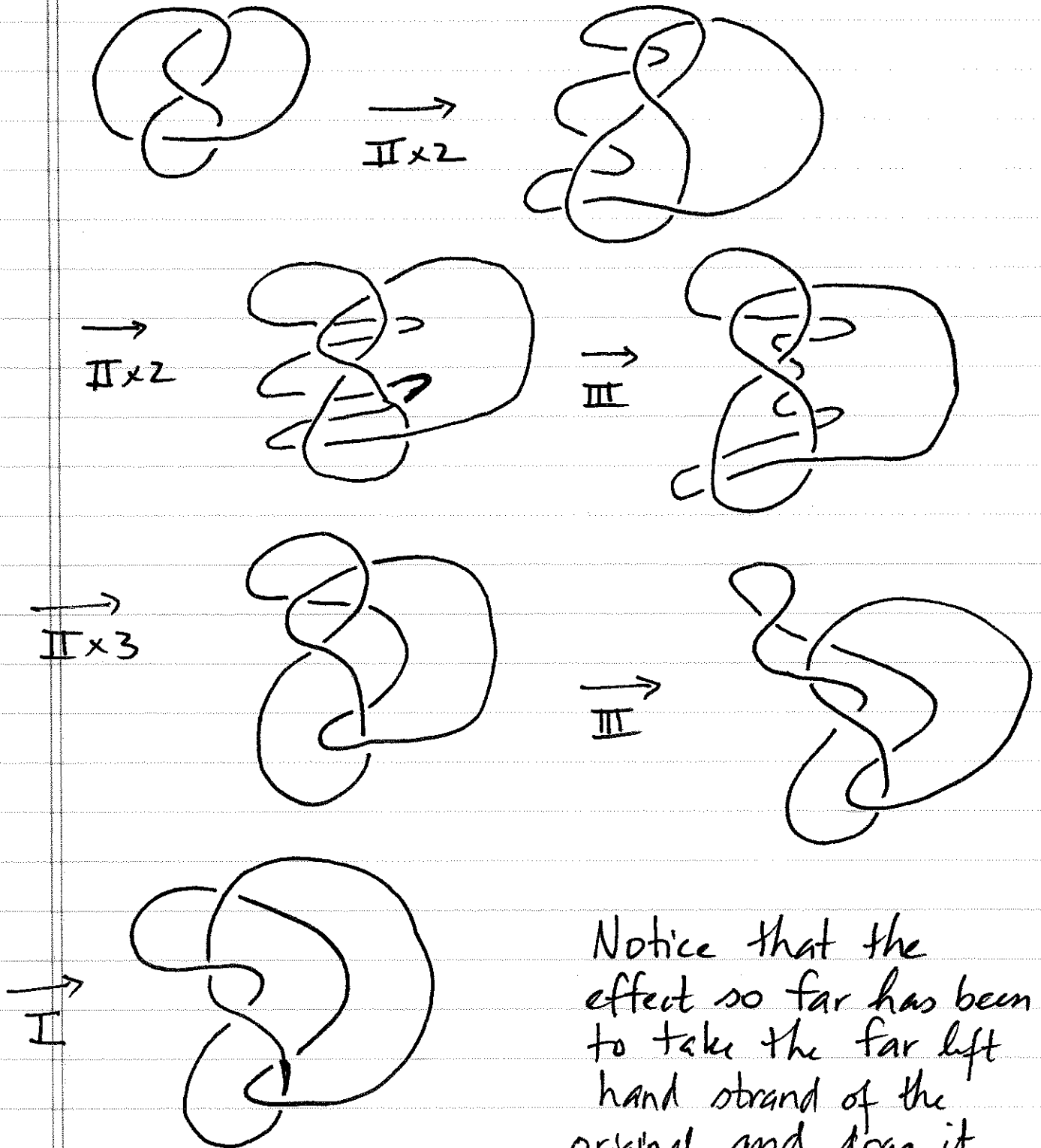


The figure 8 knot is equivalent to its mirror image by an ambient isotopy. Let's realize this through a sequence of Reidemeister moves.



Notice that the effect so far has been to take the far left hand strand of the original and drag it under the knot to the right.

Before we proceed, let's squish things around a bit

