



Rose Tan Lifestyle



7 Day

Divine Mirror Work

Day One

Love Me

The MOST important relationship is the relationship you have - is with yourself.

1. Preferably after you have had a shower, stand in front of your bathroom mirror completely naked.
2. Look deeply and through your eyes.
3. Take your time and breathe throughout steadily.
4. Breathing deeply say the following affirmations out aloud: I adore you. I am learning to love you. I honor this time I have with you.
5. I know this is uncomfortable and confronting even, but I choose to trust you. I [name] am willing to learn to love you (3x)
6. Throughout your day, when you see a mirror or your re-flection, repeat these affirmations to yourself.

Day Two

Your Inner Child

Today we look beyond the adult you see in the mirror and meet your inner child.

1. Find a childhood photo of yourself and stick it to your mirror. This time is better to be seated for this exercise.
2. Gaze at this photo for a few minutes. What do you see? How does the photo make you feel emotionally? Do you see a happy little child? A sad little child perhaps?
3. Communicate to your inner child as you look in the mirror or at the photo. If you had a nickname as a child, use this name as you speak to your inner child. Here you will begin to feel emotionally overwhelmed as you get really acquainted to this inner child. He/She will have a lot to say as you open your heart chakra.
4. Converse and share your innermost thoughts – even your secrets.
5. Now state these affirmations: I love you my dear one, my darling one. I am here for you. You are safe and protected.

Day Three

Choose Your Words Wisely

Today we learn to reprogram the messages we normally tell ourselves. Clearing out the undesirable negative thought patterns from the past to focus on how to live your days in the present.

1. Preferably after you have had a shower, stand in front of your bathroom mirror naked.
2. Look deeply and through your eyes
3. Take your time and breathe throughout steadily.
4. Say these affirmations to yourself: Whatever I tell myself, I say them with passion and love.
5. As a young child you may have heard others say: "That's stupid" or "That's not good enough." Invest in this time of solace to shift these negative statements to positive ones: I am intelligent. I am creative. I am beautiful. I am loved. I am fabulous.
6. Select a couple or a few of these new positive affirmations to repeat throughout the day. Keep repeating these until you feel comfortable.
7. As you pass a mirror or see your reflection throughout the day, take these gifted treasured moments to repeat these loving sacred affirmations to yourself.

Day Four

Your Body Talks

Today we learn about pain. The reason why it's telling you that something is off that requires your attention and how you can heal your body with your powerful thoughts and mind.

1. Scan your physical body where you feel the most pain or aches you would like to work on specifically today. Focus on this area. If you have no pain you can always focus on any part of your body you may feel needs more attention. Eg. Firmer thighs, flatter tummy.
2. Begin to get comfortable by standing or seated in front of your mirror.
3. Gaze deeply and through your eyes, asking yourself the following questions: How did I arrive here? Where did this come from? What is it trying to tell me? Have I been consuming the wrong foods? What am I worried or afraid of mostly? Am I avoiding or pretending to be happy? What or who am I tolerating? Why do I feel this way?
4. Whatever this is you are experiencing, state the following affirmations. I acknowledge this part of my body as it is my temple. I give it my undivided attention to be present with it. I give this area of my body my love and affection it needs. I will be giving you what you need to help you to help me have ease and flexibility to my lifestyle. I heal you my beautiful body. I see you now.
5. Repeat these affirmations 3x.

Day Five

Forgiving Yourself to Forgive Others

Today's lesson is about forgiveness - forgiving yourself and those who have hurt you, thus opening your heart to a new level of self love.

1. Sit in front of your mirror and slowly close your eyes. Breathe in deeply several times. Feel yourself sinking into your chair.
2. Begin to think of the people who have hurt you through your life. Allow them to gradually flash through your mind. Then open your eyes and begin to talk to one of them. Begin to open the conversation with "You have hurt me deeply. I thought I would never move past this. But, I now choose to move forward and forgive you." If you are unable to at this stage, then try to state the following, "I am willing to do all it takes to move towards forgiveness by firstly forgiving myself.
3. Take a deep breath and say to the person, "I forgive you. I set you free – so I free myself". Breathe deeply again and say, "I now release you. I am now free."
4. Now go within to your feelings. You may feel a strong sense of resistance or you may feel an instant relief. If you feel resistance, then breathe deeply a few times and repeat this: I am working to release all resistance to myself to become free.
5. As you continue to do this – at your own pace, attempt to expand your list of the people who have hurt you to forgive them. You may find that you may need to keep working on one person a little longer, and each time going a little deeper into the forgiveness process.

