

The Mirror Exercise



THE I AM PORTAL
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Introduction to *The Mirror Exercise*

Are you noticing patterns in your daily life or relationships that despite your external efforts, do not seem to shift?

Imagine that you have a coworker who constantly gives you a hard time. You ask a question, and they put you down. You show up to a meeting, and they take credit for your work. You're in the kitchen eating lunch and they harrass you.

Why is this happening? From the perspective of the IAM presence, it is because they love you! I don't mean that they are mean to you because they love you. I mean their *soul* loves you so much, that they're willing to mirror to you where it is that you are misaligned within yourself.

Once you get to a certain level of awakening, you realize that this experience is God/Source/Creator/I AM loving you through your "coworker" in order for these patterns to be cleared. In this example, *they are reflecting to you that you disrespect and reject yourself in some way!*

When we notice these patterns and triggers, it's an opportunity to see that they are reflecting something in yourself which is out of alignment with pure love vibration of the IAM consciousness.

The Mirror Exercise is a potent spiritual healing tool to address and clear these distorted vibrations from your reality, so that you may transmute external chaos into inner peace.

Disclaimer: There is a clear distinction between occasional emotional triggers and actual abusive situations. Please exercise with discernment.

The Mirror Exercise — Step 1

What you will need:

- 1) A pen
- 2) Paper
- 3) A quiet space where you can meditate

Think of a triggering situation that you are experiencing. Write about it in simple words and break it down, doing your best to identify the root of the emotional trigger.

"My coworker is making me sad because they are always disrespecting me every time I interact with them!"

There are a few parts to this:

The *who* - my coworker

The *what* - they're disrespecting me

The *why* - because they are always disrespecting me

The *where* - every time I interact with them

Now you have all the parts to Step 1 of the Mirror Exercise!

If you didn't quite get it for your situation yet, we can use another example. Imagine while dating Taylor for a few months, you begin experiencing that Taylor is not giving as much to the relationship, but expects you to continue giving either the same amount of energy or more.

So, you would write: *"Taylor is upsetting me because he/she expects me to give more to our relationship than what I receive from them."*

What are the parts?

The *who* - Taylor

The *what* - is upsetting me

The *why* - because he/she expects me to give more than what I receive from them

The *where* - in our relationship

In review of Step 1: Write about the trigger you are experiencing in simple words. Do your best to identify the root of the trigger.

The Mirror Exercise — Step 2

Write the sentence all over again, but switch all the nouns to pronouns and point them toward yourself.

1a. Original sentence: "My coworker is making me sad because *they* are always disrespecting me every time I interact with *them*!"

2a. New sentence: "*I am* making myself sad because *I am* always disrespecting myself every time I interact with *myself*!"

1b. Original sentence: "*Taylor* is upsetting me because *he/she* expects me to give more to our relationship than what I receive from *them*."

2b. New sentence: "*I am* upsetting myself because I expect *myself* to give more into our relationship than what I receive from *myself*."

The mirror exercise works because your external life is always a reflection of your internal reality, which are the hidden thoughts and beliefs running inside your subconscious mind. What you're thinking and feeling on the inside of yourself are what is being created on the outside of yourself. This is the universal Law of Attraction at work—as within, so without, as above, so below.

These emotional triggers are simply lower vibrations that still exist inside of you. You're automatically creating the external reality that is a direct reflection of what's really inside of yourself.

The horrible coworker for example, they are reflecting back to you how you're disrespecting yourself. Each reflection is totally personal and never universal between the same experiences and people. Only you can determine the misaligned thoughts, feelings, and beliefs you are holding onto inside which are causing your emotional triggers in the outside world.

How about the relationship issue with Taylor? In this example, Taylor is reflecting back to you how you're not giving to yourself, and how you're expecting yourself to give more in relationships than you get back.

In review of Step 2: Write the original sentence, but this time, switch all the nouns to pronouns and address them towards yourself.

The Mirror Exercise — Step 3

Ask yourself, “Is there ANY truth to this statement?” And go deeper until you find the root of the issue.

“I am making myself sad because I am always disrespecting myself every time I interact with myself!”

Take your time and contemplate how it might be true in your life. *Could I be disrespecting myself? Under what circumstances do I disrespect myself?* Your answer may look something like this:

“Yes, I do disrespect myself. I notice any time I am addressing myself in my head, I am saying negative things towards myself. I suppose if anyone else said these things to me, I would feel disrespected by them. I’m also sure that if I ever said these things to anyone else, they would feel disrespected by me. So yes, this statement is very true for me.”

Hint: The answer is usually “Yes.” Let’s continue with the second example.

“I am upsetting myself because I expect myself to give more into our relationship than what I receive from myself.”

Is there ANY truth to this statement?

“Yes. I am not giving myself what I need, and I expect myself to give more into my relationships than I am able to. I do this because I hope that I can get from my relationships what I am choosing to not give to myself.”

That’s the reason Taylor’s behavior upsets you so much. He/she is reflecting to you the misaligned aspect of yourself that doesn’t give yourself what you need! Your trigger has nothing to do with Taylor at all, you are only triggered by what you are doing subconsciously to yourself!

Taylor is a reflection of the internal reality within yourself. When you work through these issues within yourself, he/she will naturally fall away or be closer to you. And it doesn’t have to be a romantic partner who will be presenting you with issues and challenges. The people around you, even someone in passing can cause you to feel emotional triggers. It is your spiritual job to clear these patterns once you become aware of them.

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The Mirror Exercise — Step 3 Cont'd

Doing this exercise will make these emotional triggers easier to manage and resolve. If you choose to not address these triggers, then similar incidents that trigger the same vibrations may show up again through other experiences.

