

11. Your Reflection

"Marrianna"

There are No Victims! There are Only Misperceptions Based on False Beliefs.

On the Third Dimension Polarity Provides the Ground Work For Duality. That Means There Has to Be Light and Dark. Right and Wrong, Up and Down and Good and Bad, etc. We All Live Our Lives in This Duality.

The Main Reason We Draw So Much Negativity and Low Vibrations to Us, is To Recognize They are Reflecting Something in Ourselves That Needs to Be Cleared and Brought Into Balance.

The "Superb Jerk" is Usually the One You Know Better as That No Good, Double Dealing, Dirty Cheating, Two Timing, Lying, Stealing, Good for Nothing That is Back in Your Life Again and Again.

If You Have Any Judgments or Opinions About What That Person is Doing, He or She Is Reflecting To you What Needs to Be Cleared and Healed and Forgiven in You, From This or Some Other Lifetime.

We Have All Done It All! It Falls Under the Universal Law of Cause and Effect. What You Do Unto Others Will Be Done Unto You. Always Remember, Everything That Has Ever Happened to You or You Did to Someone Else Was Only An Experience.

"IS" The Creator Of All That Is, The Being We Usually Call God, is Not the One Who Judges You. You Have Been Given "Free Will." It is You Who Judges You and It is Time To Forgive Yourself For All You Have Done and Everyone Who Has Knowingly or Unknowingly Hurt You.

Because Everything Is Reflected in Opposites in This Land of Duality We Call Earth, It is Important to Recognize and Accept the Truth of the Saying, "I Am That." By Knowing and Believing That You Are Everything You See in Others, You Can Set Yourself Free From the Bondage of Making Judgments About How Bad You Are or How Bad the Other Guy Is.

Everyone Is Trying to Learn the Same Thing But There are Many Different Ways Of Doing This.

Spirit Has Gifted Humanity With What are Called Parallel Lives. They are Aspects or Behaviors of Ourselves that Appear in Others. Thus We Can See in Others the Things we Need to Clear and Heal in Ourselves. Spirit Shows Us in Others What We Can Not Or Will Not Accept in Ourselves.

Humanity, However, Has "Done It All" the Good, the Bad and the Ugly

and It's All Just an Experience. We All Have Come To Earth To Experience Life Using Our Free Will, Including Free Choice, in Everything.

Have You Ever Wondered Why The Creator Would Give You Free Will and Then Judge and Punish You For Using It? I Could Never Understand That but Many Do Believe it. That is Why I've Been Focusing on the Process of " Man Know Thy Self" in Hopes I Could Figure Out What My Own Life was All About.

I Know The Creator Loves Us All Unconditionally, No Matter Who We Are or What We've Done or Not Done. It is Our Own Inner Awareness of What We Have Done That Judges and Blames Us, Not The Creator.

One of the Ways We Can Identify and Forgive Ourselves is By Seeing Ourselves in Others and Recognizing " I Am That," No Matter What They Are Doing or Saying or How They are Acting. Seeing Ourselves in Others Gives us the Opportunity to Forgive Ourselves. It Also Gives Us Opportunity to Send Love and Healing To Them for Being the Superb Jerks that Show us What We Really Are.

There is No Need to Share Your Feelings with the Ones Playing the Role of "Superb Jerk" Because They are Not Aware of Their Role. Simply Watch How Their Behavior Changes! Then You Can Realize How You Create Your Own Reality. We Are All "One." What You Do to Another, You Do to Yourself and Vice Versa.

Note: Others Also Reflect Positive Aspects for Us to Recognize and Accept in Ourselves.

Reflection Release Process

The Quickest Way I Know to Clear Your Negativities That are Mirrored By Others is:

- Put the Names of Each Person You Do Not Like or Who Has Done Something Bad to You, at the Top of a Blank Piece of Paper.**
- List Everything You Dislike About Them and All the Bad Things They've Done to You.**
- Make a List For Everyone Who Mirrors Bad Things Starting With All Your Family.**
- When You Have Finished, Add Your Name Next to Theirs at the Top of Each Page.**
- Then Read Out Loud the Following:**

- **I Call on My Mighty I AM Presence, "IS" The Creator of All That IS and All The Heavenly Host to Assist Me in Releasing All the Judgments and Behavior I See in Other Who are Mirroring What I Need to Heal in Myself.**
- **Then Read Out Loud All the Negatives You Have Listed.**
- **Then Read the Following Out Loud:**

I Forgive Myself For All the Same Behaviors and Issues that I Have Ever Had in This Life, In This Body or In Any Other Body. I Forgive You All and I Thank You for Playing the Role You Have Played, So I Could Get It! I Ask That All the Negativity Be Cleared and Released From My Akashic Records.

**I Thank You All and I Set You Free with Love and Light!
I Claim My Freedom Now!**

I Thank My Mighty I AM Presence, "IS" The Creator of All That IS and All The Heavenly Host.

**I AM Grateful! I AM Grateful! I Am Grateful!
Amen Amen Amen**