

# Soul Star Crafting

## Sacred Mirror Magic

### Materials Needed:

a glassed picture frame  
a mirror  
tape to tape the glass over the mirror  
pens/textas that draw on glass  
other decorations for the frame or glass  
your beautiful face

## Sacred Mirror Magic

Mirror work is one of the simplest, most powerful, strange, uncomfortable, undeniably intimidating, a little embarrassing yet also profoundly healing. Mirror work can make us feel initially uneasy because it exposes our inner critic in plain daylight. Suddenly everything we feel about ourselves that we might not be aware of comes to the surface. And if you haven't developed a compassionate relationship with yourself, you might be prone to believing all the nastiness whispered in your ear by your inner critic.

In other words, in front of the mirror, there is no hiding. In front of the mirror, we catch an intimate (and sometimes painful) glimpse into the relationship we have with ourselves.

Mirror Work was a method originally developed by inspirational teacher Louise Hay as a way of getting in touch with the inner self. The primary purpose of mirror work is to develop self-love, self-care, and a more meaningful relationship with others. By simply looking into the mirror for a certain amount of time each day and gently talking to yourself, you can foster a more compassionate and forgiving connection with yourself.

As a symbol of truth and clarity, mirrors are one of the most ancient and direct ways of accessing self-realisation. Some of the earliest uses of mirrors date back to Anatolia (now called Turkey) from 6,000 to 8,000 BC. These ancient mirrors were made out of obsidian, which itself is a stone symbolic of psychological purification, shadow integration, and protection.

By using a mirror to consciously access the inner layers of our being, we gently remove the blocks and untie the knots preventing our ability to grow and evolve. Indeed, mirror work can facilitate a deepening of our spiritual awakening process. Another reason why mirror work can make us feel uncomfortable is that it exposes the vulnerable and neglected parts of our inner selves. After all, what better opportunity for that forgotten part to finally grab our attention than face-to-face in front of a mirror?



Most of us have numerous abandoned inner parts, but the most common one that we're disconnected from is the inner child. We all possess an inner child – it's one of the many archetypes (or patterns of energy) that compose our personality structures. The inner child is the part of us that still retains a sense of childlike wonder, spontaneity, creativity, and joy. On the other hand, our inner child also possesses many of our primal and core wounds. Thus, learning how to relate to and liberate our inner child is crucial.

Mirror work is an intensely effective way of helping us to re-establish a connection with this delicate part of ourselves. When looking into the mirror and trying to reconnect with the inner child, it's not unusual to feel waves of sadness wash over you. You may also experience unexpected bubbles of excitement or joy. But typically, it's common to experience heavier and more uncomfortable emotions first.

Although this kind of mirror work can be upsetting and unpleasant at times, these feelings point to deeper work that is alchemy at a subconscious level. Simply gazing at yourself in the mirror and comforting your inner child can be a tremendously healing practice and a powerful form of inner child work. The more emotions you experience, the more a sacred kind of purging and transformation is happening.

The eyes are the mirrors to the Soul, and mirror work gives you direct access to this core part of your being. However, it's not always possible to directly connect with your deeper Self. Most people first experience a harsh inner critic that arises and serves as a doorkeeper to the deeper psyche. To make it past that harsh doorkeeper, you must learn to disarm it through mindfulness and self-compassion. It's at this point where inner work practices such as self-love become vital to work through your insecurities and self-resentments.

But how do you know that you're reconnecting with your Soul? For me, the presence of my Soul emerges when my face softens, my eyes become warmer and more compassionate, a slight smile enters my face, and a lighter form of energy fills my body, it also tends to feel like being drawn inwards into an embrace. As magical or mystical as that may sound, using mirror work as a portal to your Soul is actually quite natural, it feels like returning home to the truest, most whole, and wisest part of yourself.

Mirror work is deceptively simple but tremendously empowering. So much healing work can be done by simply looking at yourself in the mirror and expressing self-loving affirmations. One of the most amazing side benefits of mirror work is how it impacts your relationships. By learning how to love yourself more, life becomes more harmonious and your connections with others blossom and flourish.

And finally, mirror work helps to facilitate and deepen our spiritual awakening, aiding us in gaining clarity and inner illumination.



## ***Sacred Mirror Magic Intent and Prayer***

First have all your materials ready around you. Take the glass out of the picture frame and tape the glass to the mirror. Bring it to a height that is suitable for looking into, for sketching your facial outlines. Keep in mind there is a 'border' for the frame. Make sure that the glass and mirror will not move and that you are in a comfortable position to sit still and gaze into the mirror.

Now take a moment and reflect back over the notes and meditation. Soften your gaze as you look into the mirror, just observe your features, and take a moment and bring your focus inwards.

When you are ready to begin tracing, you will need to close one eye. I use my hand that I don't draw with to cover it so I don't have to squint.

There is no wrong or right as to what you choose to trace, enhance, reflect.

Now that you feel ready to trace the aspects you want to outline, speak to your reflection the following intents and prayers. **Repeat 3 times.**

*I'm learning to love you  
I'm willing to take care of you  
I am worthy of love  
I am enough  
I am exactly who I need to be in this moment  
I am beautiful  
I am whole  
I am fierce and strong  
I trust in my natural wisdom  
I am open and receptive  
I believe in you*

When you have finished tracing the outlines that you choose to trace, inwardly speak into the reflection any words, affirmations or intents that you wish to seed into your soul as you complete decorating the image, glass and/or frame with words, affirmations, symbols etc.

When complete and after reciting the above intention and your own personal prayers 3 times, place your hand on your heart and repeat the following:

***It is done. It is done. It is done.***

When complete, place the image in a place that you can see every day and at least once a day acknowledge the image, affirmations and words and fondly remember why and to what purpose is this image helping you to remember and practice.

Blessings,  
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