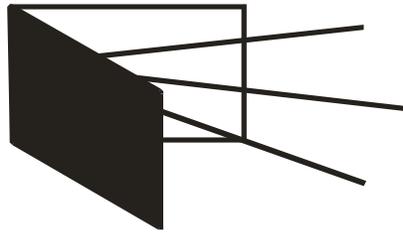


# TRUE MIRROR®



## Instruction Manual

*See Your Light, Love Your Light*

How to set up and use your amazing new looking glass

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*O wad some pow'r the giftie gie us...  
to see oursel's others see us!  
It wad frae money blunder free us  
And foolish notion*

*To thine own self be true, and it must  
follow, as the night the day, thou canst  
not then be false to any man*

Shakespeare 1600

-Robert Burns, 1776

*When did I become the capable bright soul that this mirror shows?*

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## INTRODUCTION

Congratulations on receiving a new True Mirror® -- the most fascinating new product introduced in years! You have one of the first True Mirrors made, crafted carefully according to exacting specifications. The uses and long-term benefits of True Mirrors are just beginning to be realized, but we see it as a powerful tool for people to learn new and useful things about themselves, both externally and internally. Thank you for being part of a great new trend -- we hope the True Mirror will soon be a positive new experience for you and your friends.

The True Mirror is an unusual twist on the very common mirror, and because of its unique nature, actually needs instructions to explain how to use it and how to take care of it! We've taken it a little further, showing how you can see a person that turns out to be a very accurate new reflection of you and your true, real self.

What we say is subtle and somewhat subjective, and often may not seem to be applicable for you or to those you show the True Mirror to. When we showed the True Mirror to thousands of people we got many, many different reactions...probably because our image (reversed or true) is as varied as we are. You may see what we see, and just like us, be amazed at the possibilities and implications of seeing our true nature every day.

Also, while the True Mirror is actually a much improved view of yourself, it is human nature to like what we are familiar with. Almost half of all viewers likes their old, familiar backwards image better. But the backwards version of us is only seen by us and our hair dressers – everyone usually will like your more familiar forward image.

Note: A very common response is how one may look crooked or otherwise asymmetric. This is an perception exaggeration caused by the doubling of any difference, because things are going in the opposite direction from what we usually see. Over a relatively short period, most people become comfortable with the newer image, with the asymmetries fading in degree, and begin to see the clear advantages of seeing what is true about themselves, as represented by the accuracy reflected by the True Mirror.

Note: true-image mirrors were invented and patented in 1887, but the special mirror required to make them seamless was not available back then. Also, over the years, no significant purpose for this accurate image was perceived – they didn't even have words for “personality”, “information processing”, “right brain-left brain”, “feedback loops” and “interactional continuity”. All these combine to make the view in the True Mirror something truly special.

To read about my story of discovering the true image mirror and the quest for bringing True Mirrors to the world, please visit [www.truemirror.com/about](http://www.truemirror.com/about)

Please let us know what you think. Best wishes!  
John Walter, President and Founder

## **INSTALLATION INSTRUCTIONS**

### **Installing the True Mirror:**

#### **Unpacking:**

Carefully remove mirror from packing materials. Save all materials for a bit, in case you need to return the True Mirror

Remove shipping tabs on left

Adjust mirror to align properly – usually this will be about 2-3 counter clockwise turns of the knob on the left.

Note: for the plastic cabinet models, you cannot pick it up without disrupting the alignment, unless you hold it from the bottom.

#### **Location:- Shelf**

You can put the True Mirror on a shelf or mount it on the wall

Both locations should be at eye level at the height you are most comfortable with

Choose a place with even, but soft lighting.

Often a great spot is the bathroom – we have people mounting it next to the traditional mirror (and then covering that up so only the True Mirror is visible)

#### **Location—Mounting on wall**

If you decide to mount it, there is a small bracket included that can be placed on the wall, with the tongue facing up. The True Mirror slips into this bracket easily.

