



## THE MIRROR

### Honesty Is *The* Policy

"If you hate a person, you hate something in him that is part of yourself. What isn't part of ourselves doesn't disturb us" - Hermann Hesse from *Demian* (1919) ch.6

To round off, here is a powerful exercise that you can use to help you with common relationship difficulties and misunderstandings that can, if left unchecked, prolong emotional tensions, which potentially lead to estrangement or separation, or any pain-producing situation.

The surest way to resolve any relationship difficulty is to identify what it is in Other that appears to be giving you the trouble, and then recognize that it is reflecting something back at you, about you. This is astrologically seen as the Sun's light (your ego expression) reflected upon the Moon (someone else's response to it), or metaphorically as the projection of an image upon a screen. The point is that you cannot change the image on the screen (other person) other than by changing what is coming out of the projector (you). Upon admitting and taking back this 'projection' you find that you feel less or no

longer perturbed by Other - you may even feel greatly relieved and empowered because you have taken back a part of yourself. More precisely, this is what this Reflection and your Projection are:

REFLECTION: What Other appears to me as which concerns, confuses, fascinates, obsesses or irritates.

PROJECTION: What I, upon reflection, see that I am 'sending' to Other and so getting back as the Reflection, or, realize is true, fair, or a simple solution.

You have to work at it, and you have to be honest. While doing this for yourself, look at an actual Mirror or the facsimile above and jot down your Reflections and Projections as you do so. There is The Mirror Chart at the end of this section which you can use for this purpose. Here follows an example list of Reflections and Projections to help you with your own.

### Example Use Of The Mirror

REFLECTION: Being unreasonable.

PROJECTION: Basing things too much on reason. The times I have been unreasonable.

REFLECTION: Not listening to me.

PROJECTION: Me not listening to my own feelings or better judgment, or to Other. An historical problem with my older brother and sister not listening to little me.

REFLECTION: Being lazy.

PROJECTION: The times when I was lazy owing to a lack of confidence, indecisiveness or a lack of motivation.

REFLECTION: Being obsessed with looks.

PROJECTION: I too am obsessed with looks – and, how do I look?

REFLECTION: Emotionally reacting.

PROJECTION: I do so too at times, or the fact that at other times I uncomfortably suppress my feelings.

REFLECTION: Thinking life should fit some theory.

PROJECTION: I do, or have done, exactly that myself.

REFLECTION: Not liking certain pieces of music which I love.

PROJECTION: Music has emotional associations and so I feel my feelings are not being appreciated - another childhood issue.

REFLECTION: Being a pain/embarrassment in company.

PROJECTION: My internal distress which I think is under control when really I have merely suppressed/internalized it.

REFLECTION: Being inadequate, a victim.

PROJECTION: The times I too have suffered from this, and how I still do in that I still feel victimized by certain people. That I'm able to protect Other when they feel weak.

REFLECTION: Not respecting my time and space and feelings.

PROJECTION: That I do not feel entitled to my own time, space and feelings - so I have a right to gently but firmly defend and assert them.

REFLECTION: Being childish.

PROJECTION: Let he/she who is without childishness not throw a tantrum! That I need to be more mature myself.

REFLECTION: Being disinclined sexually to give me what I want when I want it.

**PROJECTION:** Sex is not enjoyable when I don't want it so why should it be for Other. What is it about me sexually that I should look at, change, or discuss with Other.

**REFLECTION:** Not closing doors, turning lights off, or replacing lids and caps.

**PROJECTION:** Where Other fails to get the message, in the long run it's easier to do it myself, and teach by example.

**REFLECTION:** Violent emotions, behaviour and reactions.

**PROJECTION:** The violent thoughts and feelings that I keep under – a danger to my health - or try to express or sublimate through other means such as sport or sex.

**NOTE** that you can also project back and forward in time. For example, something Other is doing now is something you used to do, or, you could be expecting Other to be, say, aggressive or whatever, and they turn out not to be so. Also, and this is very important, Other's Reflection may be a **COMPENSATION** for what you are (sending). For example, you could see Other as being only ever concerned with themselves, reflecting that you are too much concerned with Other(s) and not nearly enough with yourself. There can be many versions and reasons for Compensation.

**DISCOUNTING PROJECTION.** If you genuinely and honestly discover that there is no projection occurring on your part, that Other's behaviour is entirely their issue and flaw, then you can tell them so or leave them to their own devices in the knowledge that you actually are right in a really objective sense.

## **THE MIRROR CHART**

### **Instructions for Use**

1. Close your eyes and take time to concentrate upon the Image, that is, what is concerning, confusing, fascinating, obsessing or irritating you about Other, until you have it clearly in focus. Be calm. Be still.
2. Open your eyes and gaze into the Mirror (real or facsimile above) until you realize that the Image is actually a Reflection of a facet of your own personality that you have Projected on to Other. Jot down these Reflections and Projections on the chart below. Again, take your time.
3. Having successfully accomplished this, appreciate how you now no longer feel (so) concerned, confused, obsessed or irritated - because you have now reclaimed possession of a part of your Self, or found a simple answer.

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