

# MIRROR RITUAL

REMEMBERING YOUR GOODNESS

*By Josie Thomson*



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Here is a gentle mirror ritual, designed to support self-remembrance, emotional sovereignty, and a deeper anchoring in your innate goodness. Perfect for anyone on a path of healing and inner awakening.

### ***Mirror Ritual: Remembering Your Goodness***

Duration: 5-10 minutes

Best done in a quiet space, morning or evening

#### **What you'll need:**

- A mirror (handheld or bathroom mirror is perfect)
- A journal (optional)
- A quiet, uninterrupted space
- A candle or soft light (optional, to create sacred space)

#### **🌿 Step 1: Prepare the Space**

Light a candle or simply dim the lights to create an atmosphere of softness and reverence.

Take a few deep breaths. Let your shoulders relax. Let the day melt away.

Close your eyes for a moment and bring your hand to your heart. Whisper silently:

"I am here. I am willing to remember who I truly am."

#### **🌟 Step 2: Meet Your Reflection**

Open your eyes and gaze gently into the mirror. Don't rush. Don't judge. Just be.

You're not looking at flaws or features – you're looking into your own eyes.

Into the place where your soul lives.

The one who has walked through it all.

The one who is still here.

Say softly, out loud or silently:

"I see you.

I honour your sensitivity.

I honour your strength.

I remember your goodness."

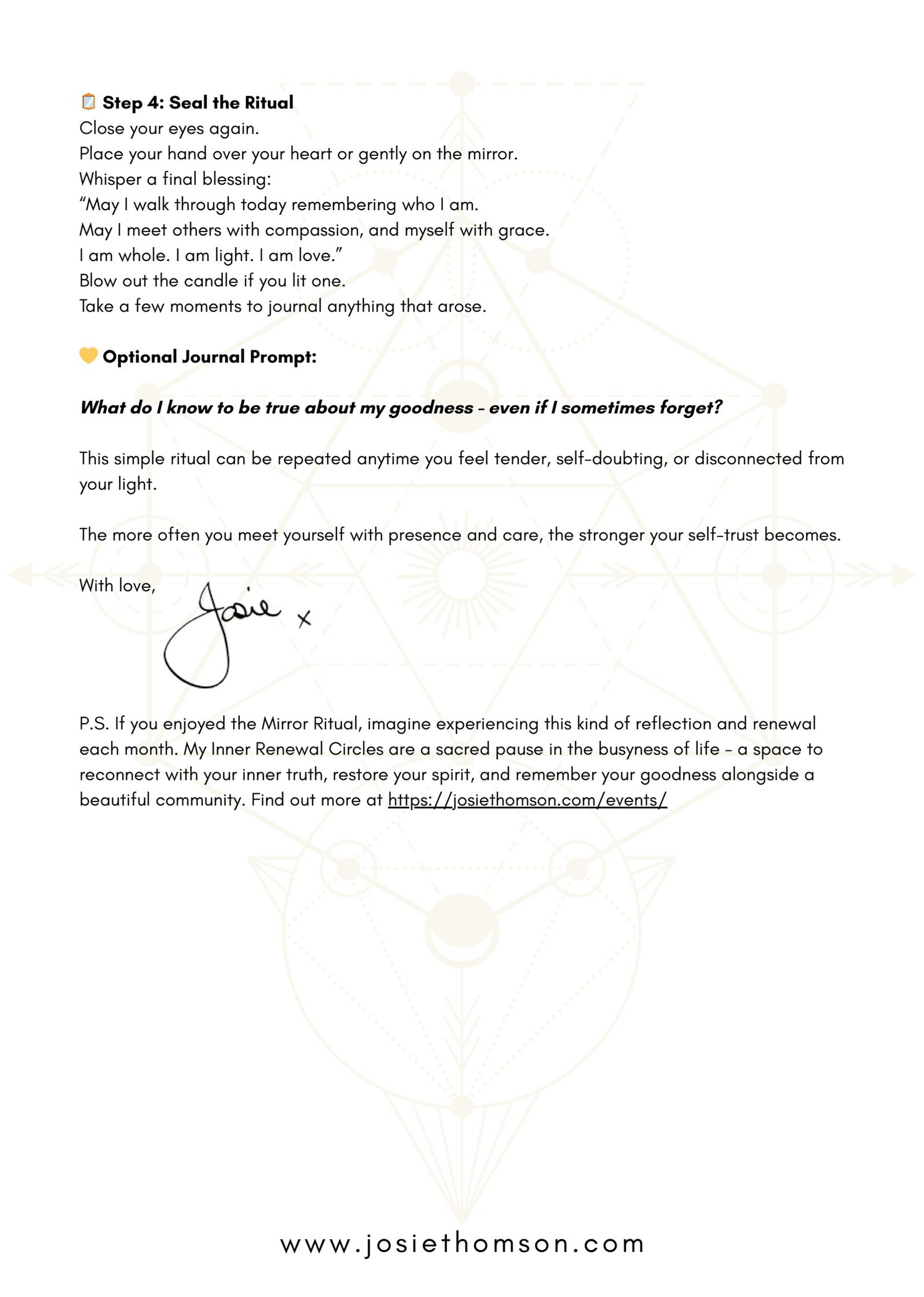
Let the words sink in. Repeat if needed. Let emotion rise if it does – you're safe here.

#### **🌿 Step 3: Speak Your Knowing**

Choose one or more of the following affirmations to say to yourself. Speak slowly. Feel the words.

- "I am not who others say I am. I am who I know myself to be."
- "My sensitivity is a gift, not a flaw."
- "I carry a light that no opinion can dim."
- "I love the way I care. I love the way I feel."
- "I am enough, exactly as I am."
- "I know my goodness. I remember my truth."

Repeat any that resonate. Add your own if you feel inspired.



**📄 Step 4: Seal the Ritual**

Close your eyes again.

Place your hand over your heart or gently on the mirror.

Whisper a final blessing:

“May I walk through today remembering who I am.

May I meet others with compassion, and myself with grace.

I am whole. I am light. I am love.”

Blow out the candle if you lit one.

Take a few moments to journal anything that arose.

**♥ Optional Journal Prompt:**

***What do I know to be true about my goodness - even if I sometimes forget?***

This simple ritual can be repeated anytime you feel tender, self-doubting, or disconnected from your light.

The more often you meet yourself with presence and care, the stronger your self-trust becomes.

With love,

*Josie* x

P.S. If you enjoyed the Mirror Ritual, imagine experiencing this kind of reflection and renewal each month. My Inner Renewal Circles are a sacred pause in the busyness of life - a space to reconnect with your inner truth, restore your spirit, and remember your goodness alongside a beautiful community. Find out more at <https://josiethomson.com/events/>