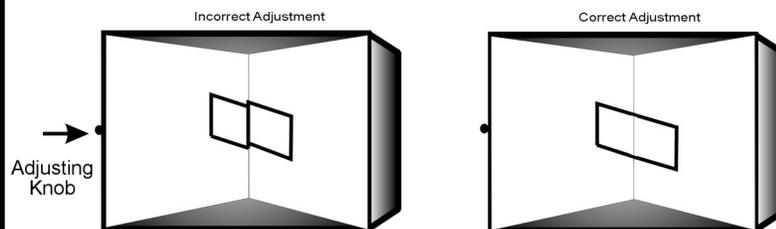
Use the anchor bolts if you are going into plasterboard and be sure they are secure.

## ADJUSTING THE TRUE MIRROR

The True Mirror must be angled at exactly 90.0 degrees to create a perfect true image. There is a knob side to move it back and forth a few degrees, thus giving a precise adjustment when needed. The changes that you are looking for are very similar to focusing with a 35mm SLR camera, where you are lining up the two edges to get a single image.

To get the precise angle, look directly at the seam in the middle while focusing on something with a clear vertical line that is 5 or more feet back from the mirror. If the mirror is out of alignment, there will be a noticeable split in the line. Move your head back and forth to see the split. By moving the screw back and forth there will be an exact setting where there is no split and the line looks correct. With practice you will see how to make it work. Another way to tell if you have it correct is to stand back 5 feet and see if you can see a "shimmer" in the center. If you can see one, you don't have it exactly correct. If you can't seem to get it by yourself, try working with a friend and stand back while they adjust it.

Adjustments are normally required about once every few weeks, depending on heat and humidity changes. It is very important that the True Mirror stays adjusted, because it loses much of its effect if there is a distortion in the center and you'll be much less likely to enjoy it.



*Adjusting the True Mirror: Look at objects directly in the middle seam of the mirror.*

*Notice that when you turn the adjusting screw in either direction, objects appear distorted in the middle. There is only one setting where it will look perfect, so experiment until you can get it right. When the mirror is adjusted properly, you will not be able to see a line in your image, even from 5 feet away.*

**Note: Avoid over adjusting the True Mirror!**

## **CLEANING THE TRUE MIRROR**

### ***! CAUTION:***

***THE TRUE MIRROR WILL SCRATCH EASILY IF THERE IS DIRT OR OTHER GRIT IN THE CLEANING CLOTH OR ON THE MIRROR SURFACES. DO NOT USE PAPER TOWELS!***

***SCOTT or MARCAL TISSUE PAPER IS BEST  
CHANGE TISSUE PAPER FREQUENTLY***

Your True Mirror is a precision optical instrument that uses two delicate, "front surface" or "first surface" mirrors that are placed together at a precise angle. These are the same costly mirrors that are used in telescopes, cameras, copiers etc. Extremely special care is required for cleaning the mirror surfaces, because the reflective material is on the front surface of the glass. Normally, mirrors are made with the silver on the back, where it is protected from scratching by the thick glass. Instead, these mirrors are only protected by a 3-molecule thick layer of plastic, which will scratch easily, so please be careful!

### **Cleaning the mirror surfaces:**

Blow off any obvious dirt and dust first before rubbing. Then, spray the mirror with glass cleaner (the purple kind is best, but the blue works too). Avoid getting a lot of liquid in the seam. Use soft tissue paper, perfume and additive free, changing frequently. Blow off/dust off the lint that is produced. As long as there is no grit or dirt in the cloth or tissue, you can press fairly hard to polish the surface, since the coating will take it. Firmly rub and polish to get surface clean. Avoid touching surfaces later since this leaves visible fingerprints. As long as you are careful about dirt or grit, you won't have any problems with scratching. Use a new cloth or tissue if not sure if it is dirty. If there is just a small smudge, breathe hot breath on the surface to get water vapor and wipe away cleanly

### **Special care of the inner seam:**

The most important optical element in your True Mirror is the inner seam where the two mirrors come together. We have endeavored to make this as invisible as possible because it is the place where both of your eyes will always appear. *It is the worst place to get a scratch or become otherwise damaged.* To clean around and in the inner seam, use a small amount of tissue paper wrapped around your fingernail.

Afterward, clean the surface with window cleaner in the same fashion. Also, the quality of the True Mirror will go down if the seam increases in visibility from the two mirrors coming apart. Jarring it, dropping it, and extremes of cold and hot will all make this happen.