Day Six

The Art of Gratitude

Today is devoted to thanking life for all its many gifts and learning how to live with an attitude of gratitude every day.

When you first wake up in the morning and open your eyes, say these affirmations to yourself: Good morning, bed. I am so grateful for the warmth and comfort you have given me. Darling [Name], this is a blessed day. All is well.

2. Take a few more minutes to relax in your bed and think of all the things you are grateful for.
3. When you're ready to get up, go to the bathroom mirror. Look sweetly and deeply into your eyes. List the many things you are grateful for. Say them as affirmations: I am grateful for my beautiful smile. I am grateful to feel perfectly healthy today. I am grateful for having a job to go to today. I am grateful for the friends I am going to meet today.
4. Whenever you pass a mirror today, stop and say an affirmation for something you are grateful for in that moment.

Day Seven (optional)

Children in our life is also affected from the stresses especially when they are such a sponge to water. Here is practice to learn mirror work with our little ones, and watch the miracles happen through these young precious souls.

As we grow up, we often have been labelled, called hurtful names and put one another down to feel small. Many were told by our parents and/or teachers that we were simply not good enough, stupid, silly, babies, dumb, boring, lazy, or bullies. I cringe when I hear this from time to time as we end up believing it. It become deeply embedded in our belief system. The schooling system does not educate us young ones to become aware of the choices of words would have an effect on us. Our thoughts were creative and we used our imagination to begin any forms of creation to reality. This alters and shapes our destiny for future success and fulfilment. No one taught me that I was worthy of love or that I deserved to have good things in life. But I discovered later in life that I had the choice and powers to recreate my truth – my life. We can create change for the future of our children today. I practice and help remind my children the basic truth that they are always loved – even when I am in the red zone. I believe that our role as parents is never to be perfect to get things right every time, but to be nurturing, kind, understanding, forgiving and most of all free love as we are their super heroes. The more children love and respect themselves, the more possibilities and likelihood they make the right choices in life and to provide children a sense of independence and self-empowerment that they can make a difference to the future of the world. Most important is to teach them to love who they are and know that they are good enough without others opinion. Nurture the children in your life just as you are learning to nurture yourself through every step you take as you progress in your life. Mistakes and failures are part of healing, growth and expansion. When we decide to acknowledge this it becomes easier to welcome and embrace positive changes. Begin to watch the miracles happen for your child/ren and within yourself. Please chant the following: I choose to who and what I want to be without limitation. I am the life force with the universal powers to create love and magic. I am loved, cherished and whole. Thank you. Thank you. Thank you.

Try to arrange a time every day to practice this mirror work with your child/ren, even if only for a few minutes a day makes a huge positive and powerful impact.

Bonus: Day Eight

You are the Goddess/God

Through mirror work, you discover that you are perfect just as you are and that loving yourself can heal every problem.

Go to the mirror and look at the beautiful person looking back at you. Raise your arms and give yourself a big hug for completing this course. Please chant the following with me: I love you, darling. I really love you. You did it! I am so proud of you. You can do anything you set your mind to.

2. Take time to express your gratitude for all the work you have done. Please chant the following with me: Thank you for getting us here today my love. Thank you for choosing to step out into the unknown/unfamiliar to create positive possibilities for us. I will always be here for you. I love you.

Devote yourself to continue your mirror work . Repeat the following: I will see you tomorrow, my precious. We will discover other areas that I'd like to improve on. I love you. You are loved. You deserve all the love, abundance and prosperity.

The Divine Universal Powers Embraces, Welcomes & Loves You

Thankyou for choosing to embark on this journey with me. Please be prepared to reap the beautiful and positive growth from today onwards as you shift to a higher level of self-love, self-care, self-value, self-worth, self-respect . Always remember: I love you!

Sincerely,

Your loving Higher Self