



# WORKBOOK 7

*Mirror, Mirror*

WORK (ENERGETICALLY) SMARTER  
MASTERMIND

with Kären Geddis

## YOU CAN ONLY SEE IN SOMEONE ELSE THAT WHICH YOU HAVE IN YOURSELF

Everyone is your mirror.

The things that irritate, annoy or frustrate you about someone else are the exact things you (at subconscious level) dislike about yourself.

The same goes for the inspirational, positive, admirable things you see in others. That means you are focusing on YOUR OWN awesomeness!

We come to understand ourselves best through our relationships with other people. The things that push our buttons or trigger negative emotion generally indicate an opportunity to change a belief about ourselves or a pattern of behaviour in ourselves.

For example: If you're a person who always has to prove to others that you are 'right', it's very likely that you find yourself in the company of people who strongly disagree with you because they also have the desire to convince others to see things from their perspective.

If you get irritated by people who are 'controlling', you will find, most likely, bossy tendencies within yourself.

### LEARN MORE

[http://www.mind-your-reality.com/your\\_mirror.html](http://www.mind-your-reality.com/your_mirror.html)

<http://tinybuddha.com/blog/everyone-in-your-life-is-you/>

“How your day is going and who you bump into is a reflection of what you are thinking and feeling. Nothing else.” - Karen Geddis

## OBSERVING, NOT JUDGING

The people with whom we interact are showing us who we are and ultimately providing us with a beautiful opportunity to love ourselves. So, the people who get on our nerves the most are our greatest teachers!

By observing the emotions that arise when we cross paths with these people, we are easily able to employ the tools, techniques and strategies covered in this program.

Judging ourselves (or the other person) does more harm than good because it spirals us DOWN the Emotional Scale, and we want to simply acknowledge the emotion and find the next better feeling one to move ourselves up.

The way we handle this situation when it arises is the same way we deal with any negative emotion:

TALKING YOURSELF ROUND (Workbook 3)

CHOOSING THOUGHTS THAT FEEL BETTER (Workbook 5)

PRE-PAVING (Workbook 4) – When you are going into a situation where you anticipate your buttons being pushed.

SEGMENT INTENDING (Workbook 4) – Segment Intending can really help when you are in a situation with a person who is reflecting uncomfortable behaviour and you are not able to remove yourself from the situation straight away e.g. a work colleague

Refer back to the Emotional Guidance Scale (Workbook 3) if you feel you want to identify where you are vibrating in that moment.

By practicing getting out of that not-so-good feeling and into a better one, we eventually dissolve the pattern. We know we've nailed it when that behaviour from the other person stops showing up, or we no longer cross paths with people who push that particular button.

“Everyone is a mirror image of yourself – your own thinking coming back at you” – Byron Katie

## REFLECTING ON WHAT WAS REFLECTED BACK TO YOU

Sometimes when a button is pushed it can be hard to see what the meaning behind it was and the emotion may be too strong (too much energetic emotion) to use the above strategies.

Other times, you might want to experience more clarity around why a certain person is pushing your buttons.

Take a step back from the situation. Don't try to figure anything out in that heated moment.

When you are able to, take some time to do a reflection meditation or try some automatic writing to get clear on what is going on.

## REFLECTION MEDITATION (10 to 15 mins)

### METHOD

Sit or lie down in a comfortable position where you won't be disturbed for 10 to 15 minutes (and where you won't fall asleep).

Bring your attention to your breathing. Take a few slow and deep breaths and feel your body starting to relax.

Let your mind become quiet and let go of any thought that arises. Continue to let thoughts float past without holding onto any.

Now, bring your attention to the centre of your being - wherever you feel that to be.

This is where your inner wisdom resides. In this deep, quiet place at the centre of your being, you may bring any question you'd like answered, or any issue you would like to know more about.

Ask your inner wisdom, 'What do I need to know here?' or 'What is this situation trying to show me?'

Listen quietly for a message from your intuition/ higher guidance/ inner wisdom. Remember any suggestions for actions to take that may be given to you.

Whenever you feel complete, end your meditation.

Write down anything that you'd like to remember - especially if you were guided to take action.

## POSITIVE REFLECTIONS

When we see qualities in someone we are attracted to or admire or respect or revere, a good practice is to spend time focussing on those qualities and connecting with the energy (or feeling) of those qualities.

These are qualities we have in ourselves, and they are worth celebrating over and over. By reinforcing these positive feelings toward ourselves, we raise our vibration and change the way things show up in our life and business.

## LISTS OF POSITIVE ASPECTS

Get into the habit of writing out lists of things you like in people (especially ones who annoy or irritate you). You may find that they start showing that side of themselves to you!

## THE 2-STEP REFLECTION JOURNALING EXERCISE

**Step 1:** Think about someone you find attractive or whom you really admire. On a piece of paper, list 10 or more qualities that you love in that person.

Write quickly. Just put down what pops into your mind, without overthinking anything.

You can put down as many qualities as you wish, but don't stop until you have at least 10.

**Step 2:** Look at your list and circle or highlight the three qualities that you find most appealing about him or her. Now read the 3 words you circled out loud.

These are qualities that you possess. Spend time celebrating them!

If you'd like to, you can print off my Self-love on the Daily Planner (in the Members' Area) and practice cultivating Self-Love every day.

You'll find some more information in this blog: <http://karengeddis.com/one-simple-way-cultivate-self-love>

