

The Meta Mirror

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1. Identify person with whom you would like a better relationship.
2. Step into 1st position; imagine the person standing at position 2 and fully associate into your feelings about him or her.

Step out and break state

3. Step into second position and 'be' the other person. Fully associate into their experience of you.

Step out and break state

4. Step into third position – What do you notice? What insight do you have that they do not?

Step out and break state

5. Step into position 4. (Where you can see yourself in positions 1 and 3) Have the you in position 3 swap places with the you in position 1.

6. Step back into position 1. How is it now?

Step out and break state

7. Step into position 2. How is it now?

Step out and break state

8. Finish by associating back into position 1. Enjoy the results!