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Sacred Mirrors

The Mirrors Concept

Diamond Light World



MIRRORS CONCEPT

Property of Julie Umpleby

Diamond Light World



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INTRODUCTION

‘The Only Source of Knowledge is Experience’
.....Albert Einstein

The processes described in this workbook must arise through *direct experience* of the True Self.

These processes, when worked through carefully and with a meditative mind, will offer you *direct experience* of healing and transformation. Through this *direct experience* it is inevitable that you will glimpse the True Self and gain a keener insight into the meaning of Existence.

You are asked not to believe anything that is written here, but that you take these words and weigh them up against your own experience. Become an observer of your own life and find the Truth within yourself using these words to illuminate your own darkness. Beliefs are interchangeable and destructible and if you become a ‘believer’ in the things written here, you will have done no more than adopt a new religion. Truth is formless, and the metaphors that are used here and that are used by others to describe it are different and subject to our individual perceptions. When you glimpse Truth for yourself, it will be through your own filters of understanding and it will transform you in ways that are appropriate to your own spiritual needs.

Julie Umpleby

INTRODUCTION

'Sacred Mirrors'

You stand and gaze into a mirror. The mirror contains your form in its glass, and reflects back all there is to see, clearly, impartially and without distortion.

However, the mirror is also contained in you. It is taken in through your eyes and its image is image is within your brain. You are 'thinking' the mirror that reflects your form.

Are you the person in the mirror? Surely the reflection is not you, but only your reflection. But if it is not real, then neither can you be.

But if you are deemed real, then your insubstantial image must also be real. Which one is the reflection? Which one is real? Are both real? Or are both unreal?

You ARE the mirror and the mirror IS you. One cannot be without the other. Both exist in a reciprocal relationship. So it is with man and his mirror, The Universe.

It is not the mirror's fault if you do not like what you see in it. If you smash the mirror, is it not you, yourself who gets broken?

You cannot break the mirror without destroying yourself. You cannot destroy nature without destroying yourself.

*Source : Michael Tsarion,
'Divination and The Goddess'*

The Story of the True Self

Listen to the recording.

Close your eyes for a moment, and imagine yourself to be formless; free. In your formlessness, there is no Space or Time; you are Everywhere & No-where. You are Awareness-Without-Motion. You simply ARE.

Awareness begins to Move. Out of the Everywhere & No-Where, a house Manifests; it contains many rooms, and all of them are furnished. You are the house, and each of the rooms is you. Every piece of furniture is you. Everywhere and No-Where is still you, but now part of you is pretending to be the house, and part of you is imagining you are the furniture.. The house and the furniture can only exist because you have Thought them into existence. They stay Manifest because you maintain the Thoughts that give them Form. Thought moves in repetitive cycles, holding the Manifest in Space and Time.

You are Everywhere and No-where; you are True Self. And part of you is the house and the furniture; you are Personality. True Self watches its own absorption in the Personality. Personality maintains itself through Thought. Personality is busy with Thought. Personality forgets it is True Self. Personality feels the Presence of True Self and thinks True Self is Separate. True Self allows Personality to enjoy its Existence in Form. When Personality no longer enjoys Form, True Self calls it back into the Everywhere and No-Where.

Personality has Thought up more and more furniture, and the more it makes Manifest, the more it forgets its True Self. Personality begins to feel lonely because it believes the Thought that says it is separate from True Self. Some discarded pieces of furniture have become rotten and ugly because Personality has unhappy Thoughts. Personality covers up the ugliness with more and more furniture. The ugliness and the rottenness cause Personality to detest Existence. True Self calls Personality Home, but Personality is afraid to come Home even though it is no longer happy in Form. It has forgotten it is True Self.

Personality has now Thought up the 'Unknown'. It believes the True Self to be Unknown. Personality maintains itself; it makes a stand against True Self. It is unhappy and detests Existence, yet it dreads the Unknown. Personality tells itself it likes Existence. Personality lies and lies and detests Existence even more. Personality makes more furniture for its house to convince itself it is happy. Soon, the house is full to the brim. Personality is heavy and cluttered and has forgotten where the rotten furniture is hidden. True Self needs itself to be Whole again. It needs Personality to remember itself and dissolve the house and the furniture. To dissolve the furniture and the house, Personality must cease to believe its Thoughts are real. True Self has a plan to bring Personality Home.

