



# **Mirror Work: Fast path to Loving Yourself**

**(aka Self-Love 101)**

Courtesy of Barbara Musser

<http://barbaramusser.com>

Most women would like to think more highly of themselves. There's a whole self-help industry that focuses on various ways to do this, from affirmations to weight loss and exercise programs to have a more beautiful body, and everything in between. There's a deeper foundational way to work that is actually a very advanced spiritual practice.

This is not for the faint of heart, rather for those who are willing to face some of their own internal monsters and develop a profound sense of self-love and empowerment. Are you ready?

The first step is to make a commitment to yourself and to this daily 5-10 minute practice, for 30 days. Try to do it at the same time every day so that you are more likely to complete this. Keep track of the days because if you miss a day, you must begin at Day One again. This is important for how it works with the physiology of your brain. Here's the practice:

Set a timer for 5 minutes. Spend that entire time in front of a mirror, looking into your eyes, looking for the lovable innocent little girl inside. As you look into her eyes, find the deepest compassion and love in your heart. Looking into her eyes, say, "I love you (and your first name)." Continue looking into her eyes and notice your thoughts and feelings. Stay right there with yourself in the mirror, and repeat the words, "I love you \_\_\_\_." Do this until the timer rings.

While this may seem like a deceptively easy practice, it's not so simple. It's designed to bring up all your judgments about you, all the negative feelings and everything that stands in the way of you experiencing deep and profound love for yourself. It may evoke tears, rage, fear, grief and lots of other feelings, not to mention those judgments about yourself.

During the course of 30 days, you are creating a new neuronal pathway in your brain, a new habit of thought and feeling. After this amount of time, your subconscious thoughts and beliefs about yourself will shift.

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My promise to you is that if you complete this practice daily for 30 days, you will have a dramatically different experience of yourself. As you begin to nourish yourself with your own love, your outlook on life and the world shifts. You will see more opportunities and have the capacity to think and act differently.