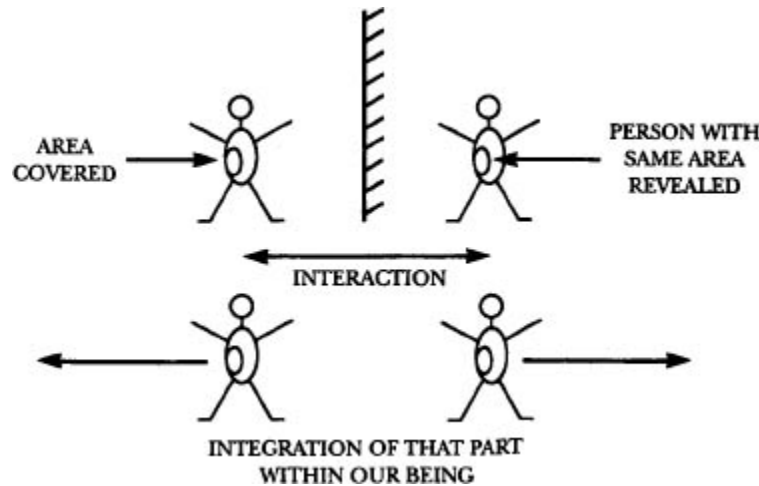


Diagram 5

When the correct connection is made there is a sense of harmony and we move on to the next piece which is unattached. However, occasionally, as with a jigsaw puzzle, we try to force two pieces together which are ill-matched and cause disharmony or disease.

The higher wisdom suggests that we dismantle those pieces and try again. But on many occasions we ignore the feelings and even attempt to build around the defective image in order to satisfy our deception. All future efforts are then directed towards an illusion until we acknowledge the wisdom to start afresh.

Example:

I apply for a new job and, although I have reservations that my qualifications do not entirely match the job description, when I am offered the post, I accept gratefully.

At first, I work hard to do what is expected of me despite feeling the strain of working in an unknown field. I even take extra tuition in order to cope but find that, as the weeks go by, I am having to do more and more overtime to keep up.

Eventually, I become sick and cannot work for several weeks. During this time I realise that my intuition had advised me not to take the post but I had failed to listen; instead I had tried to build on the illusion that I could manage. I hand in my notice and look for a job more suited to my skills.

Only when we have the courage to accept our mistakes and learn by them, do we start to grow.

Life offers continuous opportunities for expansion. We can, of course, choose to walk around with our eyes closed, our ears blocked and our head down. Or we can start to realise the tremendous potential for growth which is staring us in the face if we only have the courage to open ourselves to life and stop searching for an easy escape.

More people fear life than they do death!

Some hope to grow just by reading books, attending seminars or by asking the opinion of others. But in the end we need to have the commitment to reveal, examine, experience and release episodes in our chosen life which we have created in order to enhance the Light emerging from our inner core.

The purpose of life is not to gain intellectual knowledge but to experience that knowledge. It is only through our total participation in the event that we attain wholeness and we cannot achieve this from the sidelines.

However much we may wish to avoid emotional involvement by standing on the outside with our books and acquired knowledge, life has a wonderful way of dragging us in.

Just when you thought you were safely detached from the problems which beset human beings, you are drawn into the physical world through trauma, illness, family commitments or essential work involvement.

We are here to live life and that sometimes means getting our hands dirty, our feet wet and recognising the beauty of imperfection.



This book explores the levels of consciousness or awareness which are the power behind the creation of our reality.

In other words:

If we are instinctual beings then survival is paramount.

If our emotions control us then we will attract emotional situations.

If logic rules then structure and objectivity are important.

If intuition guides us then we are in touch with our Inner Being.

The images reflected in the mirror will always reveal the dominant level of consciousness from which we act although we may not always wish to redress any imbalance. Instead we may lose ourselves in the illusions believing that there is no other way.

Much of what I write is based on reflections gathered over a lifetime's interest and involvement in the healing arts and as an observer of life through my work as a doctor and teacher within both orthodox and complementary fields.

I also include personal reflections for those traits which I have observed in others must surely be a reflection of my own inner blueprint.

If I see three consecutive patients with the same problem and provide some “wonderful” advice, I need to listen. For those whom I attract towards me for healing, will also be my healers.

Anything which holds our attention for more than a few minutes, including our work or hobbies, will always reflect an aspect of ourselves which desires to become whole.

When I function as a doctor, I am working on my need for healing.

When I’m teaching, I need to learn.

If you work with those who have no permanent home:
where are you homeless or insecure?

If you work with those who have been abused:
which part of you is being abused or misused?

If you work with communication:
with whom do you wish to communicate?

If you love to travel:
are you expanding your horizons or escaping?

If you are a carer:
do you care for yourself as much as you care for others?

Our occupation, hobbies and interests mirror part of ourselves. It is wonderful to be dedicated to your work but, if you really wish to perform to the best of your ability, first recognise what the job is showing you and integrate that aspect within yourself. Then you will be successful in all you do.

Of course, there is the chance that following the integration you will no longer have a need to stay in that position and it will then be time to move on to another reflected image of your inner life.

I have met a number of women who were abused in their childhood and who by conscious or subconscious design worked with those who had also been abused. However, after much personal therapy and inner searching, they reached a stage when they wished to place that episode of

their life behind them and realised that they were then ready to find a new occupation.

Another part of my work, as with all therapists and teachers, is to become a clear reflector for the patients and participants of Workshops. In order to do this it is important that I maintain a clean mirror which is not smudged by my own unfinished business or unresolved issues.

Therefore I am constantly aware of the need to allow into my consciousness only that which works from the Light for the good of all concerned and to dissolve away old patterns of existence which are no longer appropriate.

I also remember that when I am teaching there is in fact nothing new to teach and that all that I am doing is to remind people of what they already know. My only responsibility is to create a loving, vibrational environment which allows others to resonate with their own inner truth.

***Any healer ...
is only as good as his ability to heal himself.
Any teacher ...
can only teach that which he already inwardly
knows.***

And why write the book now?

I believe that despite the tremendous strides which have taken place on this planet over the past decade, in terms of expanding our awareness to global problems, another “wake-up call” is required to help us to open our eyes to our own immediate areas of concern.

The easiest way to achieve this is to realign our hearts with our higher wisdom so that we can receive the increased vibration of Light which is now entering our inner and outer atmospheres.