

# - - - MIRROR WORK: OBSERVATION - - -

There are many ways and many variations on how to do mirror work. Below is one variation. You can feel free to modify, and to use your instincts and intuition to tailor this practice to yourself. Mirror work is powerful. It can, over time, yield some very positive results and breakthroughs. Please keep in mind that mirror work can be extremely hard for many people. It can bring up anxiety, selfhatred, resistance, judgment and more. There is no right or wrong here.

## **THE PRACTICE OF OBSERVATION MIRROR WORK:**

1. Find a time and place where you can be quiet and undisturbed for at least 5 minutes.
2. Use a full length mirror, the bigger the better.
3. Create lighting that's gentle, and setup your environment to be clean, nourishing, and welcoming. This is more than a practice. It's a ritual.
4. Relaxing and uplifting music is optional, and a great idea.
5. Stand in front of your mirror. Remove as much clothing as you feel comfortable with. Eventually, the idea is to be in front of the mirror naked.
6. Observe your body. Start from the top of your head and observe every inch of yourself, head to toes. Look at ALL of you. Spend time on every part of your body. Simply observe and notice. Be aware of your reactions, your thoughts, and your feelings. If you become overly critical, ask your mind to be more quiet. Do this for at least 5 minutes. This is about you being intimate with you. Give yourself that gift, and do your best to give it generously.
7. The idea is for you to eventually become more comfortable beholding your own naked, physical form.
8. The idea is to eventually let go of more and more judgment and shame.
9. Do your best to find some love and respect and even forgiveness for every part of you – even your body fat – and especially your body fat. :)