

The Turnarounds

The turnarounds are your opportunity to experience truths that are the opposite of what you believe. One statement turned around can bring many revelations. Inquiry can set you free from the painful ways of seeing a situation that you innocently believe to be true. The turnarounds can be an amazing gateway and re-entry into a kinder, more Self-realized life. Experience the turnarounds below until you become comfortable with the process.

Sometimes a statement can be turned around to the **self**, the **other**, and the **opposite**. Sometimes there are only one or two turnarounds. Open your mind, expand yourself, and see if you can find three examples or more.

Here are three examples of turnarounds, using the statement “Paul is unkind to me.” Find a specific situation in your life when you had a similar thought, and experience the turnarounds below:

Turned around to the self:

I am unkind to me. (In that situation, how were you unkind to yourself?)

Turned around to the other:

I am unkind to Paul. (In that situation, how were you unkind to Paul?)

Turned around to the opposite:

Paul is kind to me. (In that situation, how was Paul kind to you?)

To find turnarounds, go back to your original statement. Don't turn around a turnaround. For example, “He shouldn't waste his time” may be turned around to “I shouldn't waste my time,” “I shouldn't waste his time,” and “He *should* waste his time.” Note that “I should waste my time” and “I should waste his time” are not valid turnarounds; they are turnarounds of turnarounds, rather than turnarounds of the original statement.

Let yourself fully experience each turnaround as you consider your own situation. Ask yourself if any of your turned-around versions seem as true as or truer than your original thought, and identify at least three specific, genuine examples. For example, name three ways in which *you* were unkind to *yourself* in that specific situation. Name three ways in which *you* were unkind to *Paul* in that situation. Name three ways in which Paul was *kind* to you in that situation. This is about discovering the real cause of your suffering.