The *Mirror Exercise* works every time, even if it's difficult at first. You don't need to understand how or why it works to complete the process. Just do the process and you will reap the rewards and benefits. And the reward deeper levels of loving yourself which translates to inner peace.

Let's go over the steps we've covered so far:

Step 1: Write out in as few words as possible the trigger you are experiencing.

Step 2: Write the sentence all over again, but switch all the nouns to pronouns and address them towards yourself.

Step 3: Ask yourself, "Is there ANY truth to this statement?" And go deeper until you find the root of the issue.

Magic happens when you follow this process of self-reflection. Now onto Step 4.

The Mirror Exercise — Step 4

Speak to the part of yourself which is causing the problem...and then love yourself.

This is the juicy part where the healing takes place. Let's take the first example:

"I am making myself sad because I am always disrespecting myself every time I interact with myself!"

Now, you're going to speak with the part of yourself which, in this example, is disrespecting you. In order to do this imaginary dialogue, you need to be able to listen to the part of yourself which is causing the problem. As you center yourself in a meditative state, speak to the energy within yourself that is feeling upset. The dialogue may go something like this:

"Why are you disrespecting me?"

The reply is, *"Well, because you are annoying."*

You instinctively reply with the truth, *"I know I am not annoying."*

You have now already begun giving yourself love where there was a lack of love. Now, wait and see if you hear anything back. Sometimes this could be the end of it. You have declared you are not annoying to the part of yourself which previously believed otherwise. The problem is then resolved through your self-love. But, perhaps you hear something back like, *"No, you are annoying. When you were 4 years old, your mother got angry at you because you were annoying her in the kitchen."*

In this case, you might call up your 4 year-old inner child and remind them that they are not annoying, but instead their mother reacted in a way that was not healthy. You may hug the inner child and invite them back into the center of your heart where you can give them love.

You only need to find the source of the place within you which is lacking love and give it love. When you no longer experience the trigger in your reality, it is clear you have actually healed its vibration. If it continues to come up again and again, keep doing the Mirror Exercise again and again, until you actually discover the root of the issue and heal it.. When your coworker's attitudes are no longer upsetting you, or it stops altogether, you have completed healing this aspect of yourself.

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The Mirror Exercise — Step 4 (Cont'd)

The aspect inside you who believes that you are annoying will be integrated into your whole self, and your experience of being upset when your coworker disrespects you will no longer occur or you will not react to it in the same way. You will no longer be a vibrational match to the disrespect.

Let's do the other example as well to help bring more clarity to this exercise:

Step 1: Write out in as few words as possible the upset you are experiencing:

"Taylor is upsetting me because he/she expects me to give more to our relationship than what I receive from them."

Step 2: Write the sentence all over again, but switch all the nouns to pronouns and point them to yourself:

"I am upsetting myself because I expect myself to give more into our relationship than what I receive from myself."

Step 3: Ask yourself, "Is there ANY truth to this statement?" And go deeper if necessary until you find the root of the issue:

"Yes, this is true because I am not giving myself what I need and I expect myself to give more into my relationships than I am able to. I do this because I hope that I can get from my relationships what I am not giving myself already."

Step 4: Speak to the part of yourself which is causing the problem and love yourself:

Close your eyes and imagine the misaligned aspect of yourself standing near you. *"Why do you hope you can get more from your relationship than what you are not giving to yourself already?"*

You might hear the response, *"Because I don't want to be loved. I want to avoid being loved because I don't deserve love."* And you respond, *"Oh, but you do deserve love!"* Wait to see if there are any more responses. If you experience a deeper issue arising, you can then ask that aspect of yourself what they need to feel deserving of love.

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The Mirror Exercise — Step 4 (Cont'd)

"I need to be held and told that I deserve love," they might say. They will always tell you what they need to feel loved. All you need to do now is to give that part of yourself exactly what they told you they needed in order to feel deserving of love. In your imagination, tell that part of yourself that they deserve love. Once you feel that part of you has been loved completely, you are finished with the Mirror Exercise.

You can know for certain that you have completed your healing when you no longer experience Taylor's expectations upsetting you. If you are still having trouble completing Step 4, try adding the following visualization exercise to finish off the step.

Visualization Exercise For The Mirror Exercise

Close your eyes and imagine meeting that aspect of yourself which is not feeling loved, which you have identified to have been the root cause of the main issue. Invite them to come closer to you and hug that part of you with an open heart, bringing them deep into a loving hug. Tell that part of yourself how much you love them. The goal is to allow them to melt back into heart center which happens naturally the more you give them love, compassion, acceptance, forgiveness, and gratitude. Hint: The prescription is always more love.

You can even imagine a white or colorful light beaming from your heart center and enveloping them with this loving light. Your subconscious mind is going to do all the work for you if you choose to visualize and love this aspect of yourself that is out of alignment with love. Once you sense this part of you is loved and integrated, you are complete.

Conclusion to *The Mirror Exercise*

During your spiritual journey, your expanding sense of awareness will allow you to see more challenges that cause you to feel emotional triggers. You can use the Mirror Exercise to help you heal these triggers because it is effective in healing your emotional body on a deep internal level at the root cause. The best practice is to make it a habit to shift the ego's need to judge and blame into self-reflection.

The Mirror Exercise is a powerful tool for cultivating self-love. It clears the blocks that lower your overall (inner and outer) vibration that prevent you from experiencing deeper levels of giving and receiving love. This exercise can help you gain compassion for others, and most of all yourself. It can help you understand and experience that we are all ultimately connected. The Mirror Exercise can help you leap bounds in your spiritual healing, so use this incredible tool wisely and don't forget to have a little fun with it!

If you find yourself having trouble with the Mirror Exercise or would like to explore inner work in other ways, please do not hesitate to book a consult or an appointment with me at www.iamtheportal.com.

With gratitude,



Quantum Energy Healer & Soul Journey Guide