



Mirrors and Memories

“Looking at yourself through the media is like looking at one of those rippled mirrors in an amusement park.”

Edmund S. Muskie US Politician

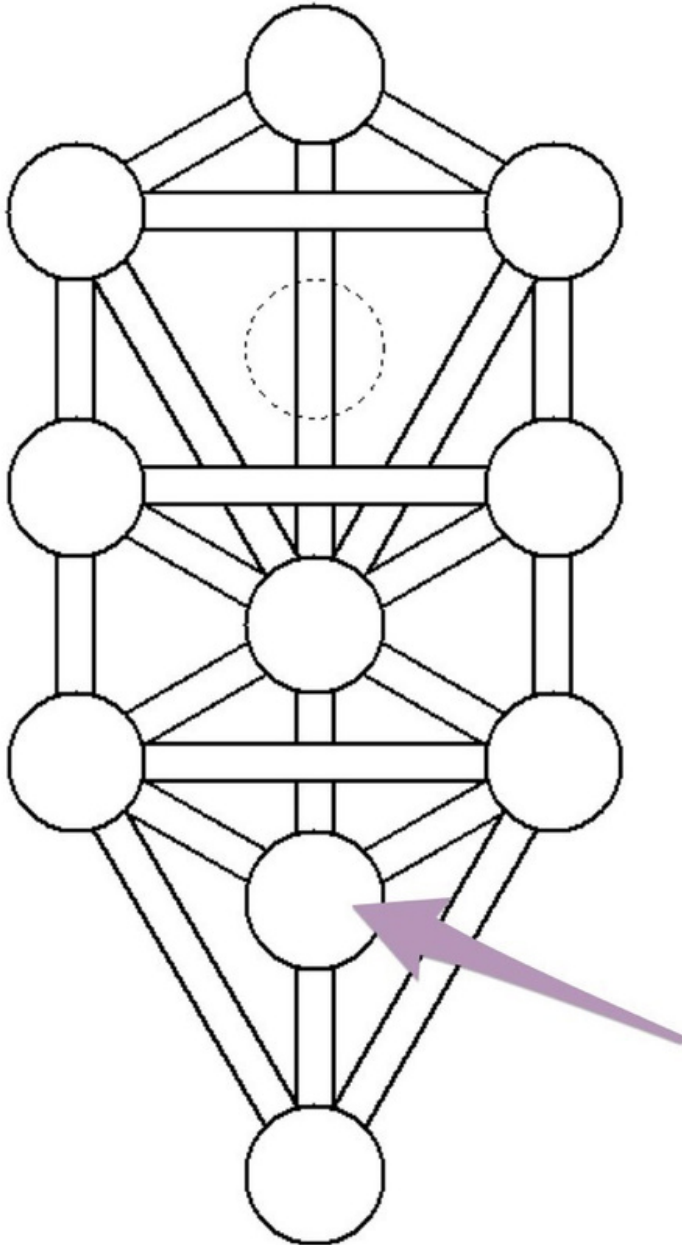
Lets Check In With The Map

Traditionally Called **Yesod**

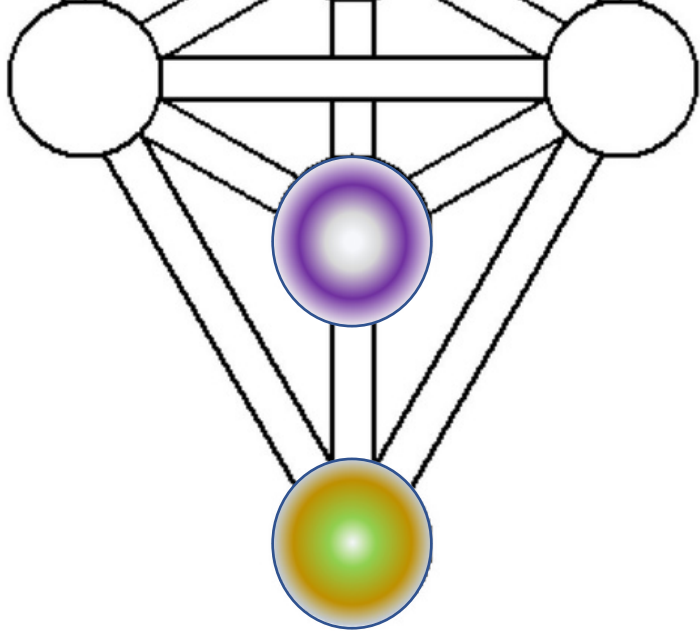
It's home to the Moon, your subconscious
and past life memories.