True Self makes Manifest a Mirror and makes Manifest Pain. In Pain, True Self hides a Mirror of Itself. True Self is now the Mirror. True Self is now Pain. It Enters the house and places Mirrors everywhere, in every room, in between all the furniture. True Self puts Pain into the rottenness and the ugliness and both are magnified by the Mirror. Now Personality can see the hidden parts of itself, and when it does, it feels Pain. In the Pain, Personality sees its True Reflection. It sees the True Self and remembers that the Personality is only Thought. Personality turns from Thought and dissolves it entirely. It brings its Awareness back into the True Self.

The Mirrors Concept



The *Mirrors Concept* works on the premise that everyone in our lives, and every situation that we find ourselves in, reflects the beliefs that we have about ourselves. As human beings, we are aware of many of our beliefs, and are completely unconscious of a multitude of others. Our thinking processes arise out of the storehouse of beliefs that exist in our DNA. These beliefs are clustered into neural networks that fire up in the mind as an idea. Our ideas are responses to the external world, and are formed through the conditioning processes (ancient or contemporary) of parental influence, school, religion, community, media, etc.

It appears that most of our ideas are passed on to us through our ancestral lineage. Some say we have lived past lives, and bring those experiences and the resulting ideas with us into the current life; others prefer to imagine that we inherit our ancestor's genes and that it's a lottery as to what we inherit. Whatever the story is, we certainly *do* enter into this experience clutching beliefs that do or do not serve us. Scientific research is rich with evidence, and for those who have children, and are observant, proof of existing beliefs is seen when they are first born. Often we will make comments about our newborns, like, 'she's a sweet and passive baby' or, 'he's a wilful and aggressive infant, unlike his brother at the same age', and all this before the children have been properly exposed to outside influences. What we also see later on are the different ways in which our individual children respond to similar circumstances in their lives.

No idea that we harbour is *real*, however. The personality that we have is no more than an intricate electronic neural network of ideas. The personality changes as our ideas change, and we have all witnessed this phenomenon. Ideas give us structures in which to live, but they are adjustable, destructible, and an individual can create a radically new set of beliefs if one is willing to move beyond what is currently known and accepted. Our history books are littered with radical thinkers who have stepped out of existing paradigms of thought and changed the course of human life with completely new ideas. At one time for instance, humanity was sold on the idea that the earth was the centre of the universe, until someone introduced another idea that the earth moves around the sun. Scientists are now convinced that the latter idea is true, yet with all their 'evidence', it *may* not be true. It is probably just another good idea that appears to have credence. In another hundred years, we *could* find ourselves believing something else entirely. All our education is based on our beliefs about the physical world of nature, and we witness daily that the information that was once 'set in stone' is now replaced by other 'facts'.

Those who choose to work with the *Mirrors Concept* do so in order to improve the quality of their lives. While we have beliefs that serve us in the present moment, we find that there are unrecognized others that have created destructive patterns in our lives. Wherever we go, we find the same pain, the same fear, the same bad relationships, a lack of peace and a general discontentment with life.

The *Mirrors Concept* helps those who wish to identify hurtful ideas and eliminate them, work through a tried and tested process that will lead to a better life and improved sense of self. This work can be performed on different levels. One individual performing this work may simply want to improve her current circumstances, and another may feel a deep impetus to expand his insights into Life itself, and discover the secrets of the soul. Whatever the motivation, the *Mirrors Concept* will give you what you are looking for.

Preparing to Work with the Mirrors Concepts



To understand the Principles of Existence, you have to gain *direct experience* of them. This work is not designed to produce another set of beliefs for people to follow. Beliefs are interchangeable and destructible, and this world is filled with beliefs about the purpose of Life. To really know the Truth about the deeper aspects of Existence, belief must be converted into knowledge through one's own experience. Nothing else will do. The *Mirrors Concepts* is about helping you to experience Life in a way that will positively and permanently alter your perception of yourself. In the process, you will get a glimpse of the profound nature of Life, and may want to explore further.

