

Separating the Mirror from its Reflections

Sit comfortably and at first simply read the following suggestions several times. When you feel ready, close your eyes, breath slowly and gently, and in your mind repeat the suggestions to yourself at least three times. Put your own ideas into the round brackets if you wish.

I have thoughts but I am not my thoughts. My thoughts change from moment to moment. Just now I was thinking of (money): right now I am thinking of (these words): soon my mind will be preoccupied with (my next meal). So I cannot be my thoughts. I am my capacity to know, the well spring of all my thoughts.

I have feelings, but I am not my feelings. My feelings change from moment to moment. One minute I'm feeling (angry), perhaps; the next moment I'm feeling (sad). So. I cannot be my feelings. I am my capacity to love from which all other feelings grow.

I have plans, but I am not my plans. My plans change from moment to moment. One minute I plan to be (rich), perhaps; the next moment I plan to be a (poet). So, I cannot be my plans. I am my capacity to will from which all my plans grow.

I am a mirror of pure capacities. I am a mirror created to reflect the highest possible reality. I will do all in my power to cleanse this mirror and turn it towards divine realities.

This exercise is a Bahá'í adaptation of the Disidentification Exercise described in 'Psychosynthesis' by Roberto Assagioli.