It's sometimes called Yod

Add an A and you have Yoda.



You are here



How It Shows Up In Your Life

This is where you give birth to all those thoughts, feelings and emotions, where you can visit to remind yourself of what's waiting for you but also what to be wary of as you prepare for that birth, the cycles and habits that you might want to work on before you go any further.

You're already aware of the power of your subconscious mind, the law of attraction and things like affirmations are built on it. But it's so much more than that, it's your recording device, remembering everything you've ever said or done; **everything**.

You may experience it as seeing what you've just been thinking about turn up, a person, an event an idea you've already had shared back to you by someone else? Just for fun imagine a yellow butterfly, a beautiful yellow butterfly, build the image in your mind. Now wait and see how long before you see a real one, a photograph, film or artistic reference that includes a yellow butterfly. The subconscious at work.

Mirrors and Memories

Your subconscious can recall past lives, it knows why you're repeating that habit or cycle, it knows why you're reacting the way you do and it makes a huge effort to bring you the world it believes you want. The trouble is, it speaks a different language to the one you're used to. It speaks in symbols.

You can't avoid talking to it, you send it messages every moment of every day so learning it's language is essential, especially in a world that's become adept at filling your head with symbols and messages that aren't yours, with emotional connections that aren't real and stories you will tell yourself over and over again that are delaying tactics, designed to keep you small. No more small.

How can you use the subconscious to access them?

Much of the training in Mystery Schools focuses on working with images in your subconscious, transformation coming from the way it then affects your every day. It's distinct from your conscious mind, from learning for the sake of learning, it brings wisdom and understanding whereas learning words, dates and figures is knowledge, it has it's place but in magical work it's how you move through the world of your imagination that causes the greatest shifts here on earth.

Let's take a closer look

What do you see when you look in a mirror, you see yourself reflected back, but as you saw in last month's meditations you are more than that.

Now let's take it a bit deeper, how did you get to be so shiny? Of course you're made that way, it's the truth of who you are, but you've also worked hard on the lessons that lives have brought you, including this one.

So the mirror you've already worked with is waiting to show you where that work has come from, show you aspects of your past lives that could explain some of your habits, routines, challenges and most importantly the gifts that you have at your disposal.

Past Lives

There's no doubt past lives influence you, you can see it in some of your big ideas, who you want to be, where and what you want to bring to the world. But, they can also be in the details, especially of your relationships with others.

The memories we have are sometimes shared, so those close to you play out old roles which then activate the usual response in you.

That usual response can be a hundred, if not thousands of years old.

Maybe it's time to look at those, your subconscious can help with that!

Creative visualisation is perhaps the greatest tool in the box of esoteric wisdom and true magical change and it's here we go to find your personal imagery, you're own habits and routines, automatic responses and it's here you ask your subconscious mind to lose the ones you no longer need and enhance those you do. You're choice

Visualisation for Past Lives

You can use the mirror mediation in the library. There you can ask the mirror to show you past lives, it's a very easy way to access information. Just remember to set your intention, the information you seek and to close those doors after your mirror disappears.

You can also do the more in depth one, one that takes you to the Akashic Records. Think of it as a library that holds your soul book, all your past lives and the information they hold waiting for you to access what's relevant to you right here, right now.

