

The only source of true happiness available to us comes from within.

So, next time there is upset in your life you need to look within to find the answer.

It's the only place you will find it. And here is how you do it:

The Mirror Principle

Using the mirror principle.

This technique is very simple and allows you to change virtually anything in your life.

1. Identify what is causing you to be upset. – it's the one thing, circumstance, or the person you want to change.
e.g 'if only my boyfriend treated me with respect I'd be happy.'
The way you see it your unhappiness is the fault of your boy friend. The shift here is, he doesn't cause you to be unhappy, you do. He is a reflection of your inability to treat yourself with respect. Don't shoot the messenger. Be grateful for the clarity he is showing you.
2. Change the language to 'I' - you can now take responsibility for your own upset. So in this example the language becomes " If only I treated myself with respect, then I would be happy." Now the onus is on you to change your behavior. You no longer have to blame anyone. Shifting your focus on the inside, choose a new way of being, change the picture.
3. Resolve the issue and change the way you are being.

Change the focus to I and ask yourself 'how does this make me feel.' Pay attention to the emotions, they are usually negative and are the very things from developing new behaviors and different results.

Remember that for some reason your mind has created this story to protect you from a perceived harm so you may find it challenging. Ask for help if you need to do this.

Negative emotions do not serve your growth but they do indicate that learning's are available from past experiences.

So now I want you to go back to your notes and for all the good qualities, read them back one at a time and say

I acknowledge my self for being (insert good quality)

And for the negative stuff say –

I forgive myself for being (insert negative.)

And remember, all forgiveness is self-forgiveness.

When you master the Perception/Projection technique you will be liberated from blame and from judgment. Can you even begin to imagine the impact this has on your relationships.

You should do the projection process everyday for a week and see what insight you have. It's a very powerful technique. Also, look at your self in the mirror and say out loud "I love you."

Your unconscious mind will love that.

Another way to resolve your stuff with other people is to do this – it's a simple trick and you may want to do it in your mind as apposed to out loud.

When you are around someone who pushes your buttons, you all know them, those annoying people make your skin crawl. You can say to yourself –

Thank you for being that part of me that I don't want to acknowledge or express.

Or you can say – oh, there I go again being all (just fill in the blank)

Here is something else. When some one else is criticizing you or being judgmental you now have the choice to step back and think, that's not about me. What are they trying to project onto me that is unresolved in themselves. You're off the hook. You don't have to take it personally anymore. You don't even have to respond.

Remember at the beginning of this I asked you to imagine what life would be like with out judgment.

The answer is "LOVE". We would live in a world of love. And it begins with self love.