In preparing for this work, it will be helpful for you to follow this advice:

1. **'Read the *Principles of Existence*'**, and if you have had no experience of their authenticity, *imagine* them to be true just for the purpose of this work. In this way, as you perform the tasks in this workbook and you become observant of yourself and alert to the mirror that is your environment, you will *naturally* enter into direct experience of the nature of reality.
2. **Speak the truth to yourself at all times.** The beliefs that hurt you have been hidden because on some deep unconscious level you are ashamed of them. When we come face to face with those beliefs, it can be very difficult, and our first instincts are to deny that they belong to us. This is natural, but we must have the courage to own them. That which is *not* owned will continue to own *us*, and we cannot release that which refuses to be recognized. By writing these beliefs down, and working through the tasks in a systematic way even if you do *not* believe something to be true of yourself, you will eventually arrive at a place where you are able to own it. Be brave and dogmatic in your approach. The pain you feel on their discovery cannot match the freedom you feel when you discard these beliefs for good.
3. **Be compassionate with yourself.** No matter what we discover about ourselves, remember that none of it is real. Your beliefs are not the real you. These beliefs that hurt us are there for reasons we perhaps can no longer remember. Human beings are fearful animals and we operate out of a need for survival. We do terrible things when we are afraid. Hurtful ideas are often survival mechanisms that we once thought would protect us, and yet instead we see that they injure both us and those around us. Observe your beliefs with love for the person who was once afraid, and is now trying to gain freedom. You need to do this work in absolute kindness and respect for yourself if you are to be a loving, happy person.
4. **Ask those you trust for input.** Sometimes, identifying a negative pattern in ourselves is just too painful, and we convince ourselves we cannot see it. When this happens, ask for the help of someone close to you that has your best interests at heart. This person must feel safe enough with you to be able to give you evidence that a specific idea is yours to be owned. This must be done with love and compassion, and not in an attitude of vengeance and spite, so choose someone you trust, and who trusts you.
5. **Always act on the changes you intend to make IMMEDIATELY.** This is important, since it is the transformation that will make the difference in your life, not the observation. Many people doing this work find it difficult to change even when they see the damage their ideas are doing, and so their experiences remain the same and the pain in their world persists.

The Mirror Concepts: The Principles of Existence

The following Principles have to be experienced to be fully understood. You are encouraged to meditate on these principles and begin the process of observation of their Truth in your life. All Truth is obvious in this world of distraction and illusion, but to see it, you must actively look for it. To assist you in this process, you may access the 'Insights Workbook'. In the meantime, assume them to be your own Truth as you perform the Mirror Concepts tasks. Truth will begin to reveal itself as you undergo this work.

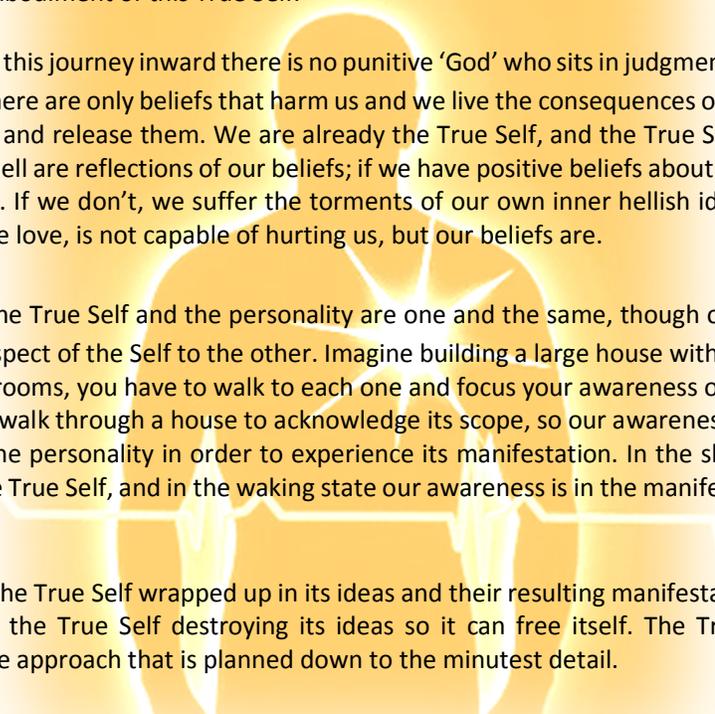
1. **PRINCIPLE 1:** At the source of everything manifest in the universe is one unifying essence. Some call this 'God', 'Goddess', 'Higher Self', 'Spirit' or 'True Self'. This essence, whatever we name it, is who we truly are. We do not need to seek it, for we already *are* it. We act out of that True Self when we use our intuition, use our psychic abilities, or sense the profound. We rest in the True Self when we allow our minds to leave the confines of the beliefs that limit our perceptions of the world, and allow ourselves access to other dimensions of experience.
2. **PRINCIPLE 2:** All human beings, although many may not be aware of it, are on a journey bound for recognition of the True Self. Although those who call themselves 'seekers' may think otherwise, they are not seeking 'God', since we are all *already* this Divine essence. Instead, through their journey, they are systematically removing the beliefs that insist they are lost and separate from the True Self.
3. **PRINCIPLE 3:** The path to our inner world, the place where we are Divine in nature, is a spiral one that unfolds in stages.

