

## The Mirror

All our fears and insecurities are simply a reflection of how we think and behave. *Ever noticed how cheats are always jealous?*

This is a simple example of the mirror in action. How we behave is how we expect others to behave and very often how we will force them to behave in our presence.

Another example of the mirror in action is: people who judge others always believe others are judging them.

Now this may or not be true, but it leads to a situation where these people don't try to do anything amazing, don't try to achieve their dreams or effect massive change because they simply dare not try for fear of judgement.

**The answer in these situations, you have to stop cheating, you have to stop judging.**

Only then can you be free of the fear of having your own actions revisited on you.

Now very often the very behaviours we are practicing and suffering the consequences of due to The Mirror are the very ones which keep us from making the change we desire.

**You see the only way the human brain can understand something is to compare it to an opposite.**

*Without dark there can be no light, without healthy there can be no unhealthy, without dry no wet.*

So if we are always in the light we'll never see the dark. We need to accept and live in both to really understand what either are.

This is the cause of all human conflict, both external and internal, as we can't be one thing without not being something else. So if you're currently overweight but you want to be lean, this causes internal conflict. If you're a red and they're a blue, this causes external conflict.

Let me give you another example. ***On the beach right now the wind is blowing 675 green dolphins an hour.***

*Is that strong?*

*Can I rig up my kite and go kitesurfing?*

You've got no idea. There's literally nothing to compare it to, so it is nonsensical.

This is what our brain is doing all the time, as soon as we meet a new person is it referencing that person against every other person we have ever met trying to find similarities and opposites **so it can place that person in the us or them box**. The same with any new situation.

The real danger with this is when you really look at the things you often claim to really be against. **They are often the very qualities you need to achieve success**. A classic example of this is money. People will often look at very rich people and instantly judge them as being evil or egotistical or mean spirited.

They then self sabotage any attempts they make to become wealthy because inside they don't want to be judged by others in the same light that they themselves judge rich people...**so they often never actually start a new business or project for fear of being judged**...only by not

judging (and so losing the fear of being judged by others) can they ever find the courage to actually become rich themselves.

Often this happens with overweight people who judge those who eat healthy, calling them rabbits or declaring what a miserable life it must be to control what you eat all the time, whereas the truth is that by judging others in this way they are making it impossible that they themselves will ever be slim as they'll self sabotage long before they get anywhere near it, as their brain just won't expose them to the pain being judged in that way by others would cause.

So the only way to stop judging and start becoming the person of your dreams is to tread the path in between both polarities. To accept that both view points exist and be able to flip back and forth between them at will, **to believe everything but nothing too much.**

## EXERCISE 1

**Download and complete the Binary Poles Worksheet in the resources section.**

## EXERCISE 2

Take your goal, it might be losing weight, making money, becoming an awesome kiter, feeling 20 years younger...whatever.

Find yourself a quiet space where you won't be disturbed for 20 mins and grab a pen and paper. Write down the first feeling and thoughts which come into your head after you've asked yourself the question.

Ask yourself out loud each question and then write down the answers. You should spend as much time on each answer as you need to fully exhaust your answers asking the questions (out loud) several times to ensure you have exhausted all answers: *(I'm using weight loss as an example but you should replace this with your goal)*

*What is being fat?*

*What does it mean to be slim, lean and to be able to stay that way effortlessly?*

*What does it mean to be at a decent weight where I'm not amazingly happy with my body nor totally disgusted?*

*What does it mean to be morbidly obese?*

## **Look at your answers.**

Now if you were being honest you'll see you equate a lot of positive sentiments with being overweight, for some people this might be friendship, being happy, being authentic and have a lot of negative associations with being slim, ie a hippy, a health freak, a vitamin psycho, one of those who makes a fuss every time you go to a restaurant, a sell out.

Is it any wonder you're overweight if you have these negative interpretations of what it means to be slim?

Your brain simply won't let you become slim as it believes it'll make you a terrible person, so will sabotage you every step of the way. If you ask a truly slim, consistently lean person these questions the answers are often flipped, being overweight is worse than death and being slim is equated with loads of really positive emotions, having more energy to be able to contribute, better results in business, feeling great, more time kitesurfing, being able to help others etc...

The good news is if you've done this exercise honestly often just by looking at your answers (and realising how messed up they are..don't worry we're all the same!) you can start to flip the way your brain is wired.

If you didn't get these answers I would go back and do the exercise again, and be honest this time. There is simply no other way you are overweight than if your brain is associating some benefit to it, otherwise you'd be slim...

Now this can be done with anything so for example with money the questions might be:

*What is money?*

*What does it mean to have more money than you could ever spend?*

*What does it mean to be ok for money, to have neither too little or too much?*

*What does it mean to be poor?*