

## Mirror Pool Meditation

- Find a place where you will not be disturbed.
- Sit comfortably in a chair or on the floor making sure that you do not have either your legs or arms crossed.
- Take three deep breaths to calm yourself.
- Close your eyes.
- Feel your body relaxing from the center of your being outward, through your chest, through your arms to your hands, up your back, through your neck and jaw. Relax your face, relax your eyes. Let the relaxation radiate through your pelvis and down your legs until it reaches the very tips of your toes.
- Now that you are relaxed imagine you see a doorway in front of you. Move through that doorway into a room. The room is pleasant and open.
- Let yourself feel supported in this space.
- When you are ready, you will see another doorway at the opposite end of the room. Open the door and walk through.
- You will arrive at a sacred pool. This may be one you have desired to experience, have heard about, or something completely new. Wherever you arrive is a direct response to you, your needs, and the questions you have. Allow yourself to participate in the process.
- Once there you may be met by the guardian of the pool or simply drawn to it yourself. Follow your knowingness or any guidance which is provided. For most it's best to kneel or sit next to the pool and look into it like Narcissus rather than enter the pool. The idea is to get information via visuals and information download rather than enter into the information directly.
- Look into the pool and allow the information to form in front of you. There is no need to ask a question out loud, although you may if you wish. Hold yourself still and allow the process to unfold. Mirror pools will show you what you need to know and this information will do deep into you in a holistic, soul level process which will resound for days and weeks to come.
- Once the process is complete either the images will cease or you will feel it is time to go. Thank the pool and return to yourself.

- Once you are done working with the pool simply retrace your steps to your Akashic room and then return to yourself again.
- Take three deep breaths and as you breathe begin to wiggle your toes and your fingers. Take note of the sounds in the room around you.
- Open your eyes.