We start out totally focussed on the material world, convinced of its authenticity. There is no sense of who we truly are and we are identified by the body and our environment. All our sense of self-worth comes from external sources. We believe we are worthy human beings if others tell us this is so. If we get qualifications, make money, possess fashionable things, we believe our lives have been a success. Success is defined by external sources. We are totally reactive in our responses to life's circumstances, not understanding that we are acting out of beliefs that are given to us, and that create illusions of reality.

In the second stage of unfoldment, we discover that we have an inner life, and that there is more to our nature than the physical. We learn that all sense of self-worth comes from our own perception of ourselves, and that we can accept or reject any beliefs that society promotes. In this phase of the inward-bound journey, we begin to reclaim our sense of power from the external world. We start examining established rules of behaviour and evaluate their effect on our lives. We look for the beliefs that limit us and replace them with more powerful ideas that make our lives more fulfilling. In this second stage, we take responsibility for our experience. With this

mindset, we replace negative beliefs with positive ones. We move from being victims of the world to assertive contributing members of society. We recognize that we are a part of everything, are worthy whatever we do, and apply those same principles of love and respect to other people.

The third stage of unfoldment is the most difficult, but enlightening phase of all. It is a phase wherein we are challenged to move into the True Self and operate from this point of awareness. To do this, however, one must remove all beliefs that separate us from this True Self. We move from a belief in duality, i.e. the belief that the personality and the True Self are separate, into the knowledge that the True Self and the personality is one and the same. We discover that **our ideas about life** are an illusion, and that nothing we see is actually the way that it appears. It is a time in which the personality undergoes a slow death, with every idea under scrutiny. We begin to see with the faculties of the True Self and the universe in its full spectrum comes into focus. We have access to all dimensions of experience and there we become aware that everything in the universe is of one source, that all things are connected. We become aware of this through experience and we become the embodiment of this True Self.

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4. **PRINCIPLE 4:** In this journey inward there is no punitive 'God' who sits in judgment of our 'sins'. There is no 'sin'. There are only beliefs that harm us and we live the consequences of those beliefs until we recognize and release them. We are already the True Self, and the True Self is absolute love. Heaven and hell are reflections of our beliefs; if we have positive beliefs about ourselves, we live a heavenly life. If we don't, we suffer the torments of our own inner hellish ideas. The True Self, which is Divine love, is not capable of hurting us, but our beliefs are.
 5. **PRINCIPLE 5:** The True Self and the personality are one and the same, though our awareness moves from one aspect of the Self to the other. Imagine building a large house with many rooms. To appreciate the rooms, you have to walk to each one and focus your awareness on its features. Just as we have to walk through a house to acknowledge its scope, so our awareness moves from its True Self into the personality in order to experience its manifestation. In the sleep state, we move back into the True Self, and in the waking state our awareness is in the manifestation of our beliefs.

The personality is the True Self wrapped up in its ideas and their resulting manifestations. Human existence is about the True Self destroying its ideas so it can free itself. The True Self has a systematic, fail-safe approach that is planned down to the minutest detail.

