

CLASS TWELVE: MIRROR MAGIC

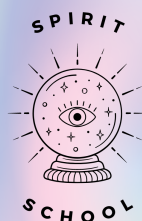
THE REFLECTION

The untethered reflection. Closer to the highest self, because it doesn't hold any emotional charges or biases. It is not a conscious creator - it is neutral and offers no resistance. It is an illuminator.

Mirrors that you can use:

Traditional mirror
Black mirror
Bodies of water
Crystal balls
Pocket mirrors

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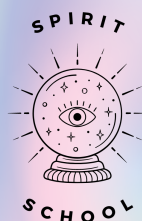
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FOR MEDITATION: ENERGY AMPLIFIER

Mirror gazing. Use it to create a trance. Breathe in and release, offering powerful energy and vitality with each breath. Get lost in your eyes. Disassociate a little. You'll feel the energy between you and your reflection intensify.

This is a great way to start using mirror magic.

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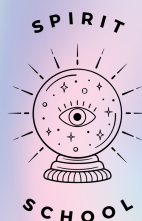
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FOR REPROGRAMMING: SELF-LOVE RITUAL

Mirror gaze and use mantras and affirmations (love-based). Speak with conviction. Receive it fully. It stops automatic programming. Used for healing, removing energetic blocks, cultivating love, being present.

Below list some mantras you will use:

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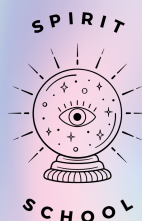


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FOR ENCHANTMENT

Enchanting your perception of self. Get yourself into a trance-like state, use different head tilts and angles until your perception of self shifts. Add elements to your appearance like stars and sparkles (use your minds eye). (You can even change your features and shape). This magic calls for a large energy exchange so use sparingly and for big ticket life moments. It is essentially an energetic cloak.

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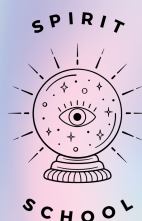


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FOR AURA CLEANSING & AMPLIFYING

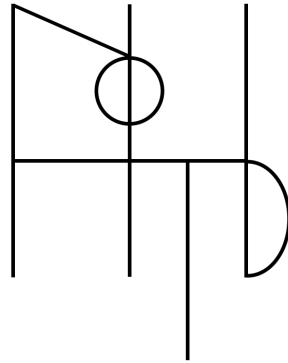
Get yourself into a trance-like, meditative state. In this higher state of consciousness you can observe your aura. Then you can draw sigils (that you've previously created - steps on the next page) into your aura; finger dipped in essential oils/elixir, using an incense stick, using a wand, using a whiteboard marker on the mirror directly. Go slowly and with intention. Use your Third Eye to see the sigils grow with power and intensity. Hold the vision for as long as possible.

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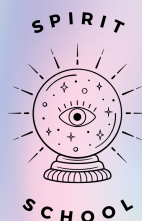
CREATING SIGILS



Sigils are symbols used to hold an intention. Their Latin origin translates to the word "seal". Sigils aren't limited to written symbols, they can also be in the form of an inanimate object. However, the creator sets the intention that they wish to be carried through the symbol/object. The reason that sigil magic is so powerful is because the symbol/object offers no resistance, therefore being in pure alignment with the intention and amplifying it.

There are a number of ways to create sigils, and over time you will discover which method you feel most connected to. This is the method that I first learnt, and it is the one that resonated the most.

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CREATING SIGILS

STEP ONE

Write your intention on a piece of blank paper. The intention can be one word or a sentence. I will show you both processes.

ALIGNMENT

STEP TWO

Cross out all the vowels

~~A L I G N M E N T~~

Rewrite the leftover letters

L G N M N T

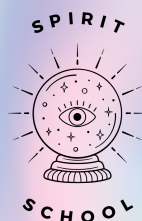
Remove any reoccurring letters

L G N M ~~N T~~

Rewrite what remains

L G N M T

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CREATING SIGILS

STEP THREE

Turn all those letters into single strokes

e.g.

L = | _

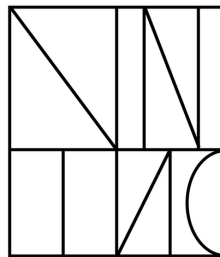
So L G N M T becomes:

| _ C | _ | \ | | \ / | | _

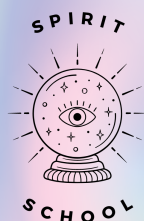
STEP FOUR

Out of those strokes, you create your sigil. It is YOUR sigil, so even someone else with the same intention will come up with a different image.

Here is an example from the strokes above:



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CREATING SIGILS

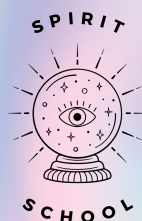
STEP FIVE

Once you've created your sigil, you can use it how you wish, you can carve it on a candle, and each time you light it, spend a moment focusing on your intention and know that as the flame burns, your intention is being amplified. You can put it on your water bottle, and as you drink, visualise and amplify. You can put it on clothing or accessories, and as you wear it, you visualise and amplify. You can put it on your keys, in your wallet, on your phone case; anywhere where you'll have consistent exposure to it.