Meditation is clearly one way, another is sleep and also filling your life with images you want to see, rather than the ones the world wants you to see?

- Turn off the news, give up your news app, lose your talk radio and take a journey into you. For one week don't read it, don't listen to it, don't buy into it; avoid what the world is telling you and start listening to what your soul is saying.
- Now turn off the worry wart, the ferret of fear and the chicken of smallness in your own conversation, inner and outer dialogue and run this alongside your week of no news being very good news. When you tell your subconscious mind you have money worries it recognises it as you wanting money worries, so it manifests them, helpful retriever that it is.
- Your subconscious is a big dog, big but not so dumb dog, what you throw out it will bring back, just being faithful to where you're pointing your attention.
- Start filling your life with positive images, IMAGES, not words but pictures stuck on the fridge, through watching beautiful and positive movies, travelling in meditation with amazing music or setting them as the background on your phone or work PC. Purge your social media feed, delete those who don't contribute to your zone of peace, of calm of positivity.

Now sleep, and an exercise that is simple but could transform the way you approach life, as usual it may seem like a bit of faff but pretty soon it becomes second nature and it has helped me cope over the years.

The Evening Review

Once you're ready for sleep, not watched the news, put on your eye gel; it's time to rewind your day.

Make yourself comfortable, ready for sleep.

1 Imagine your day backwards, from the moment you got onto bed to the time you got up in the morning.

2 Watch each event without becoming emotionally involved, you're just watching a replay.

3 Anything you're not happy with, notice it and make the intention to do better next time.

4 If you do get all the way back to the start of the day and you're still awake, think about a positive image and fill your mind with. Think of your favourite oracle card, tarot card perhaps?

5 Make the last images you place in your subconscious a powerful suggestion of being totally of the light as you leave the earth plane and enter the inner planes of the spiritual world.

This exercise helps clear the clutter from your day, deals with it, leaving you more inclined to work with those messages and dream walks you have rather than spending precious time in the spiritual worlds queuing at the post office, still hanging on to that queue jumper you got annoyed with. It clears the path towards higher subconscious connections.

Tarot Cards

The four nines remind you that you are almost there, you're just about to reap the benefits but as ever there are warnings, don't give in to unnecessary worry and keep your **images** sharp, well defined and clear.

Nine of Wands –Lord of Strength. Power, a steady force, success after strife and hard work, you've got what it takes.

Nine of Swords –Lord of Cruelty. Sometimes the negativity of others but sometimes your own negative self-talk, do you do that?

Nine of Cups –Lord of Happiness. No matter what's going on in your life there is beauty around you, happiness is a choice.

Nine of Disks –Lord of Gain. A chance to end the job, to find solutions and to serve for no other reason than service itself.



The Reactive Planet -The Moon

The association of the subconscious with the Moon reminds us that life itself moves in cycles, a good time to move forward a time to lay low, a time to talk, a time to remain silent, a time to remember and a time to forget and truly move on. Your subconscious turns the wheels of your universe to bring you what you want in the way you've seen it, felt it and indeed worked for it.

Mirrors are reflective, elephants never forget, the herb rosemary is said to be for remembrance, if you remember your Shakespeare. All symbols of the subconscious.

Where is your Moon? What does she tell you about how your subconscious works?

Homework

Growth occurs with regular practice, maintaining the momentum

- q Interwoven-Light meditation; should be easier now
- q Find your Moon sign, what does it tell you?
- q Look out for that butterfly
- q Notice your habits, routines, automatic responses to triggers. The who and why?
- q Drop the news feed, get your own images in there not the worries of the world
- q Set up some positive images for your subconscious to work with
- q Be careful what you throw out for it to bring back, avoid negative ones
- q Be mindful of frustration, blocks will show up as annoyances
- q Go to sleep using the review technique
- q Write down your experiences
- q Take your daily card
- q Breathe 424

Next Meeting is April 30th