

dl divine love academy



RYANKEYS

MIRROR WORK

LET YOUR HEART LEAD THE WAY

RECONNECT & EMBRACE YOUR
AUTHENTIC SELF

*Learn to see your True
Self, build a relationship
with the Core of Your
Own Consciousness.*



My life can be no clearer than when I see my true self in the mirror.

- Ryan Keys

We spend so much time preparing our exterior for the outside world that we forget we must also prepare the inside.

To live your truth is about being dedicated to a daily pursuit of living a personable life letting your heart lead the way.

Authenticity is not about how you present yourself to others or if people believe you to be living truthful. It comes from the deep inner voice inside your soul that cries out to be seen, heard, felt, and understood. Authentic self starts by seeing the true you and embracing that part of you no matter what. Understand being honest lives in your inner voice, and then removing the barriers that force you to bend to the expectations of others. Understand this is your life, and

embracing the deeper levels is not easy.

Just as you shower, clean your house, put on your shoes, self empowerment is not about collecting skills. This is not about mastering the art of evidence gathering, nor is it about the achievement of what you assume will make you happy. It is about truly looking into the deeper part of you, and to paint the inner picture.



The mirror is a powerful tool because it forces you to deal with yourself on a deeper level.

Conceptually, paintings are like mirrors. They're an expression from the artist: 'This is how I view the world

I'm presenting it to you.

- Mickalene Thomas

Connection comes from being able to see yourself in all things and everything. However, the catch here is that you must be able to see you as clearly as possible. It does not mean falling in love with yourself before you can begin loving those around you. It means being able to open up to the very person that will give you unlimited amounts of support. You are your best friend and know the most intimate core of your being. We know the truths that live in only our shadows.

Learn to see your true self, build a relationship with the Core of Your

Own Consciousness. How do you know you are ready? You know you are ready when you begin to ask questions and are able to See Yourself separate from the situations that are preventing you from being your True You.

The reflection inspection is a great way to embrace the idea of seeing yourself authentically. This is a way to jump start the reconnection process.

So 10 minute minimum for 10 days then re-evaluate.

day 01

ACKNOWLEDGE AND GREET/MEET

01

The first 5 mins is silence wear something that allows you to see your entire body.

02

After 5 mins begin to introduce yourself to yourself speaking as if the reflection is a long lost friend, doing this use phrases that are acknowledging self.

03

Hi self, I see you, I am here for you, my purpose is to show you that I am here for you. I love you, I am aware of my being and my body. Etc.

04

Becoming of body aware and sensing the areas you want to focus on...

day 02

AWARENESS AND APOLOGIZE AND ENGAGE

01

Apologize for not spending the time and effort to engage your higher self.

02

Ask for cooperation and action " use action phrases" example: I believe in you, together we will be able to learn how to express ourselves, I hear you, and how can we establish effective change.

03

State your intentions and focus on foundation building, example: My goal is to be open, my intention is to rebuild this relationship with my higher self, my soul is connected to source, become kind to receive kindness, become loving to receive love.

day 03

ACTION INVENTORY ON THE 5 BASICS

01

Eating, doing, seeing, saying, and listening.

02

See the areas you can create subtle change in your environment daily.

03

Action words, I am feeling comfortable seeing myself, I am learning to love myself, I am listening to you, I am able to see you, together we will use service to overcome suffering.

day 04

AFFIRMATIONS AND ATTITUDE BUILDING

The word affirmation comes from the Latin affirmare, originally meaning “to make steady, strengthen.

01

Speak to yourself as if you would a student or family member that you see unlimited potential residing in them.

02

A series of can do phrases, example: I am with you, I love you, My body is healthy; my mind is brilliant; my soul is tranquil, I forgive those who have harmed me in my past and peacefully detach from them, Happiness is a choice. I base my happiness on my own accomplishments and the blessings I've been given, Today, I abandon my old habits and take up new, more positive ones, My nature is Divine; I am a spiritual being.

