

The Mirror Spell

A One-Day Ritual for Self-Reclamation

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Introduction



THE MIRROR SPELL A One-Day Ritual for Self-Reclamation by Elle Vida |
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Welcome, love. This workbook is a soft doorway into the version of you who already breathes power with ease. The Mirror Spell is a gentle practice of looking into your own eyes and choosing a new story: a story of wholeness, quiet radiance, and self-trust. Each page guides you into calm presence, invites a kinder inner voice, and helps you embody the life you want—today.

How to Use This Workbook • Move slowly. Sip water or tea. Breathe before each page. • Read the affirmations out loud, letting the words land in your body. • Follow the ritual steps in order; linger where you feel warmth. • Write freely in the reflection pages—truth blossoms in spaciousness. • Close with the final poem and rest. Integration loves gentle endings.

Intention of The Mirror Spell I choose a reality where my inner language supports my becoming. I meet the mirror with compassion, witness my light, and align with actions that match my highest self. I live from calm certainty: the life I want wants me, too.

Tools You May Like • A standing or handheld mirror • Candle or soft light • Pen and journal
• A timer (5–7 minutes per step), optional

Breathe in. Soften your shoulders. The ritual begins the moment you decide it does.

Affirmations



*I choose a story of calm
power.*

*I am a safe home for my own
heart.*

*My breath sets the rhythm of
my day.*

*I honor the life I'm creating with clear,
loving actions.*

*Clarity arrives easily when I listen
within.*

*I speak to myself as a dear
friend.*

*Every choice today reflects my
highest self.*

*I receive guidance in simple, practical
ways.*

Affirmations (continued)

My presence changes rooms—gently and naturally.

I magnetize opportunities that respect my value.

I move like someone who trusts her path.

I allow support, beauty, and abundance to meet me.

My body understands ease; my mind follows.

I remember who I am and act from that truth.

I am the mirror and the light within it.

Ritual Steps



Step 1 — Arrive (2 minutes)



Stand or sit comfortably. Place one hand over your heart, the other on your belly. Inhale for 4, hold for 2, exhale for 6. Repeat three times. Whisper: “I am here.”

Step 2 — Gaze (3 minutes)



Meet your eyes in the mirror with softness. Notice color, glow, aliveness. If the mind sparks commentary, return to the eyes and the breath.

Step 3 – Speak (3 minutes)

[illegible]

Choose 3–5 affirmations from the list and voice them slowly. Let each sentence land. Feel the words move through chest, ribs, shoulders.

Step 4 – Anchor (3 minutes)

[illegible]

Add a small embodied cue to lock the words into memory: roll the shoulders back, lengthen spine, relax jaw, smile with the eyes.

Step 5 – Script (5 minutes)

[illegible]

Open your journal. Write one paragraph that starts with: _____ live as the version of “Today, I who...” Describe actions, tone, and choices in present me tense.

Step 6 — Seal (1 minute)



Place a hand to the mirror or to your heart and close with: “The life I want and I are aligned.” Blow out the candle or dim the light. Carry the energy into your day.

Reflection Prompts



1) What does “calm power” feel like in my body today?

2) Which affirmation created the biggest inner yes? Why?

3) One gentle action I can take today that matches my highest self:

4) Where do I naturally receive support, and how can I let more in?

5) A boundary that keeps my peace spacious:

6) Words my future self would whisper to me this morning:

Closing Poem



I meet my eyes and recognize a quiet constellation,

a sky that learned the language of ease.

I speak one sentence and watch the room soften,

as if the walls remember music.

I place my palm to glass and feel warmth answer—

the universe replies in the same tone I give it.

Tonight I rest inside my own light.

Tomorrow, I rise from it.

■ *You are the reflection made whole.*

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