

## Soul Gazing and Mirror Work

### Directions

For a minimum of 11 minutes, sit in front of a mirror and stare lovingly at yourself. It is best to set an intention for this practice. Repeat your intention out-loud to yourself and think of your intention as if it has already happened; that you have already experienced what you have intended for yourself. Take deep inhalations through the nose and exhale deeply through the mouth. Do this with great appreciation and love of your ability to receive and equally of your ability to let go. (Use the OM Breath instructions for deepening your practice.)

When negative thoughts arise, exercise a deep, peaceful remembrance that you are beautiful, you are whole and you are a gift from the Creator. Soon, you will not be self-conscious or judgmental and will look deeply and lovingly into your own eyes—like a lover would—accessing the seat of your soul, and remembering you are God. Many times, struggles with our partners, children, and others in our life arise. Mirror work is effective when we need to have a difficult conversation, create a new narrative, or have issues that need to be cleared. Begin by evoking your higher self and that of the one you need to address. Speak to the mirror what needs to be said. Not only is this a formidable practice of speaking your truth, but many times, the issue is resolved through mirror work alone; as we are not working in a linear (time-space) manner, but in a higher realm where the issues are cleared up much easier and faster, and many times without difficulty, pain, struggle or drama.

When you work with anger, resentment, jealousy or other shadow-material, you begin to release this energy and come into composure and peace. I have witnessed miracles in relationships that were once caustic, painful or emotionally difficult. They were healed through a conscious practice through self realization. I have received feedback from people who have gone through this self-empowerment ritual. Some had extremely difficult situations or memories come up, but when they stayed with their commitment, they were able to work through their shadow-material which brought a deeper consciousness into their lives.

### Notes

Keep a journal as you progress through this work. These practices and rituals are here to help others, so please share your feedback so the process can continue to be improved upon. I'd love to hear about your breakthroughs and successes—both big and small.

