



## Bonus Recording Transcript – Through the Looking Glass Meditation Practice

### Introduction

Hi, this is Jenn Shallvey and this is a special bonus recording to go with the remembering to be me podcast episode number seven through the looking glass. And if you have listened to that podcast, then you know I promised a meditation of sorts to allow you to go through the process of looking at yourself from a different perspective that I described in the episode. I am creating this now as a way for you to develop that practise and to do that on your own time, on a regular basis until you feel comfortable with it being right for you and adapted into your own way.

So for context, I, we'll call this a meditation, but actually it's more than that. It's more of a reflection, contemplation, exercise. And the reason why I say that is because you are going to do some things that are with your eyes open and some with your eyes closed. So it's not a pure meditation in the sense that I'm going to take you into that space. But that is possibly part of it. And the other thing is I don't intend this to be done. The way I say it is done. I'm offering you a few steps and some ideas, but by all means please take this and use it however it suits you or your practise. I'm a big believer in doing that because then you'll keep doing it for yourself, not for me. So a couple of things to do before you start. One, I would like you to have either a mirror nearby and accessible or a hand mirror or a phone with it in selfie mode so that you can look at yourself in the phone without the phone being on to receive notifications or phone calls and you may or may not want to have a notepad with a pen or a pencil so that you can jot down anything that comes to you.

Any insights or ideas. Again, it all depends and sometimes he may just want to record in your own way. It might be a voice memo or even jotting it down on a computer. But again, the ideal situation is the least amount of things to distract you from the process. And the easiest way for you to recall and remember what matters and is important for you. I often find that when I do a meditation, as soon as I come out of that practise or a process, what I remember to write down right away is what matters and if I don't remember it, then often it will come later if it's important for me to know it. If not, then it wasn't that significant yet because it's obviously come to you, but it hasn't come to you strong enough yet for you to really take notice of it.

### The process

So what I'd like to do is take you into this process now and I ask you to find a place that is quiet and private so that you aren't interrupted and that you are away from any of the distractions that might keep you from sticking to this. It won't be very long. I'll take you through what I consider three levels of perspective to ask you some questions and then get you to consider your thoughts. And again, if you listen to the podcast, then you've already got an idea of what I'll do with you in this process. So be aware that I'll now do that with you, okay? I like to invite you first to relax and I think this is an important step to start. Anything that you do, where your introspection is the number one reason why you're doing this. So let's start with a relaxation process.



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All right. Sitting comfortably in your chair, I want you to just allow yourself to sit back, relax, melt into the holding up the chair. I want you to feel the surface of your body touching the surface of the chair. And as you do that, begin to notice how it holds you, how it supports you, and even nurtures you in this moment. You feel safe, you feel held, and you feel protected. And as you sit back in that chair even more, allow your attention to go to your body and notice how it is relaxing as well.

Choose to let go of whatever you brought into this practise so that it does not bother you or interfere. Any thoughts or distractions that do come up while you're trying to do this work. Just let it go and let it be. Now to bring yourself even more into a state of relaxation, I ask that you focus on your breath. The breath is our means to our inner-self. It is our way of connecting within. It brings us into the present and it allows us to focus on ourself now in this moment. So breathe in. Then as you breathe in, pay attention to your breath coming in and then breathe out and notice your breath going out.

Breathe in and out and just find your own rhythm of breathing in and out. And as your breath comes in and goes out, notice how your body feels. Notice the way the breath feels inside of you. Notice how you relax even more into this moment and, now, as you are present to yourself, I want you to start with an intention. What area of your life at this moment would you like to explore into a different perspective? There is no perfect answer for this. However, I would suggest you pick a part of your life that is not so fraught with challenges so that you can use this practise to develop how you might want to do this rather than solve everything all at once. Pick an area that you can explore and let's look at the first level. Level one is simply a question. All I want you to do is ask yourself this one question, what is working and maybe not working for me in terms of this area of my life and then I want you now to immediately note either in your mind or jot down on paper or record your answer. No, no filtering, no critique, no judgement. Just a quick answer to your question.

I'll give you a moment to note that. Okay. That is your first level of awareness, your basic level of understanding and knowing about this particular area right now in your life. So now you have that, we'll go step two or level two and this is a little bit deeper and we're going to add something to do with this. So here's where the mirror comes in or your phone in selfie mode. What I want you to do now is grab that mirror or sit in front of that mirror or look at your face in your selfie mode. I now want you to look into your own eyes, look at you and ask yourself the question again, what is working and maybe not working for me in terms of this area of my life.

Now notice right away, does anything else happen? Does anything change in your sense of your answer or your understanding or your knowing? Do you feel anything come up in your body, your awareness, your thoughts, notice, pay attention, tune in and sense what if anything is added or changed or clarified at level two with this question and take a moment now to note that and if you need to write that down. Okay, excellent. Now let's go to level three and level three is a bit deeper. And here is where I want to take you into a little bit more of a process. And this time I want you to really feel into the answer.



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And if you feel comfortable with this, then keep going. If you're not comfortable, then just stay with level two and one for now. But just trust that can do this and that you will get the answer that you need, because it's you in conversation, dialogue with yourself. So trust yourself, suspend the judgement, take away the criticism and allow yourself to go deeper. I want you to close your eyes for a moment and I want you now to see that image of yourself in the mirror. See all the details and notice everything about you that you're looking at about you.

And now I want you to, instead of just looking at yourself, I want you now to imagine that you are going through that mirror and you are now on the other side. Imagine or a moment that you are in the reflection. You are in that reflection. Looking back at you. And I know that sounds really odd and crazy yet for this moment, suspend all the need for logic and reason and just go into this moment and look back at you. And when you look at yourself on this reflection, stand back objectively with full unconditional love of yourself with acceptance and see the whole of you in this situation. And now I want you to ask yourself back the question, what is working and maybe not working for me in terms of this area in my life?

Notice what comes up. Notice how you feel. What sense do you get that may be different or the same? What other information do you have in response to this question? Notice inside your body if you feel anything, notice if you see any images, notice if you feel or hear or even smell, just really tune in and notice what is the right answer for you right now. And now that you've got that level three, I want you to open your eyes and jot down or note what you remember from that part of the process and pay particular attention to anything that was consistent or stood out even more than the level one and two.

Okay? Now take a nice big deep breath in and then let it out. And then let's do that again and let it out. Do it one more time and let it out. And as you do that, let go of the process. Thank yourself for the insight and I want you to bring your whole self back into this room, into this space, into your life with all this wisdom and insight that you now have an answer to the question about this area that you looking at. And I want you to stretch, and feel your whole self back here now. Feel alive, invigorated, recharged, re-motivated. You have your own answer to your question. No one else has told you what to do. It's all from within you. And now you have the full power to choose what you do in response to this information that you got from yourself.

Wow. Isn't that amazing? I love this. This is powerful. You have this at your fingertips every single moment of the day. Now today's practise went for a little bit longer than you probably need to do this. So as you go back to this and try this with a different question, I mean, different areas have more fun with it. Go quicker through the levels or jump right into level three, whatever you feel like it's up to you. The key thing is, is this is a really fun practise for you to get answers for yourself and change your perspective in any time, any moment. So I invite you to play with this, have fun and see what comes up for you in your own personal journey. And one more thing, again, this one statement that you can say at any time to yourself is Be me, and when I forget, remember to be me. Thanks.