



What is Mirroring? By Suzy Miller

What is mirroring? How does it work? And Why should you care? Mirroring is the phenomenon of something or someone in your environment reflecting back to you something that is held in your unconscious so that it can become conscious.

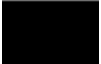
In the movie “What the Bleep Do We Know,” physicist Fred Alan Wolfe, Ph.D., says, “There is no out there out there.” Meaning that

everything that we experience in our outer landscape is a gift that is attempting to reveal something that we may not be aware of!

Most people do not like the idea of mirroring when it is first presented, because to be aware that our whole lives are reflecting back to us that which has been or needs to be loved and integrated is a wonderful concept only if our lives our beautiful. However, when life is not so easy, the last thing many of us want to do is take ownership of those experiences.

Most of us have been taught from birth that some experiences should be perceived as good and others as bad, and thus, the typical response for most humans when life it not going their way is to point a figure at someone else and say it is their fault. We do this because we feel shame and/or guilt when life is not going as smoothly as we think it should. If we can shift just this one perception in this

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module, then this course will have been worth your time, money and effort. The reason I believe this is because when you realize that life is bringing up situations that tweak you, not as a punishment, but as an opportunity to love and integrate all aspects of you, it becomes much easier to take those experiences that rub you the wrong way as gifts.

How does mirroring work? Let's start at the level of family. Because of common DNA, behavioral traits, and familial patterns, etc., every member of a family holds different aspects of everyone else. Children are especially good at triggering their parents for this reason. They are not doing it on purpose, but, man, can it feel like they are when their behaviors cause irritation, fear, anger, sadness, or any other negative emotions.

Our human experience is set up for evolution, and the only way we evolve is to become conscious of that which was unconscious. And, thus, the triggering begins. Each time we are triggered by another's behavior, we have inner work to do. There is a wonderful book called *The Presence Process* by Michael Brown, which I highly recommend. In his book, Brown lays out a step-by-step approach to dealing with triggers in such a way that the energy locked inside them can be released, loved, and integrated!

Again, most of us have been conditioned to project our "darker" emotions on to others because it is too scary to own and address them. However, triggers are always an opportunity to feel whatever it is that the trigger brings up. In Brown's book, he offers a four-step process.

1. When triggered, we dismiss the messenger. The person causing the upset is simply doing you a favor by bringing up what has been buried.
2. We give ourselves permission to feel the feeling that arises. Typically, as you feel into the trigger, you will automatically start telling yourself a story, which will provide a clue about what those feelings are connected to.
3. You ask yourself, "When did I last feel this same feeling?"
4. You then ask yourself, "And when, before that, can I recall feeling this feeling?"



Why would anyone want to put this much attention on their emotions? Simple - the more information that you integrate, the more whole you feel. The more whole you feel the more comfortable energetically sensitive children feel in your presence. and thus, the easier your life with them becomes. You may recall that in an earlier module I said that the children do not care *how* you feel; they care that you *know* how you feel. For it is not until we heal and integrate our own wounds that we can provide first, the safety, and then the model for energetically sensitive children to be present in this reality.

There are many levels of mirroring, however, I am a firm believer that any individual who does their own emotional body work and becomes more loving toward themselves and others does more for humanity than one hundred people spouting their concepts and ideas for change in others. Real change happens from the inside out, one person at a time!

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