



**THE SOUL'S MIRROR: Reflections on the Fullness of  
Life**

By Motivational Speaker Dana LaMon

*\$24.95 U.S. dollars*  
*334-page Hard Cover*

THE SOUL'S MIRROR is a motivational and inspirational daily reader with information on how you can maximize the success and joy of living. In an autobiographical style, the author, a blind African-American judge and world-champion motivational speaker, reflects on life, experiences, and relationships and shares what has kept him moving on the road to success despite challenges, rejection, disappointments, and failures.

Published in 1997, this is a 334-page hardcover book with 122 essays on topics such as LOVE, LIFE, SOUL, SUCCESS, FRIENDSHIP, and MONEY. Each essay includes a quotable affirmation, an autobiographical anecdote, and a cross reference. The book also contains a daily reading calendar and an alphabetical index that allows you to easily find the motivational topic that you need at a particular time. Browse through the book to see:

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# INTRODUCTION

## LOOKING IN THE SOUL'S MIRROR

This book is intended to be a reference to aid you in understanding the universal law of abundant life, the unbounded realm of possibilities, and your potential for realizing joy and success. It is designed to be a tool with which you can discover your purpose in life, unleash your potential, and maintain your motivation to achieve the desires of your heart. This reference and tool can best be used when you know its design and construction.

*The Soul's Mirror* contains 122 topics ranging from ABILITY to WORTH. (See the index for a complete, alphabetical list of the topics.) The one-word titles have been assigned to each segment to facilitate your finding specific words of encouragement, motivation, or inspiration when you need them most. For example: If you face tragedy, you may wish to read the topic SORROW or the topic HOPE. If you are planning to marry, you may choose to read MARRIAGE, COMMITMENT, and/or COMPROMISE. You may benefit from reading PERSEVERANCE if you are feeling discouraged because your sales calls are not netting the results you desire.

To avoid being didactic or sounding preachy, I have written the "Upon reflection" portion of each topic in the first person. The risk in doing so is the chance that I appear to be egotistical with the overuse of "I". My desire to avoid egotism is as strong as that to avoid didactic and preachy.

On the other hand, the benefit to using the first-person voice is that the language lends itself to personal reflection. If you agree with the ideas and message of the topic and wish to adopt it as your own, it is already written in your voice. You can select specific portions as your positive affirmations.

Many pages--indeed volumes--could be written on any of the topics included here. I have chosen to write very short essays. The brevity serves two purposes. First is to accommodate a busy schedule. If you are presently traveling on the road to success or are preparing to make that journey, you are already working on a schedule that squeezes every minute out of each hour. How and where do you find the time to read a few hundred pages of

a book written to motivate you? *The Soul's Mirror* makes the task easy by dividing the motivational material into short segments. Now you only have to find about five minutes in your daily schedule. You can get up five minutes earlier. Or you can go to bed five minutes later. Read while you sip your coffee or while on hold on the telephone. Five of the several minutes in the doctor's waiting room or at the airport can be better invested.

The second purpose for the short topics is to provide chewable chunks of motivational morsels. To obtain the greatest benefit in learning, self-improvement, and motivation you should take the information a little at a time. Consider, reflect, and process each subject before you move to the next.

Each of the 122 topics contains a cross-reference. Included in the cross-references are other topics that relate to the one that you have read. This is particularly useful if you are selecting your reading according to your need for encouragement, motivation, or understanding.

The 122 topics have been grouped into fifteen divisions. The categorizing is not a perfect one. For example, the topic HATRED is included with other topics on emotions, but it could also have been included in the group of "STUMBLING BLOCKS". The groupings will benefit the reader who desires to read several pieces with a related theme in one sitting.

So that *The Soul's Mirror* can be used as daily inspiration, a Daily Reading Calendar has been included as an appendix. If you follow this calendar, you will read through the book three times in a year. From April 7 through August 6, you will read the book in the order presented.

An index has been included to provide you with an easy reference to find the topic you need. Because it is presented alphabetically, you can quickly determine if a subject is or is not addressed in this book.

Keep *The Soul's Mirror* handy. At your bedside. On the coffee table. In your car. At your desk. In your purse or briefcase. Where will you be when you need a moment to reflect on your life? You could be anywhere. And everywhere that you are, you should be able to reflect on the fullness of life.

How many times have you looked into a mirror, or even a large plate-glass window, to see a reflection of yourself? We are very concerned with how we appear outwardly to others. Allow *The Soul's Mirror* to be your looking glass to reflect the innermost part of you. There is beauty for you to behold.



## KNOWLEDGE

The size of your world is directly proportional  
to the range of your knowledge.

I sat in Mrs. Lamoureau's class marveling at the ability of the other nine students to answer the questions that the teacher posed. I was in the fourth grade. It was my first year at Frances Blend, a school for the blind located in Hollywood. I was bussed from Compton, where I had previously attended school. It was immediately apparent to me that my classmates knew more than I knew. Each time the teacher asked a student a question about geography or history or science, the student was able to answer. But I did not know the answer. I hoped with all my being that she would not call on me. I did not want to be embarrassed by not knowing and by giving the wrong response. To avoid that potential humiliation, I set out to learn as much as I could.

