

Mirror practice

What you need:

1. A Mirror – one that allows you to see face and torso ideally.
2. A suitable comfortable place that allows you to be present and connected

Purpose:

I believe this can be a very powerful exercise so take it slowly and be gentle. Ideally it is best if this kind of exercise is done with the support of a coach or therapist. Often, we only see the things we like about ourselves or the things we don't like. This simple exercise allows you to see and connect with all of you, all your parts. It creates a more whole & integrated experience of self.



Photo by Vince Fleming on Unsplash

Create space
and connect in

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Mirror practice

What you do:

1. Take a few minutes to ground & Connect In. Start by taking a few slow inhales & exhales, settle and drop down into your body. Feel your feet on the floor and the other parts of your body that are in contact with whatever you are sitting on.
2. Now bring your attention to your reflection in the mirror. Take a few moments to really see yourself. With loving kindness notice your detail, what's the experience like of your reflection. Simply notice and be with.
3. Take a moment to connect with your lifes journey, and see it in your reflection, see and connect with your history...see and connect with/consider your purpose in life?
4. Now as you continue to gaze at yourself in the mirror you will repeat a simple phrase and input something positive and something you might view as negative. Each time you say the phrase don't pre think what you say, allow it to arise naturally in your system based on what you see.
5. For example: I see...kindness and I also see... meanness (And I also see much more) Repeat this 5 or so times inputting your own quality/observation each time.
6. Allow a pause after each quality/observation to fully connect with it in the mirror.
7. When you come to a close. Take a moment of gratitude for what that gave you. You may like to consider an intention for yourself going forward. Then bring your attention fully back to the room. Give yourself some time to transition onwards.



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