

# The Path Lighter

As children the way we learned, was to “mirror” those around us. Our parents, siblings, extended family, teachers, etc. . . . As adults we can continue to learn that way or we can “choose” to watch and then use those concepts and ideas that fit who we want to be. The challenge now is: are you being you or are you being someone else? Are you “choosing” or are you “mirroring?”

This following is used to separate yourself from someone (or something) that has been important in your life and now is the time for you to be you. This doesn't mean you don't like them. This means that you truly want to be you – not them. This goes along with my paper “Be Powerful in Your Own Power.”

When you do this – as with all the other sayings – you should always do it slowly as if you were listening to me guide you. This slow pace allows your body to be with the vibration of the words. That is what is going to affect a change. You will notice that each pause in the audio coincides with the words on a single line.

I Command

Now

With You \_\_\_\_\_

I Stop

Mirroring you

Mirroring me

Mirroring you

Mirroring me

I Stop Mirroring

All aspects of you

Each aspects of you

Self aspects of you

Every aspects of you

I stop

Mirroring you

Mirroring me

Mirroring you

Mirroring me