03

So say it with conviction, say it in your own unique voice, and make it happen in the real world.

day 05

BECOMING **MR. OR MRS.** **WRITE**

01

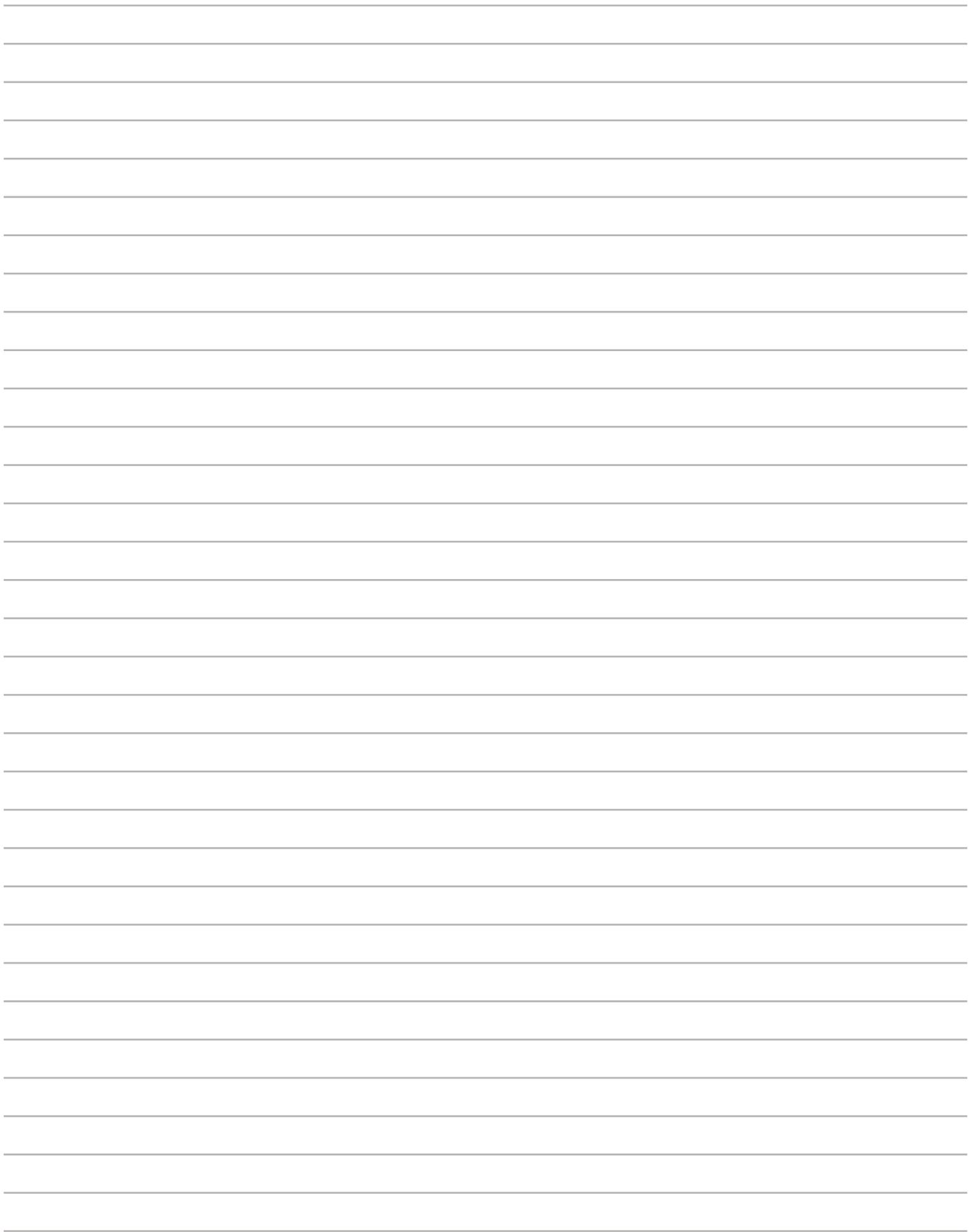
For 10 minutes sit down and write those very things you do not want to write about when it comes to you and your interrelationship of self. Set a timer for 10 minutes and write anything that comes to you. The goal is to be honest and vulnerable.

02

Then sit in front of the mirror acknowledge yourself, and read out loud what you wrote.

03

Then sit and observe your reflection for a few moments and affirm the vulnerability and gratitude for sharing with self.



day 06

FEAR FACING AND MOVING FORWARD

01

Conversation with your 80-year-old self.

Pretend that you're 80 years old, very wise, have lived a fulfilled life, and in amazing health.