6. **PRINCIPLE 6:** The human self, or the personality, has no control whatsoever over the direction that its life will take. All decisions appear in the mind from the True Self, and all outcomes are already determined. The True Self has 'designed' the layout of its life, using a DNA configuration. In other words, you have *already* manifested your life, using the numerous patterns of beliefs that you intend to release. You cannot in any way alter the course that your life will take; it is only your ingrained belief in the power of the personality that convinces you otherwise.

Surrender to this knowledge will bring peace by allowing you to let go of guilt for any difficult paths down which you have travelled. All choices that you have made were inevitable, since they arose out of the beliefs that you firmly held, and were pre-determined by you in the awareness of your True Self. If your choices have had negative impact on other people in your life, it is because they too had something to learn. We are all interconnected, and joined by similar patterns of ideas. There was never any other choice that you could have made, for our choices lead to the undoing of old patterns of belief in ourselves and others and ultimately result in our freedom.

7. **PRINCIPLE 7:** Just as the True Self controls your breath, heartbeat, digestion, and other involuntary body functions, so it controls your thoughts. You do *not* choose your thoughts. All thoughts arise from belief systems which are activated through circumstances. The True Self arranges its life in a pattern as it would a set of a carefully arranged line of dominoes. When one domino is pushed, the others fall in perfect sequence, one domino affecting the other until the desired result is obtained; all dominoes fall and the line is demolished. As you go through your life and encounter its events, so your thoughts are activated in a domino-effect. When thoughts appear out of 'no-where', they are passed to you from your True Self which requires that you process an idea within the context of any life event.
8. **PRINCIPLE 9:** Everyone in your life, family and otherwise, is a reflection of your beliefs. Those who are in your life over a long period of time share similar beliefs, all mirroring ideas back and forth. Your environment is a mirror of your ideas. The country you live in, the culture that surrounds you, the house you choose, the car you drive, the words you choose, your manner of behaviour, the way you move, the way you look and the state of your health, all arise from the wellspring of your ideas. You are the *living embodiment* of your ideas.
9. **PRINCIPLE 8:** Judging others is a *good* thing, for then you can see the full spectrum of your own beliefs, your own personality. Often, we suppress the more negative aspects of our personality, covering them with opposing positive behaviours. This may be because we want to be perceived more positively by others, or because we have learned a better way to be. Whatever the reason, it remains that we are not confronting our negative ideas and we continue to experience their manifestation in our lives. By judging others in our lives, we get to see who *we* are, since everyone close to us reflects the hidden parts of ourselves.
- The way in which you perceive the world, other people, and events, is *wholly* a reflection of your own beliefs about yourself. What is actually happening 'out there' *always* has another story and this story is subjective to every individual who is judging. No one story will ever be the same. When a person describes the state of the world, they are describing their own state of mind. When I criticize another for behaving in some inappropriate way, it is my own inappropriate thoughts that I am despising. When I make an assumption about someone's life, I am basing this judgment on my own experiences and beliefs. Human nature is set up to perceive life through a framework of individual ideas. There is *no* other way that we can possibly be.
10. **PRINCIPLE 10:** You are the True Self. Ideas are just ideas and they have no substance or truth to them. When you are in pain, it means you believe in an idea that isn't true. All emotional and physical sicknesses arise from ideas that are worshipped, ideas that we have given the power to rule our lives. The *Mirrors Concepts* allow us to identify the ideas that cause us pain and encourages us to let them go for good.

The Mirror Concepts Tasks

Task 1: Questioning Your Life Theme: Looking for Patterns of Behaviour

Our ideas drive our attitudes and our behaviours. To begin the process of rooting out painful ideas, we need to look at their surface manifestation, that is, the way in which we behave in community with others. Each of us lives a life of purpose; every one of us, in the awareness of the True Self, designs a journey calculated to reveal a specific pattern of beliefs that have governed our lives. Our sexual relationships, family life, social and work situations all contain clues as to the nature of these beliefs. Our first task is to acknowledge our patterns of behaviour in order that we can later identify the beliefs that hide in the recesses of the mind. To do this, it is helpful to cast the mind back to our earliest significant relationships and move into the present from that point.