## LOOKING FOR THE FIRST TIME

Once your True Mirror is installed and ready, now its time to take a look! The True Mirror is in the center image, where the two backwards mirrors meet. Make sure its adjusted properly – there should be no visible line in the center. Read the instructions for adjusting if you do see a line.

Now confirm that it's a true image by holding some writing up to it – see how you can read it? Compare by holding it up to the backwards mirror (each side panel is a backwards mirror). Raise your right hand – notice its on the right side in the True Mirror? Try to reach out to shake your own hand – see how it is the correct right hand coming to you, vs the left hand that comes back from a regular mirror. For fun, stand behind a friend and hold a pencil over their shoulder – ask them to grab it. Most likely they reach for the wrong side – even if they think about it!

Now here is the trick to getting the most benefit from the True Mirror – try to relax and just be yourself. It might be hard, because the new image is giving you a lot of new information that can be hard to assimilate, and frankly some of your perception of your image can be wrong. The most unsettling for many is a sense of being highly asymmetric. You need to understand that this is an exaggeration – because any of your asymmetries are in the opposite place than normal, they feel doubled. If you nose tilts one degree to the right, that is so small, you don't see it in the backwards mirror. But now it tilts one degree to the left, or two degrees from what you thought was straight. But remember, all the world sees is your nose at one degree only which is pretty straight – we don't have that perception you have of it going the other way. Also, we look at the total face and what we say with it, not the minute details of symmetry or not. What we say is, "whatever asymmetry you see in the backwards mirror is all we see in real life". Just try to relax and see past that to what is good about your new image. For most of us, it is how we use our faces to communicate our thoughts, feelings, emotions, and ultimately, a big part of our personality.

It turns out that all these natural expressions are almost always asymmetric, and in order for them to be genuine, they have to be correctly positioned, with right on the right and left on the left. Its very much related to left brain/right brain theory, and how our faces reflect the different information in each side of our brains. When you flip your face, expressions cannot be natural anymore, and tend to look fake – especially positive ones like smiles. Often we just stop and stare at ourselves, then pick at any flaws in our face. Or worse, if we continue to try to communicate with ourselves, because the information received is faulty, often our communication becomes negative and self-critical. Much different than what our friends and family see. Now, in the True Mirror, if you relax enough be yourself, you can see yourself, with full on natural expressions (especially smiles). The best part is when you see the light in their eyes...this is one of our best looks, now you can see it in yourself for the first time!

Note: a good 20-30% of people see no difference. Often it is because they just are not expressing themselves. If you stare with your face, its not going to be much different backwards and forwards. Try to be yourself to see yourself.

## GOING DEEPER...

Because the True Mirror shows an unreversed “you”, it is a clearer window into your “true” or “natural” self - much superior than in traditional mirrors. In the same way that you can read writing correctly in the True Mirror you can read yourself correctly as well! There are some surprisingly deep and profound implications of this simple correction of the physical mirror.

You have surely heard about how our eyes are the “windows to our soul”, yet how strange it is that those windows are changed to ourselves, every day, ever since you first saw yourself in a mirror as a child. What we know is that our brains are different, where to oversimplify, the left brain is more rational and logical, the right brain is more intuitive and feeling. Each half controls part of our face, so whatever is going on inside our minds is reflected differently on each side. Whatever the actual differentiation is in a person, we can be sure that the left belongs on the left, and the right belongs on the right. Every time it gets swapped in a mirror, you are changing the quality of the communication that your face does to yourself. Since you interact with it in a highly dynamic feedback loop, your perception of yourself changes dramatically into something quite different than is real.

Often the net effect of this feedback loop with distortion is that people’s faces lose their vibrancy almost immediately – within a second or two smiles get frozen and then fade, and we are confronted with a person that is more of a body than a being. How easy it is to then become self-critical and judgmental, all within a few seconds of seeing ourselves in a mirror. This is how it has been since childhood, where this has made untold effects on our sense of self and self esteem.

