

Ritual: The 3-2-1 Process

This ritual helps you integrate projections by moving from “it” to “you” to “I.”

The 3-2-1 Integration

Step 3 – Face It (Third Person): Describe the person or quality that triggers you as “it” or “them.” What do THEY do that bothers you?

Step 2 – Talk to It (Second Person): Speak directly TO this quality/person. “You make me feel... You always...” Let it out.

Step 1 – Be It (First Person): Now become this quality. Speak AS it. “I am [the quality]. I exist because...”

“What I rejected in you, I now reclaim in me. We are one.”

Date of Integration:
