

"This and That"

Objective: To demonstrate the effect of changing viewpoint.

Expected Result: Insights, increase in responsibility.

Instructions 1

Pick out something and think of it as this _____.

Pick out something and think of it as that _____.

Repeat with large and small objects, close and far objects, until you are confident of your ability to make anything this or that.

Instructions 2

Create each of the following first as this (item) and then as that (same item)

(on your answers to the following:)

your name, a pain, an injury,

a handicap, a country

(on the concept of:)

body, mind, self, reality, truth, now

here, time, world, universe

Variation

For a powerful variation of the "This and That" exercise: Do the list, first

I have (a) _____ and then as I am (the) _____.

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The easiest way to change something is to change your viewpoint. This does not always result in a change in the world, but it will place you in the optimum position should you wish to make a change in the world.

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W,

thinking of it as:

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