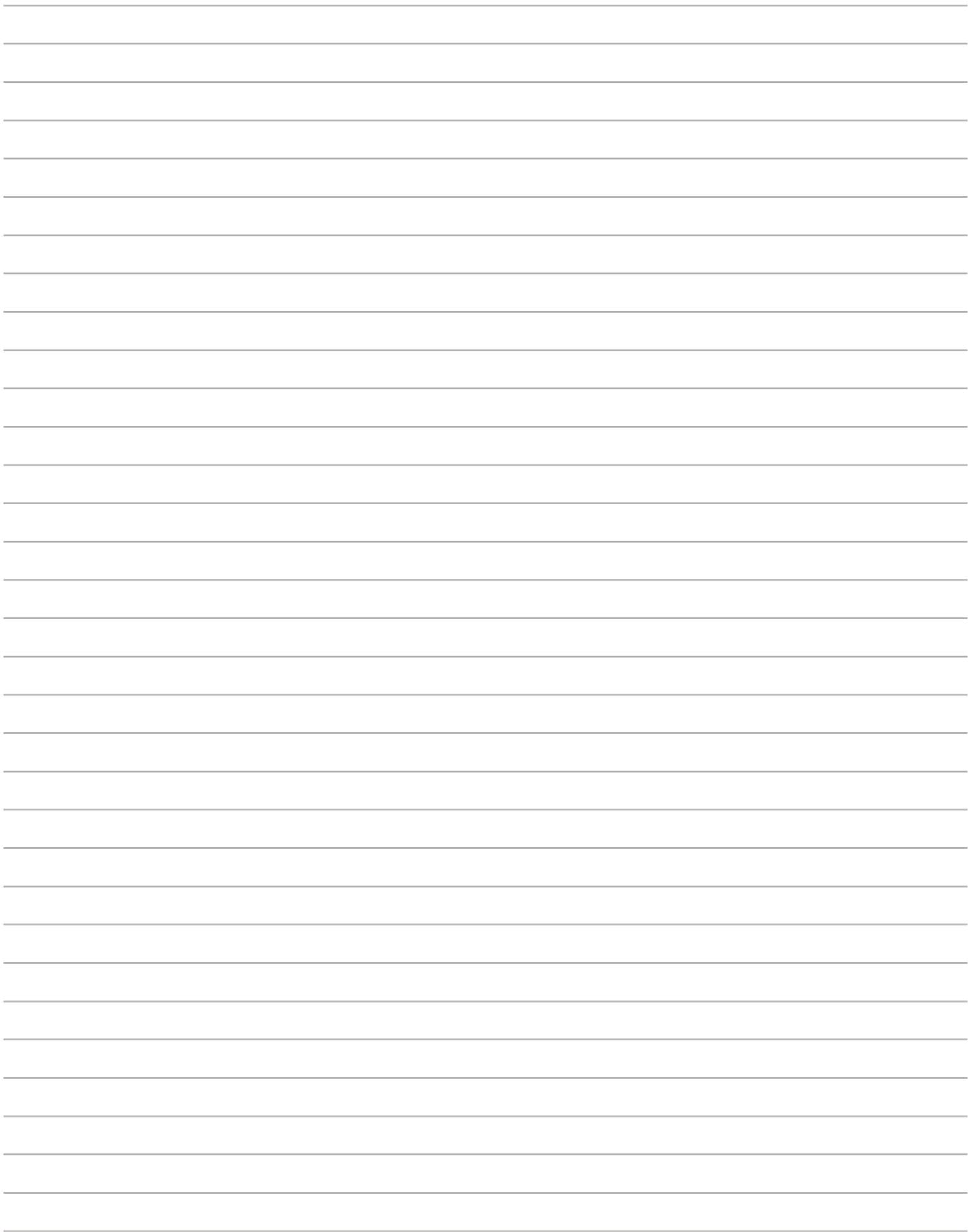
Answer the similar questions to the following:

What would you have me know?

What would you like to tell me about the me now?

What should I concentrate on in the coming days and years?

What things could I do or experience that would have the most positive impact on my life?



day **07**

FREEDOM AND FORGING AHEAD

01

Recognize your expectations for example anything I should, or could... say to yourself I allow for my path to unfold through a higher self, tell yourself that all things have happened as the soul has seen fit.

02

Resend any ideas of being a victim by understanding being vulnerable as an asset, Tell yourself that your past unfolded the way it was supposed to go, and that any hurts or bad occurrences were part of your path. Acknowledge how the soul moves with source and sees all, even the areas that your 3d self cannot see.

03

The day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. ~Anais Nin

day 08

STRENGTHS AND SETTING GOALS

01

Honor your strengths and see them.

02

A type of goal setting that does not limit outcome but employs imagination.

