



40 DON MIGUEL RUIZ DAYS OF DISCOVERY ONLINE COURSE



Lesson 2 – Activity

External Reflections

Your list of many things

We have been blaming those around us all of our lives, whether in small ways or large ones. We judged something and then found someone to blame for it. Immediately when we meet someone we quickly categorize them, what do they like, what do they not like, are they tall, short, fat, skinny, pretty ugly etc, etc...

We have been focusing so much attention on everyone else for so long that we do not even really know ourselves anymore. Even the things we find within us that we judge we place the blame on someone else. If my mom had loved me more than, if my dad had been around, only if my ex-husband had, I wish my ex-wife would not have been...all the blame to shift our judgments off of ourselves.

Yet who lives with these judgments surely the people we judge do not, they may or may not ever know how you are judging them. They are living with their own judgments inside of them about other people. We live with our own judgments; we feed and care for them just like our children. We raise them big and strong and carry them with us everywhere we go.

The truth is that every reflection (individual) you see has been painted with your brush. You are seeing what you believe in everyone around you. All of these reflections are showing you how you judge yourself.

Your homework assignment for the next four days:

Take a sheet of white paper, sit down and think of an individual that you are resistant to. (You can re-peat this with as many people as you wish) Someone you do not enjoy, that is in your life and you interact with. Write that person's name at the top of the page. Next I want you to write a list of all the things about that person that you judge or do not enjoy. Write all the things you believe they should or should not be doing. Be as petty as possible, we are not trying to be nice right now, we are trying to learn something. Do this right now. Do not read any farther down in this exercise until you have completed this first step!

Now I want you to erase their name and write your own name at the top of the page.

Here is one list that describes some of your beliefs, expectations and/or judgments of you.

You can repeat this process with as many people as you wish; you can do it in a positive or negative light to see your beliefs from many different perspectives.

If you sat down and read my list you would probably just laugh or maybe you would relate to a few, but overall they would seem foreign to you. We all have our own story and this story about your life and how you live it is unique to you.

Now take a look at the list you have created about you, these are the things you will be loving about yourself over the next four days. These are the things that are standing between your story as it is now and your story of heaven that is waiting for you. These are the things you will be forgiving within yourself over the next four days. Forgive yourself for using these things to create drama, to create suffering, to go against you. Love yourself unconditionally, and forgive.