### **Upon reflection:**

The instant that I was born I began accumulating knowledge. Like a sponge my mind began sopping up facts, figures, and concepts. It was not through formal instruction but through experience.

My innate desire for knowledge stems from a mental tendency toward truth and reality. Just as the body cannot move both forward and backward simultaneously, my mind will not retain information or beliefs that lead in opposite directions. As new information is gained, I automatically send it through a test of consistency. I reject it as being inconsistent with my concept of truth and reality or I accept the new and reject the old as no longer useful. Understandably, I am more apt to accept as truth my first knowledge on a particular topic because it is likely not to be inconsistent with information which I already possess. However, if I know something about the topic, it is difficult for me to accept new but conflicting facts.

The knowledge that I gain is the raw material for my thoughts, ideas, and beliefs. If I feed the mind information of little value, I will produce worthless

thoughts and ideas. If I limit my knowledge intake, I will limit my creativity and innovation.

I should seek to know as much as I can. The more that I know, the closer I move toward omniscience. The more I become like God, in whose image I was fashioned. The greater the power I can exercise over my circumstances. There is power in knowledge.

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Reflect also on: EXPERIENCES, LEARNING, MIND.

## DOUBT

If you see a shadow of doubt,  
look for hope in the light by which it is cast.

In my third year of law school, I started thinking about employment as an attorney. I applied only to government agencies. I did not bother to submit resumes to private firms because I doubted that they would hire me.

My doubtful attitude about private employment was based on a conversation I had with a blind instructor at Stanford University's law school. He told me that even though he finished in the top ten percent of his class, no private firm to which he applied offered him a job, but every government agency to which he submitted his resume did. Because my grades were not as good as his, I considered it a waste of time to seek employment with a private firm.

### **Upon reflection:**

When it comes to enhancing my self-image, achieving success, and realizing my dreams, no doubt is reasonable. Doubt as small as a grain of mustard seed will negate faith of that same measure. Doubt is conceived in the absence of evidence that what I desire will come about. It is in that same absence of evidence that faith is activated. The two are mutually exclusive, and I alone can decide what will fill the void.

While doubt's primary victim is faith, it will also assault my motivation and rob me of reasons to move forward.

Doubt dwells in the separation between what I want and what convention and reason say that I can get. The greater the separation, the more uncertain I am about my success. There are three approaches to this chasm. They are not mutually exclusive and may be used in combination.

I can fill the separation with faith. In other words, I can believe that it is possible even though I have no evidence that it has occurred or can happen.

I can bridge the gap with the support and encouragement of others. Their confidence in me can carry me through times of uncertainty.

I can close the gap with risk-taking effort. My successes will let me know that my desires are reasonable and attainable.

If I can just imagine the possibilities, I can begin the necessary steps to eliminating doubt.

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Reflect also on: FAITH, UNCERTAINTY.

# FAILURE

Failure is not the lack of success  
but rather the lack of effort.

For my mathematics major I enrolled in a course on abstract algebra. What is abstract algebra? I do not know. It was apparently too abstract for me. I never understood the class lectures. The professor was the author of the text, and his explanations found in the unpublished manuscript were as clear as those presented in class. I sought assistance from Sue, who volunteered to record the text for me, but she too was unable to understand the subject. Neither of us received a passing grade. Nevertheless, I have a degree in mathematics.

## **Upon reflection:**

I am not a failure. There have been times when I fell short of my goal, but those incidents do not make me a failure. From my experiences I gained knowledge and I moved closer to my objectives. Hence, I have achieved something.

I am not a failure. In the judgment of another I may not have made the mark, but what someone else thinks of me does not make me a failure. I will never measure my success by standards set by someone else.

The concept of failing was first implanted in my mind when I was in school. To successfully mold me into conformity, it was necessary for the educational institution to set up a mechanism to keep me in check. The fear of getting an "F" was that mechanism. Since society continues to grade my performance, I sometimes am faced with the fear of failing.

Though I am not a failure, I set myself up to fail by living to please someone else instead of pursuing the desires of my heart. I set myself up to fail if I permit fear to stop me from taking the action that leads to what I want. I set myself up to fail when I disbelieve my ability to succeed.

Whenever I begin an endeavor, there is the chance that I will fall short of the

desired mark. I must be willing to take that chance and make an attempt. Whatever I gain through my efforts is success. If I fall short of the goal, I can reset the mark, revise my approach, and try again. I have failed only when I refuse to try. By this restrictive definition of failure, I increase the probability of my success.

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Reflect also on: ACHIEVEMENTS, CONFORMITY, FEAR, SUCCEED, SUCCESS.