03

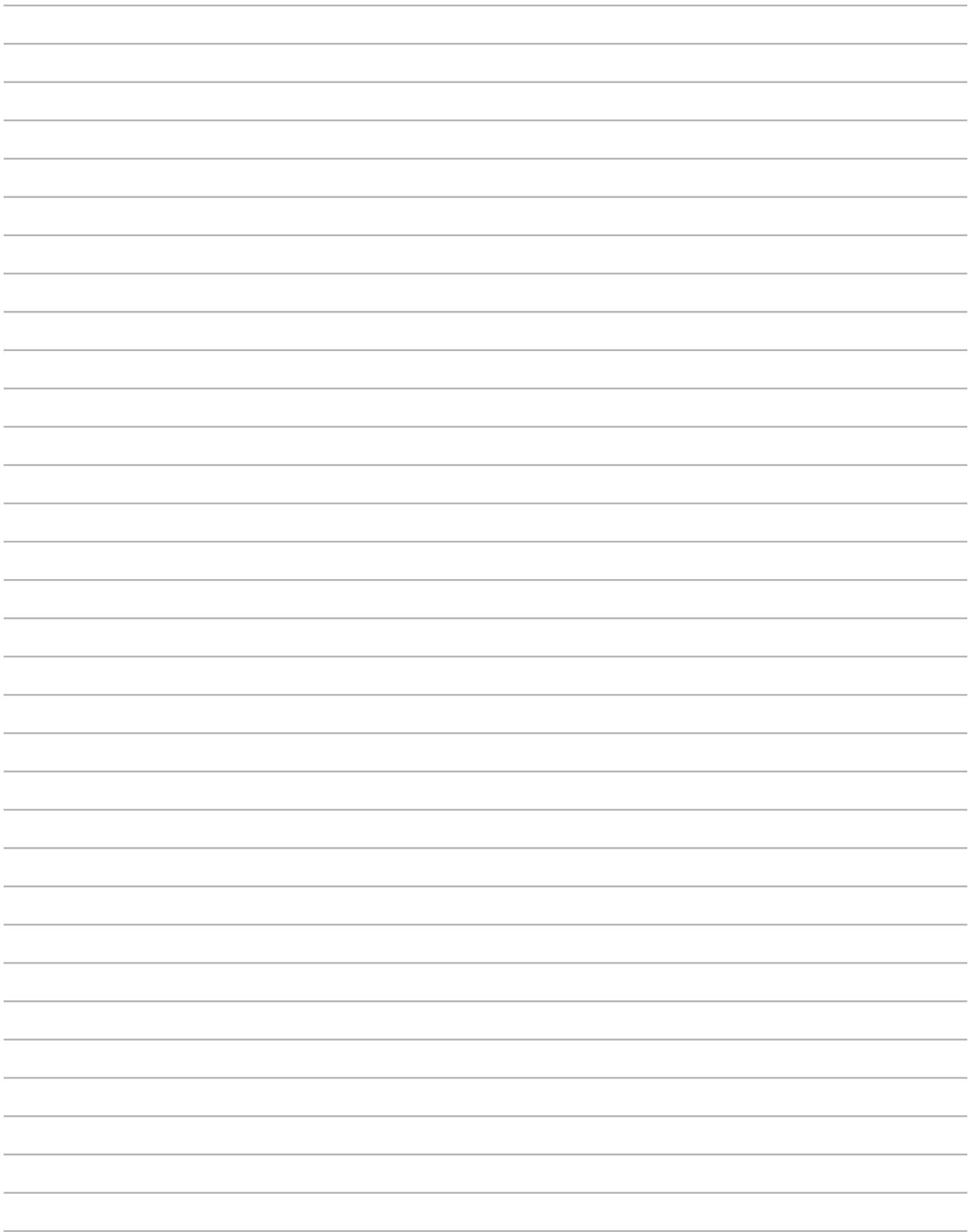
Acknowledge your own superpowers embrace your differences.

04

This is where you must stand in front of the mirror hands on hips, chest out, chin up, and see yourself in a superman pose.

05

Then speak of your strengths while seeing yourself like this as silly as it sounds we are reprogramming your subconscious to see through the eyes of imagination and allowing.



day 09

REPEAT DAY 8

ADDING IN
SELF KNOWING

01

knowing what makes you feel excited, really excited — the things that turn you on and feel like you're living such a soul-satisfying, deeply gratifying life.

day 10

VICTORY

DANCE AND VALUES

01

Identify your top 5 values: What do you value most in life? Like your strengths, these can be such an integrated part of you that you cannot see them without digging in a little deeper. There are some wonderful values assessments available for you to explore.

02

Then turn on some music and dance in the mirror letting all things just go and groove.

03

Celebrate your soul-tion , and that you are your answer.