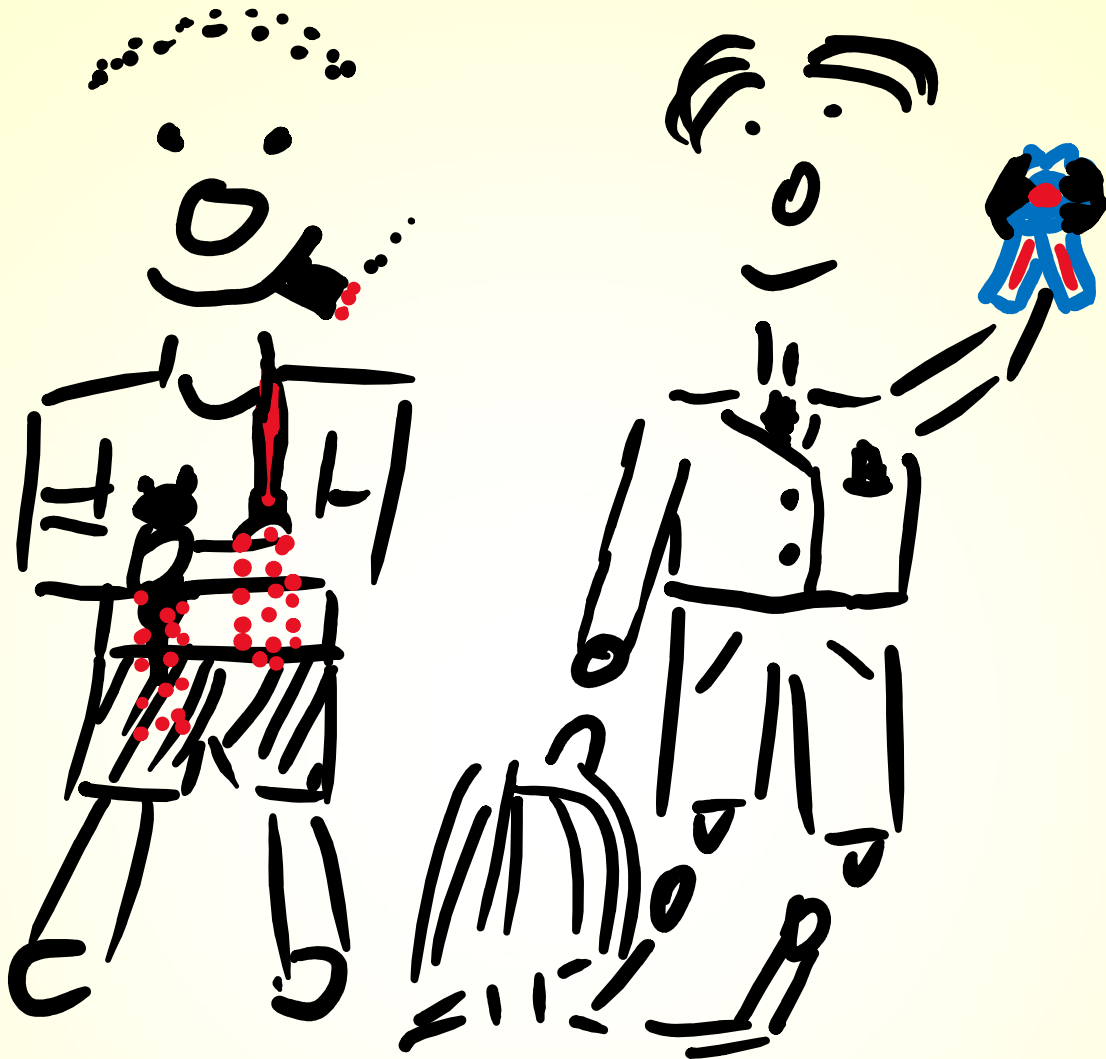


## Study Admiration & Rejection



Recognize things you admire or reject in others. Ask mentally: "Who is the part, representing this in myself?" Liberate all identified parts.

## Study Admiration & Rejection

Admiration or Rejection of other people or special aspects of them is usually an indication of a part in yourself, that did not get enough airtime and attention. You often admire in others, what you cannot see in yourself or reject in others, what you do not want to admit in yourself. Therefore, they act out by admiring or rejecting others, who are alike. Listen carefully, it might not have spoken out since quite a while. But don't give up, it exists! Feel the emotions and bodily feelings. Eventually locate it in your body. Especially in case of rejection, remember all parts have a positive intention for you and the world, they want to do good, even under the given circumstances and their understanding and capabilities. Yes, good intentions but limited wisdom can cause bad outcomes, therefore liberating the parts can be a big relief for them and you.

Nice Videos: [Shadow Work](#)