



Self-Love Journey

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Step 14: Smile at the Mirror: The Magic

At first glance, this is an easy, symbolic, quick, and insignificant gesture. Smile at the mirror. Seemingly, no meaningful change could result from simply smiling at the mirror whenever we see ourselves in it. What could possibly develop from a few quick smiles a day?

Why is it that for most people, simply looking at themselves in the mirror is not easy, and even more so, why is it hard to smile at themselves without criticism and judgment?

Most likely because they feel embarrassed. They are not used to such blunt intimacy with themselves. They are not used to seeing themselves, and perhaps not even their friends, beyond the masks of normality and through the social expectations that distance us so much from ourselves. We are not used to seeing ourselves truly. We are used to seeing the person we invented while fleeing from our essence and our source.

What is embarrassing or unpleasant or difficult about a smile? It is **strange** that a pleasant gesture that is the basis of close, constructive, and friendly communication becomes something awkward that we avoid using regularly. What could be uncomfortable about seeing ourselves smiling at ourselves? Why does the smile in the mirror arouse anxiety and rejection? Where is the problem?

Perhaps we have become addicted to a rigid, critical, and gray lifestyle. In such a style our emotional commitment to ourselves is low. We fix ourselves in a relatively low place in our struggle with what burdens us, and we do not dare to break free with actions and gestures that could change the picture.

I want to ask you now, and I suggest you let the question resonate for a while.

Is a self meeting at the mirror like a meeting with a person who is very important and dear to us?

Can we imagine a situation in which we meet someone who is important and dear to us, and we receive them with a gloomy, worried, critical, and cold face?

There is no chance. In such situations, and even in less pleasant ones, we always smile when we meet someone, except in very specific cases when we must meet someone

we are angry with or hurt by. In all other situations, a small or large smile, according to the context, is one of the codes for opening dialogue and connection.

Why then, when we meet the most important and dearest person to us in the world, do we not receive that person with warmth and perhaps even with some loving and appreciative words?

Why do we alienate ourselves from the person who determines more than anything our fate, our present, and our future?

Why do we dry ourselves out with cold and unpleasant looks, and that is in the best case...

Why do we not invest in ourselves the right thing, a repeated smile to ourselves that will gradually build an ever-increasing self-love?

These are not easy questions to answer quickly. They invite us to take hold of the reins of our emotional life and to initiate change, a change that will lead to positive events arising from a shift in awareness and from a more positive regard toward ourselves.

Self-love and its growth begin in the place that understands, or is willing to appreciate, that deep inside it already exists and is not a subject for theoretical study, but a subject for practice, training, implementation, and restoration. Self-love is there inside, along with other good things that we have a remarkable ability to hide or minimize. Self-love lies in the cellars of the soul and is one of the features of our true self.

When we smile at the mirror consistently, again and again, with insistence and without compromise, we send a message to the person standing before us, to ourselves. The message repeats itself, insistent and unwavering. It is a message of loyalty, love, dedication, and responsibility toward ourselves. It expresses that always, in every situation, the positive candle will continue to burn, the candle that knows what is good in us, that represents our healthy desire, and that knows we are worthy, unique, and of course deeply loved.

Messages of this kind sometimes come from the environment, but often not in the form we need, or in a way that makes us dependent on the “supply” of warm feelings from another person, and that will always be interrupted or changed. Only love that comes from within can maintain its stability and will never create dependency or addiction. When we smile at the mirror, we supply ourselves, from a first source that is also the most qualitative and reliable available to us, the very things we chase unsuccessfully through the people around us, who will never be able to replace the source and core of the love that lies deep within us.

Smiling at the mirror lets us glimpse what is beautiful in us, both physically and spiritually. When we struggle to look at our smiling face, it is a clear sign that we struggle to perceive the natural and divine beauty we brought with us here. A person is always more beautiful and more moving when he smiles. A person will always bring his sweetest gifts to the environment when he smiles. A person is always at his

best when he smiles, and this is true even when circumstances do not seem to justify a smile.

Smile at the mirror for thirty seconds and see what happens. Smile for a full minute and see what happens.

Smile for two minutes, and you will feel your inner beauty entering your awareness by connecting to your cute and special smile. When you smile for longer, you will first pass through pains, fears, doubts, anger, and cynicism. They are there, and they drain out when we smile continuously at the mirror. Let those negative parts rise, and keep smiling. Your determination to keep looking at yourself in this way will gradually push away the masks of resistance and will eventually connect you to a pleasurable and special feeling, the feeling of love that naturally wells up from within.

Smiling at the mirror is a matter of choice, and it also expresses the beauty of a simple and much underappreciated act. We can, by decision, in almost any situation, remind ourselves that we aspire to increase self-love. We can do it now with one more broad and brave smile at the mirror. We can express our love in this way, and it will be very significant in the short term and even more in the long term.

And as I like to say, we meet ourselves in the mirror every day anyway. Is it not a pity to waste this wonderful opportunity to increase self-love? Is it not a pity to merely look at ourselves and add nothing to our lives, instead of enriching them with a clear gesture of self-love?

Practice Questions (Answer in handwriting or share in a practice group):

1. How do you feel in your body when you **smile at yourself in the mirror with a brief smile**?
2. How do you feel in your body when you **smile at yourself in the mirror with a prolonged smile**?
3. Try to guess: what is the thing we are **choosing unconsciously** when we practice smiling at the mirror? What **deeper decision** does this actually reflect?
4. Pay attention to the changes in the **“figure” you encounter** when you smile at the mirror. What happens to it when you see it move from a **“serious” or “neutral” expression** to a smile? Do you notice changes in its **energy or appearance**?
5. Go for a moment to the nearest mirror, smile at yourself for **20 to 30 seconds continuously**, and then come back here and share. How do you feel after this smile? How does your body respond to this **small yet meaningful gesture**?
6. Any other thoughts or feelings about this step that you would like to share?