# LOVE

Even if you suppose that love is blind,  
you must remember that it can still feel.

It is not unusual for my youngest child Linnea to plant on my lips a soft kiss accompanied by "I love you, Daddy". She does this with her brothers and sister and with her mom. I was surprised, however, the other day when, as we two sat at the dining table, she stood up in her chair, pushed her face next to mine, and said, "You love me, Daddy." It was not a question but clearly a statement of fact. How my three-year-old understood it is remarkable. I do not often express it in words.

## **Upon reflection:**

Love is the very essence of my being. It emanates from my soul and connects me with the eternal universe. When I allow it to do so, love infiltrates my mind. It encompasses my thoughts and feelings. It being the foundation of thoughts and emotions, I can find my identity in love. Love then is manifested in my physical being. It is through my look, my touch, my speech, and my actions that love finds expression.

Because it is the essence of me, love need not be taught. It is understood and felt by a newborn. It is experienced and expressed by a young child. Only as we mature to adulthood do we lose the capacity to feel and express love without reserve. My reluctance to let love exist in its free-flowing state results from my confusion of love with physical desire. From association of love with unfortunate experiences. From misidentifying love with pain.

Love lives forever and is, therefore, life. I can ignore it, suppress it, hide it, abuse it, misuse it, attempt to destroy it, think without it, act without it, but I cannot kill it. Its inclination is to flow unbounded and unending. I, however, must permit it to do so.

It is through love that I connect and interact with the universe and with my

immediate surroundings. Without love I am only another physical mass in the world. Through love I am one with it. I can only truly know another when introduced by love. Love permits me to understand the thoughts and emotions of another. Even the real beauty of nature and the things she produces can be fully appreciated and enjoyed only in love.

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Reflect also on: HATRED, JOY, LOVING, SOUL.



# GENEROSITY

The heart and hand that are open to give  
are also in a position to receive.

My barber and I had a discussion about people in the news who reportedly have billions of dollars in wealth. He complained of a society that included such billionaires while others suffered in homelessness. He declared that if he had billions, he would share it with others. He would go out and help the homeless to find shelter and to get their lives together. I suggested to him that he would never have billions unless by a stroke of luck he came upon it at once. Otherwise, his generous nature would never allow him to accumulate such wealth.

## **Upon reflection:**

Generosity is to the soul as understanding is to the mind. If my mind is opened to new ideas, if my thoughts are allowed to flow freely, if I am ever learning, the result will be understanding. Similarly, generosity is the byproduct of the soul's uninhibited expression of love and its empathetic connection with the feelings of others.

Generosity is not merely the sharing of material possessions. As a characteristic of my innermost being, it will manifest itself in the sharing of feelings and thoughts as well as of my wealth, time, and talents. The mental and spiritual sharing is no less important than the sharing of tangible goods.

The world thrives on the free-flow of benefits occasioned by generosity. The halibut sacrifices life and the orange tree gives up her fruit as food. The sun gives off its rays, clouds let go their rain, and the earth yields her minerals for the benefit of man. Humans hoard. It is generosity, not accumulation, which is the balance of nature.

Altruism is the basis of generosity. That does not mean that the needs of others must always come before mine. To be generous means that I have the ability to subordinate myself to another for the benefit of both of us.

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Reflect also on: ALTRUISM, GIVING, LOVE.

## DREAM

A dream is a vision of the future, in light of the past, tinted with imagination.

Many times I have been asked by the curious about my dreams. "Are they in color?" "When you dream, do you see?"

I do dream. The ones of recent memory have not been in color. However, I suppose that those that I had before age seventeen were in color since I was able to see colors then. In my dreams, I have always been blind, but I have driven a car, flown an airplane, and chased criminals without assistance. In other words, blindness has not been a restriction on my dream activities.

### **Upon reflection:**

Psychiatrists evaluate sound mental status, in part, by one's orientation to time, place, and person. However, these are antagonists of my dreams. When I dream, the past, present, and future merge to defy the conscious state of time. In a dream I could be living in a house in Saginaw, Michigan, and in no time at all I and the house are in Sedona, Arizona.

And how was it that I, a blind African-American, was elected President of the United States? Oh, it was a dream. Dreams defy the constraints and conformities of the conscious mind.

I do not have to wait until an hour of despair to dream any more than I must wait until night. I can dream during the brightness of the day.

I need only to find myself time and a place when and where neither time nor place matters to me. I can push aside the day's concerns and allow my imagination to roam. I can picture myself walking in the realm of possibilities. In a world where "cannot" is not allowed. I can envision what it is that I want. I can create in my mind the path that leads me directly to what I see.

As I find myself moving back into my conscious surroundings, I should prepare to record my dream. If I do not, it will get lost and forgotten in the limitations of human nature.

My dreams are for nought if they are just remembered. Along with wishing that they come true, I must live to make them reality. I have to put them into action.

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Reflect also on: IMAGINATION, POSSIBILITIES, QUIETUDE.