



Seeing Your Relationships as Mirrors

To enhance your relationships, you need to understand that your relationships mirror you, your beliefs and your actions back to yourself. This is the key to any transformation.

Be the Change You Want to See: To enhance your relationships, you must first see your relationships as a mirror.

If you're ready to put your ego aside, let's do a quick audit list of the things you'd like to change about your partner (any relationship, for that matter).

- Make a list of all those things that you dislike about your partner and in your relationship. All those things you wish were different whether it be your partner's specific actions, qualities or things that are "wrong" with your relationship.
- Next to each unwanted action find examples of how you also act in that way, whether toward your partner, someone else or towards yourself.
- Next to all those unwanted qualities, write down examples of when you also display that quality, whether it is in your family environment, at work, with friends or with yourself.
- Next to all those things that are "wrong" with the relationship, write down your underlying belief about yourself, relationships or life that is being reflected by the specific unwanted part of your relationship.

Use meditation or visualisations to shift your beliefs so they empower rather than disempower your relationships.



To Improve your relationships, you must learn to see your relationships mirroring you. Be honest with yourself.

One way to notice that this is true is to listen to yourself when you describe someone else. If you can see it in others, you have it in you, in varying degrees ~ it may be only slightly but you grow spiritually by recognising it and letting it go.

Ultimately, learning to see all your relationships as a mirror enables you to transform and create relationships based on love rather than on fear and need.

At no time, do you have to attempt to influence your partner to change, whether mentally, verbally or physically as the real magic happens, when the behaviour of others transforms in direct response to your transformation.

Reflective Exercise

Each evening, for the next month reflect upon your Daily Interactions with others and see how often you have displayed the same annoying traits.

Notice how your disempowering beliefs diminish over time.