Task 1A: Your List of Relationships: Make a list of your most significant relationships: (the term 'significant' relates to those who have created intense feelings within your emotional life, either negatively or positively).

Examples:

- Mother, Father
- Siblings
- Best Friend (Long-term)
- First Long-term Boyfriend
- Live-in Boyfriends or Husband(s)
- Children
- Work Colleagues (who have influenced you negatively or positively)
- Enemies (e.g. long-term neighbour or family feuds, business opponents etc)
- Educational and Religious Figures

Sample Work: Jenny's List

Earliest (significant) that I can think of: Mom. Dad (both abusive)

Teens: Collette, Simon, Sandra (friends that affected me: all selfish in many ways)

Significant Boyfriend: Tomas (holiday romance, I planned to marry him: Catholic, too religious, of a different culture, close-minded)

Husband: John (10 years of marriage this month-great guy)

Kids: Libby 10 years old (wonderful girl, too outspoken and stubborn though-have problems with this)

In-laws: Sally and Jim (Mom and dad-in-law), Jack (brother-in-law) (wonderful bunch)

Neighbour: Carla (complete back-stabbing bitch)

Work: Ingrid (lazy cow, Janine (abusive)

Task 1A: Worksheet
Your List of Relationships:

Task 1B: Your Perceptions: One person at a time, describe the set of behaviours that they exhibit that create an emotional reaction within you. Make sure you keep the statements limited to how **YOU** perceive these people (NOT how others perceive them, or how they perceive themselves). Write simple statements for each characteristic.

Sample Work: Jenny

NAME	PERCEPTION STATEMENTS
<i>Dad (way back then)</i>	<i>He abuses his family.</i> <i>He sexually abused me.</i> <i>He bullies me.</i> <i>He puts me down.</i> <i>He can be kind at times.</i> <i>He is generous with money.</i> <i>He is giving to people who need help.</i>
<i>Mom (way back then)</i>	<i>She is weak.</i> <i>She lets dad abuse me.</i> <i>She wants me to accept his bullying nature.</i> <i>She wants me to be passive like her.</i> <i>She never stands up to him.</i>
<i>Collette (back then)</i>	<i>She is weak and wishy-washy.</i> <i>She lets men she doesn't especially like have sex with her.</i> <i>She uses me.</i> <i>She is selfish.</i>
<i>Simon</i>	<i>He is funny.</i> <i>He is generous.</i> <i>He is loud.</i> <i>He can be very rude.</i> <i>He is selfish.</i> <i>People don't generally like him.</i> <i>He always looks for a fight with people.</i> <i>He is bullying towards Collette (our mutual friend).</i>
<i>Tomas</i>	<i>He is kind and loving.</i> <i>He is restricted by his religion.</i> <i>He isn't at all adventurous.</i> <i>He is dogmatic in his opinions.</i>
<i>Libby</i>	<i>She doesn't listen to people (to me especially).</i> <i>She does her own thing.</i> <i>She is stubborn.</i> <i>She is beautiful, kind, and a loving child.</i>
<i>Carla</i>	<i>She is bullying.</i> <i>She tries to control how we live our lives.</i> <i>She wants everything on her terms (no compromise).</i>
<i>Ingrid</i>	<i>She is lazy.</i> <i>She doesn't put effort into her work.</i> <i>She has no dignity.</i>

Task 1B: Worksheet
Your Perceptions

NAME	PERCEPTION STATEMENTS

Task 1C: Your Mirror Statements: Take the Perception Statements, and mirror them. Once you have written the Mirror Statement down, write an Evidence Statement. As you write the mirror statements, try to feel the truth of it at an intuitive level. If you find this difficult, try another mirror statement until you *do* get to one that resonates within you. If this is still difficult, ask someone close to you for input. *Most* of the time, although not in every person's case, it does not matter how far back we go, since we find that we still demonstrate *shades* of old behaviours.

