

Moving Within

Identifying the loops of our own making.

STEP 1 - Defining RE-RUNS, RE-MAKES, and RE-CYCLING

Before we can move to the center of the wheel, we need to understand how the outer rim works. The outer rim is our experiences in the physical world and it consists of:

- **RE-RUNS:** repeating the same stories over and over again because we feel helpless to change anything (e.g. you fight with the same person about the same thing.)
- **RE-MAKES:** repeating the same stories over and over again but dressing them up so they may seem new (e.g. you fight with a new person about the same thing you did prior with someone else.)
- **RECYCLING:** repeating the same stories over and over again but taking what's good from the old and put it to use and discard what's bad (e.g. you fought with someone about a different thing you did prior with someone else but you are still fighting.)

Identify a RE-RUN from your life:

Identify a RE-MAKE from your life:

Identify a RE-CYCLE from your life:
