

THE LEARNING

1. Life is a mirror.

I really need to complete my relationship with.....(fill in own name)

2. Integrity. (Turn around 2 and own as my 'Projection')

Up until now I thought or feared I was.....

3. What I need to do in order to heal (Turn around 3 and own as my 'Projection')

I want myself to.....

4. Freedom (Copy exactly what you wrote in #4.)

I am willing to be

5. Compassion What kind of wound is this?

Abandonment, invalidation, betrayal, Abuse, rejection other.....

Have I done this myself to others?To whom?.....

6. Home Coming - to the truth (Reverse 6)

The spiritual truth about who I am is that I am.....

The New Behaviour: I now give myself permission to.....

7. Reclaiming our power Accountability. When we accept responsibility for our part in creating this situation we release victimhood and reclaim our power.

This would not have happened if I had been able to.....

8. Getting the Gift - Acknowledging the Perfection of life. How have I grown? What have I learnt?

As a result of this experience the **positive** growth I have gained is

1.....

2.....

3.....

4.....

5.....

6.....

7.....

8.....

9. Express Gratitude. Things I can acknowledge or appreciate about this person are:

.....

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10. Let go - Image the whole experience attached to a helium balloon and floating away to the sun to be absorbed as white light. Feel the sun shining back down on you, warming and caressing you. Feel the light within you radiating out to the world.

11. Living the gift.

As a result of this experience I am going to share this gift by:.....

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