



SELF-LOVE SERIES

[THE MIRROR TECHNIQUE]

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THE MIRROR TECHNIQUE



The purpose of this technique is to begin to see yourself with loving eyes. To embrace yourself for the amazing miracle that you are, fully and completely. Our words, thoughts and actions toward our bodies and our behaviors carry energy with them. By shifting this energy to a loving pattern, we lift our vibration and exude love!

SUPPLIES NEEDED

- A mirror - this can be a hand mirror, your bathroom mirror, your car mirror - it's up to you
- A dry-erase marker (be sure it is dry-erase)
- A tissue to erase the mirror



THE DAILY PRACTICE

1) Begin by truly looking at yourself in the mirror; your eyes, your facial features, your body - take it all in and don't rush through the process (apx 2 - 3 mins). This alone may be difficult at the onset.



2) As you take in all that is you, begin to notice if you are judging any of your features. If yes, release the judgment with a loving affirmation. Look again at the area you are in judgment of, if judgment continues repeat the process until judgment is released. This may take several times through the practice, depending on how long you have been in judgment. If you don't release judgment the first time, don't judge yourself for this too - it is quite normal.

3) Continue to soak in your reflection and begin to identify 3 - 5 things that you love about yourself - physically and/or internally. Look deep into your own eyes and state these things to yourself either aloud or in your mind. Be certain to make eye contact in the mirror, allowing the self appreciation to enter into your soul through your eyes.

4) As you state these 3 - 5 items that you love to yourself, what one item resonates the most? Write this item down on the bottom of the mirror with the dry erase marker, then the practice is complete. When beginning the practice the next day, look into the mirror and read the statement of love that you wrote to yourself the previous day. Allow the words to resonate as you begin the practice once again.

5) Each day, complete the practice by erasing the previous day's statement of love and writing the statement that resonated during that day's practice. Even if the resonating love statement is the same, erase the previous day's statement and rewrite it, allowing the love to flow out through your written affirmation.





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