

## The Evolution of Me – Level 2 - recap

There are, of course, a lot of similarities between me and the image in the picture, although not nearly the exact physical replication I experienced earlier while looking in the mirror. True, there was a point in space/time when the match was exact, but that's no longer the case. I may be taller or fatter now or have different color hair, or less of it. Birthmarks may still show, but scars and bandages might not. And get this... that mirroring transposition between left and right is missing. I am looking at se from the outside, just like everyone else. I wonder what that means?

There are other differences between the two of us that cannot be seen in the picture, differences in the inner reality. There was a 'now' when I shared an inner reality with the I in the photo, just as I do 'now' with the I in the mirror. That's when se thoughts were my thoughts, se talents, skills, abilities, and dreams, my talents, skills, abilities, and dreams.

Yet though I am no longer the I in the photo, by traveling memory to the 'now' of that image... a trip made possible since I was there when that picture was taken... I can access the inner reality of what se felt like, knew, and experienced when I looked like that. "If I only knew then what I know now", may not be a possibility, but the inverse is. I *can* know now what I knew then. Here's how to do it.

I can start by removing from the inner reality of the I in the photo the names and the faces of people I have met since then, the places I moved to, the books I have read. I can eliminate, one by one, the experiences and knowings I have had since that picture was taken, as 'I' return in my 'now' to an earlier I, traveling through outer measurable time and space, via the inner experiential 'now', to an earlier experiential time and space.

Depending on my age in the photo, the amount of inner knowing to be removed from 'now' will vary. Se may not know the person of my most intimate current relationship, may not see the pictures in se inner reality of experiences I have had since then. Se may have the same likes and dislikes I do now... or not. "When did I begin to like asparagus?" Little by little I can remove those things about me that the previous I did not have, did not know. Was that person or experience that changed my life part of the I of the picture, or was it still unknown, waiting to reveal itself to a future I? Did the I of my past visualize the 'I' of today?

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