Seeing Through a Glass Dimly

Elizabeth Terragnoli, MD

Highland Family Medicine University of Rochester

There were no mirrors in San Jose de San Marcos de la Sierra.

Except, of course, the tiny compact
I balanced on my knees
each morning as I applied my mascara
(an unnecessary,
but delightful daily ritual).

I saw only pieces of myself in that mirror.

Two weeks. No real mirrors.

So imagine my surprise on catching a glimpse of myself in a restaurant mirror on the way back to San Pedro Sula at the end of our trip.

I looked healthy. Happy. Alive.

That's what not looking at yourself for two weeks will do.

It wasn't until later that I realized: I had learned to see myself more clearly in the expressions of the local children who marveled, wondered, and laughed at my Gringa antics.

It is a curious thing to find oneself in the expression of another.

Look here. What do you see?



Excitement.



Questioning.



Delight.

Reserve.

Nervousness.



Calm. Concern.



Friendship. Timidity.



Curiousity.



Joy. Abandon.



Distraction. Peace. Wonder. Mischievousness. Delight.



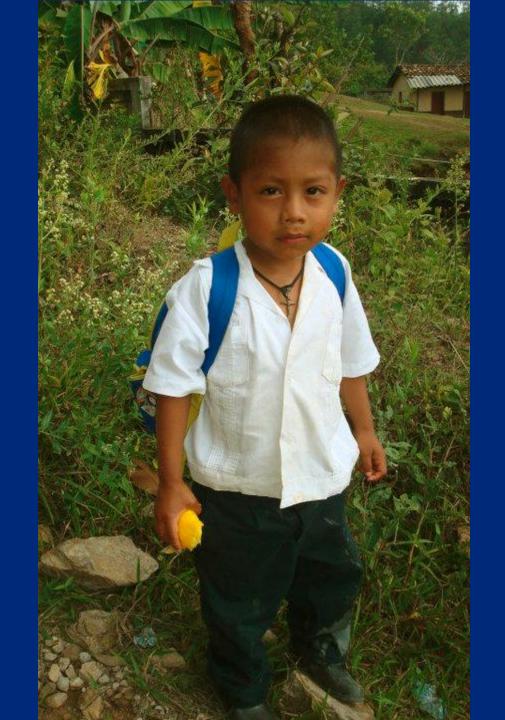
Surprise.



Belief.



Appeal. Inquisitiveness.



Intelligence.



Friendship. Bravery.



Intrigue.



Strength.



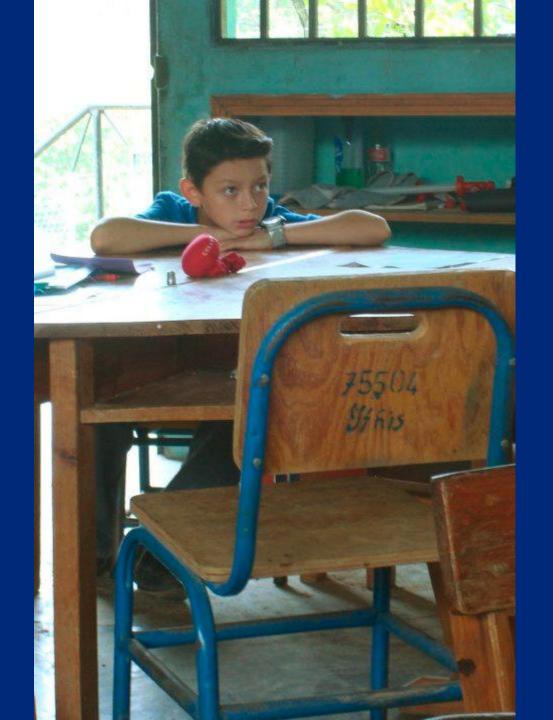
Beauty.



Personality.



Playfulness.



Curiosity.



Dignity.



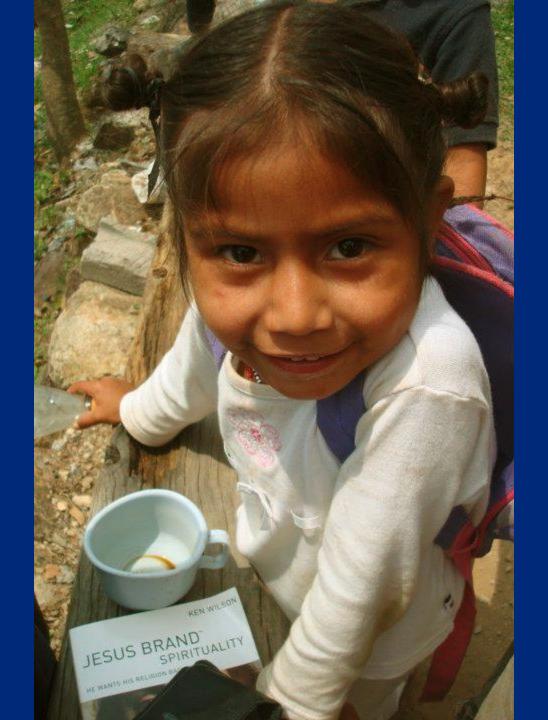
Gumption.



Charm.



Resolve. Focus.



A better future.

Honestly,
most of what we look like
can be seen better
in the faces of others.

Do they smile? We have been kind.

Do they nod in understanding? We have been clear.

Do they laugh? We have become friends.

These are our accomplishments.

And while somewhat altered
by social conformity
(less so in children),
the expressions of others
can also highlight our weaknesses.

Do they frown slightly? We have not been gracious.

Do they wrinkle their brows in confusion? We have not been transparent.

Do they shake their heads in frustration? We have not been partners.

These are our challenges.

Whether accomplishments or challenges, we encounter mirrors every day.

We see ourselves through a glass dimly, most of the time.

Yet every so often, we see face to face.

The capacity for sight testifies to the Eternal.

The same One who
opens the eyes of the newborn
shuts the eyes of the dying.

The ability to know ourselves and others testifies to the conversation of life:

the questions,

the answers,

and the silence that says more than everything else combined.

Honduras, with its many faces and quiet expressions, taught me the value of seeing and being seen – not in a polished piece of glass, but in the beauty of a shared gaze.

Still I wonder at the vanity of our culture.

Are we content to inspect micro defects in our compact mirrors?

Or do we truly want to see?

At the beginning and end of each day, exercising the right to see is a choice.

We can choose to see and live through a mirror dimly.

Or we can choose to live and to see face to face.

