

MIRROR PRACTICE - REFLECTION

1. Questions About the Experience of Seeing Oneself

- What was the very first thing you noticed when you saw your own face?
- Did anything surprise you—emotionally, physically, or spiritually?
- What sensations arose in your body as you met your own gaze?
- Were there moments of ease? Moments of discomfort?
- How did your expression shift as the meditation continued?

2. Questions About the Stories We Carry

- What stories about yourself came to mind as you looked in the mirror?
- Did you notice any judgments or inner commentary?
- If your face could speak, what might it be trying to tell you today?
- Were there old identities or roles that felt tight, heavy, or outdated?
- What did you feel behind the face—beneath the masks you usually wear?

3. Questions About Presence & Emptiness

- Was there a moment when the face felt like a process, not a fixed self?
- Did you sense any spaciousness behind your appearance?
- What did it feel like to let the image soften or dissolve?
- Did awareness feel different from the reflection?
- Where did “I” seem to be located during the experience?
- What changed when you allowed inner and outer space to blend?
- Did you experience anything like clarity, luminosity, or openness?

4. Questions About Compassion & Blessing

- What was your emotional response to blessing your own reflection?
- Did any tenderness or warmth arise toward yourself?
- What part of you most needed compassion tonight?
- How did it feel to see yourself as loved—by God, by awareness, or by your own heart?
- What invitation or message did you sense from the Spirit, the Divine, or your deepest self?

5. Integration Questions

- What one insight from this practice feels important to carry forward?
- How might this change the way you speak to yourself tomorrow morning?
- How might you relate differently to others after this experience?
- What did you notice about the difference between your face and your presence?
- What would it be like to live from the awareness behind the face more often?