Jenny's Mirror Statements

PERCEPTION STATEMENT He/She.....	MIRROR STATEMENT I....	EVIDENCE STATEMENT ...and the evidence is.... (present time)
(Dad) <i>He abuses his family.</i> <i>He puts me down.</i>	<i>I abuse myself.</i> <i>I put myself down.</i>	<i>I never do what I want to do. I always try to appease other people.</i> <i>I always tell myself I can't achieve something, and so I don't do what I would like to do. Plus, I always tell myself I'm too ugly, too fat, too talkative.....</i>
(Mom) <i>She is weak.</i> <i>She lets dad abuse me.</i>	<i>I am weak.</i> <i>I abuse myself.</i>	<i>I don't ever stand up for myself if someone has a powerful personality. I'd rather stay quiet.</i> <i>If teachers bully Libby, I'd rather let John go to the school and deal with it.</i> <i>I don't let people do good things for me. I always imagine they want something from me.</i>
<i>Collette uses me.</i>	<i>I LET Collette use me.</i> <i>I use Collette.</i>	<i>I don't like not having a friend to go out with. Also, she has a car. I keep her around so I don't have to get the bus.</i>
<i>Tomas is restricted by his religion.</i>	<i>I am restricted by my abusive, passive nature.</i>	<i>I always wanted to go to university but didn't because I told myself I was too stupid. Also, when I want to go on holiday with friends, John gets jealous, and so I don't go.</i>
<i>Libby never listens to anyone.</i> <i>She is stubborn.</i>	<i>I don't listen to my own needs. I am stubborn in this way.</i>	<i>John keeps telling me to stand up to people. When I'm upset about things people have done, he tells me how to confront them, but I don't do it. He tries to convince me that I'd feel more powerful, but I still refuse to move forward with this.</i>
<i>Ingrid</i>	<i>She is lazy.</i> <i>She doesn't put effort into her work.</i>	<i>(At work, I am hard-working so I know this is not the mirror). In my spiritual healing, I am lazy, though. I know what I must change, but I do nothing to help myself.</i>

Task 1C: Worksheet
Your Mirror Statements

PERCEPTION STATEMENT He/She.....	MIRROR STATEMENT I....	EVIDENCE STATEMENT ...and the evidence is.... (present time)

Task 1D: Acknowledging Your Life Pattern: Upon completion of Task 1C (this could take a few days, and may therefore take up quite a few pages in your journal), you will have an extensive list of statements that reveal a pattern of behaviour that will point at the ideas that you need to let go of. For further clarity, you may want to discuss these statements and patterns with an insightful close friend or relative you can trust.

Jenny's pattern

I notice that especially in the earlier days, I was surrounded by selfish people whose first instinct was to take care of themselves. My parents did not care much about my welfare; my father abused me and my mother looked away, fearing for her own safety and security (she had no family that would assist her if she left my father).

My friends were either passive or bullying which to me is two sides of the same coin. Collette was passive around men, but was quite bullying with me sometimes. She would change plans we had made at the drop of a hat and if I objected, subtly let me know she could find other friends. If ever I raised my voice at her, she would back down, or if I refused to call her she would call me and pander somewhat. We played a game of bully v victim, both of us swapping roles on any given day. Simon was a real bully with others when he felt threatened, but was okay with me as I would yell back at him if he started in

I have a tendency to bully John, when I really think about it, because I know he loves and needs me, and is very kind. In very subtle ways, I let him know I would walk out of the door if I didn't get my way in certain areas of our marriage. I also deliberately flirt with other men in order to keep him on his toes. I know this hurts him, but I feel this need to have the upper hand. I also keep in touch with old boyfriends as some form of weapon against John. I also bully Libby. She's very strong-willed and does whatever she wants, but I get at her by not speaking to her for days. This crushes her, and I realize now, that this is a form of bullying because she is so young and vulnerable.

Tomas' is completely ruled by his religion. I realized that I am ruled by my fear of other people and of my own inadequacies. I keep telling myself how useless I am. Whenever I want to do something to better myself, say take a course or learn a new hobby, I talk myself out of it. Then I tell myself the world is against me when I feel unfulfilled. The pattern in my life is VICTIMHOOD and BULLYING.

I am a victim and a bully.

There are always bullies and victims wherever I go. I know that I have to isolate the beliefs that drive these behaviours. I want to replace them with better ideas

Task 1D: Worksheet
Acknowledging Your Life Pattern