The True Mirror corrects this- both immediately and completely; you now can look into your eyes the way they are, with the true nature of your expression to interact with. It can be tricky to generate true expressions, mainly because we tend to just stare, but try to smile, try to be your natural self. Look into your eyes, and notice that they stay vibrant, that your eyes reflect “you”, and look more than just eyes. Communicate with a friend, either standing next to them in the True Mirror, or if they aren’t around, call them on a cell phone and talk about what you are seeing. As soon as our faces become animated, that’s when all sorts of interactions start to happen, and you can start to see yourself as you are, as we see you. When it works, people are literally blown away by the difference – there is a huge OMG experience; they realize how much more of a person they are seeing than what they normally see. If you see yourself with a natural smile, notice how it flows in the True Mirror, and how it fades almost instantly in the backwards mirror.

So what is the impact on not just you, but every single person in the world to have this kind of distortion going on? Its one of those questions that can only be answered with a head shake – who knows? But it can’t be good – every person thinking of themselves in slightly or hugely different ways from what is real? Every single child growing up seeing natural people around them, but somehow them not being natural in the mirror? Every person thinking that there is something wrong with them, since they are somewhat fake in mirrors? What would it be to have this problem corrected – to grow up with a true sense of yourself, to check in daily with the real you? To have empathy and understanding from your reflected image instead of criticism and doubt? Again another head shake – who knows? But it surely would be better than what we have now.

This is the reason for our making True Mirrors – sure they are fun and entertaining, and make beautiful display mirrors for objects d’art, but to fix a fundamental flaw in human self-understanding? Yep, that’s magical!

*All the best to you in your personal journey to self-discovery and enlightenment!*

## COMMENTS FROM OUR FANS

We have been making True Mirrors since 1992, and since that time, we have shown the True Mirror to tens of thousands of people. Its one of the most intriguing and confounding experiences for us, since it's a reflection of human nature for how people respond.

We have seen it all, with the following general percentages:

10-20% are amazed and like their image

30% see not much difference (often they just stare)

40-50% do not like what they see at first—often they see their face as crooked

5% are afraid to look!

The reasons for liking the True Mirror is that it is natural and you are vibrant in the reflected image. Try to be yourself to see yourself. Don't worry about the crookedness—its exaggerated! Read the section on Looking for the first time” .

Here is what some of some of the positive things people have said. Add yours to the list by sending your comments to our email below

- \* I find myself liking what I see—I find myself loving that concept!*
- \* When did I become the capable bright soul that this mirror shows.*
- \* You make me love my reflection, and that doesn't happen*
- \* At first I didn't like it, then I saw the sparkle—its all about the sparkle*
- \* I see myself as my heart feels I look, but have never have seen before*
- \* I catch myself looking at me and smile. We are old and fast friends*
- \* Thank you for letting me see me, rather than continuing to believe that misperception*
- \* Took me a while to get it, but once I did...Amazing!*
- \* That's a gentler, kinder human being than I thought*
- \* Now I know why people like me...it made me cry with joy*
- \* Thank you for that real experience—so simple yet breathtaking*
- \* For the first time, I'm not embarrassed by who I see in the mirror*
- \* I cant help but smile and laugh at myself , I look all sparkly all of a sudden*
- \* Thank you for helping me to love me!*
- \* It stripped away my typical distorted , judgmental self –image, replaced it with self love*
- \* How could I ever have doubted that I was vibrant? Life's story written there.*
- \* We are so much more beautiful than we perceive ourselves to be*
- \* I will always like mirrors like this. I always hated mirrors, now I know why*
- \* And then what I saw was what I knew I loved—all my funny ways*
- \* Wow, first I noticed how crooked I am! Then—kinda beautiful. Very cool.*
- \* The Gift of Ourselves. Wow.*
- \* I like making eye contact with myself. Thank you for showing us our internal depth.*
- \* Incredible! The sparkle that I've always heard about but never believed. I can see it now.*
- \* So much more love for myself*
- \* Why are my eyes shiny in this mirror but not in that one? Molly, 5 yrs old*

This information, developed by the True Mirror Company, is the results of extensive research with thousands of one-on-one interviews. The concept has created a wholly new market that has worldwide applicability, providing the new image for literally everyone, and quite possibly, changing history! Stay with us as we grow and expand this amazing product. Thank you!

To talk with us about the True Mirror, please email or write to:

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