

The Evolution of Me – Level 1 - recap

At first glance, the person in the mirror appears to be exactly the same as I am... the one doing this exercise. Se is the same sex and age as I am, has my color hair and my color eyes, is wearing the same clothing as me, and has the same expression on se face that I have on mine. In fact, every external thing about the two of us is exactly the same, except for an interesting transposition of left and right. Any scars, birthmarks, or bandages on my face or body are on the other side. If I am right handed, se is left handed, if I am left handed, se is right handed.

This transposed image, of course, is not surprising, it's how I have been viewing me for as long as I can remember. However, and this is very interesting, I am the only one in the world who sees me this way, since I am the only one in the world who needs a mirror to see my face, to see the way I look from the outside. What could that mean?

However, there is another special relationship I have with the I in the mirror that no one else has or could ever have. We both live in the same 'now'. Everything I am experiencing, se is experiencing, too. Not only that, I know what exists in se inner reality, because it is exactly the same as mine. I...



...that se has the same talents, skills, likes, and dislikes as I do. Se thoughts on political issues are exactly the same as mine, as is se taste in music, art, movies, and books. Se is involved in the same kind of relationships, has the same habits, both good and bad, does the same work, has the same hobbies, and the same dreams and aspirations. As far as inner reality goes, se and I really do see 'I' to 'I'.

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