STEP SIX

The most important thing to remember, is that when your sigil has been created with an intention and is used to amplify, you must BELIEVE that it is working. And it always will.

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CREATING SIGILS

Ok, now let's do it all again for a long intention.

(1) I AM PRODUCTIVE THROUGHOUT MY WORKDAY

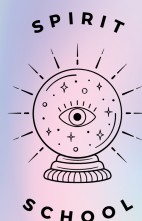
(2) M P R D C T V T H R G H T M Y W R K D Y

(3) M P R D C T V H G Y W K

Now I look at all the possible strokes and note them down on the side of the paper:

I
\
/
C
O
—

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Then I create a tally of how many of each stroke exist:

$$| = 11$$

$$\backslash = 7$$

$$/ = 6$$

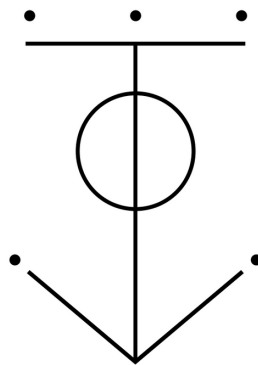
$$C = 2$$

$$O = 3$$

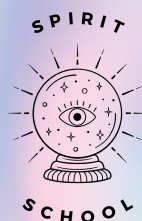
$$_ = 3$$

And determine the total number of strokes = 32

Then I use the original strokes to create a simple sigil.
And use dots to symbolise the number of total strokes:



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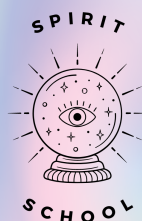
CREATING SIGILS

Write down your intention:

Remove vowels and repeating letters, rewrite what's left:

Draw out all the individual strokes:

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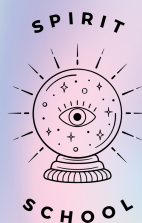


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CREATING SIGILS

Get creative and design your sigil using all your strokes:

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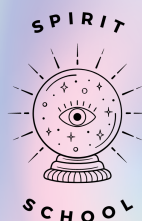


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FOR REGRESSION

Get yourself super close your the mirror. Stare deep into your eyes. Let your eyes become a portal. Your reflection (and the world) will dissolve. The deeper you go, the more likely you are to see an alternate face, environment, clothing. Similar to eye-gazing, but with self.

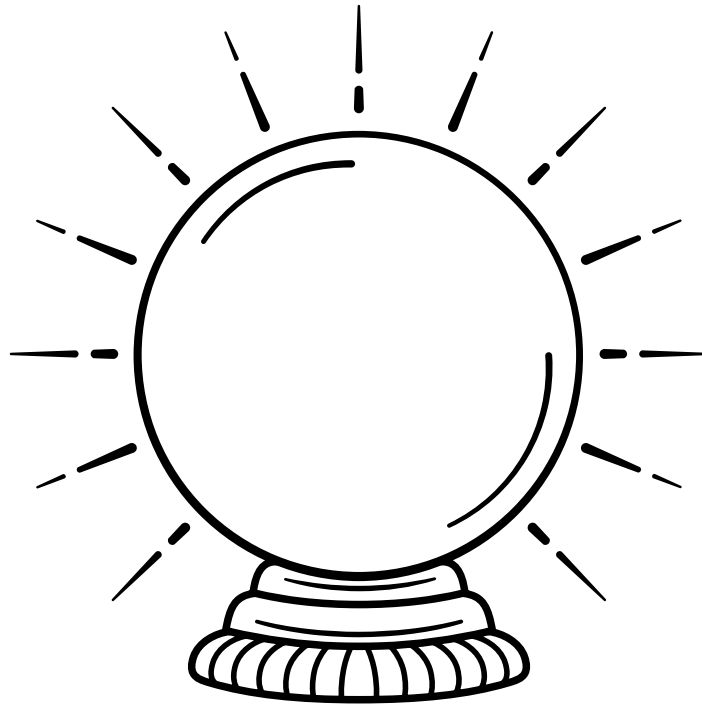
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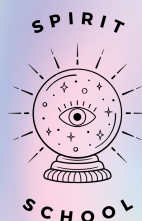
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FOR SCRYING

Get yourself into a trance-like state. Can use a mirror, black mirror, pool of water or crystal ball. You'll get lost in it and begin to visualise. A story, words, pictures, objects will begin to appear. As you master this craft, over time a storyline will form. Surrender, practice, deep meditation and intuition are integral for this specific practice.



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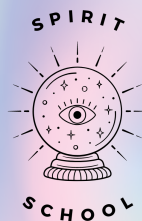


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FOR TAROT READING

An alternate way of reading Tarot. Tell the story based on the cards that reveal themselves through the mirror (in lieu of pulling them out). Some will catch your attention.

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CLASS NOTES

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