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## Mirror Gazing (Scrying)

Posted on 2008 under [Psychic Development](#), [Scrying](#) | [38 Comments](#)

16 Sep

### Seeing '[Spirit Faces](#)' in the Mirror

Traditions of '[Mirror Gazing](#)' go back as far as mirrors themselves, and even beyond. Prehistoric man had a psychic nature. Sensitive's of the time would have found themselves gazing into pools of water, unknowingly viewing through a window into spiritual realms. Using this method early man may well have seen departed loved ones and gained insights into how he could increase his chances of survival in the difficult environment he lived in.

Later traditions refer to various forms of mirror gazing 'also known as scrying' the ancient Greek were ardent mirror gazers. Historical evidence suggests that they used 'cauldrons' or any vessel large or small into which liquid was poured and then used for the purpose of divination.

Eastern Traditions used polished metal to obtain their visions. In the story of Aladdin and his lamp, it was when the lamp was polished that the genie appeared!

As with the story of Aladdin' this timeless and widespread practice of mirror gazing even finds it's way into folklore tradition. In the tale of Snow White and the seven dwarfs we have the wicked Queen and her famous line "Mirror mirror on the wall who is the fairest off them all?" Which needs little explaining in the context of mirror gazing.

In modern times there is much anecdotal evidence of people from all walks of life using mirror gazing. Abraham Lincoln is reported to have 'seen in the mirror' that he would win a second term of office as President of the USA.

Sometimes mirror gazing experiences are quite spontaneous, occurring without any warning, preparation or training.

My own first experience of mirror gazing happened quite by accident. I was using the mirror in order to try and develop my ability to see the human aura. Having no volunteers to practice with my only option was to practice on myself using the mirror. My studies were going well, I was beginning to see my aura. I was seeing colours, rays and form in my aura. It was about the forth session that something weird happened, while I was studying my aura. All of a sudden someone different was looking back at me! Not just a little different but very different! My gene stock is European but the guy suddenly staring back at me was clearly of Eastern origin, my immediate guess was that he was Tibetan. The image was crystal clear and replaced my image completely; and then as quickly as he appeared he then disappeared. But then someone else appeared! And then another! And another! Having studied Spiritualism for some years I realised that these were most likely to be my spirit Guides. Which was really great for me because this was the first time I'd really seen any of them.

My Spirit guides were using the mirror to enhance my [clairvoyance](#) and come a little closer to me. I've been mirror gazing for over a year now, generally I see the same faces, occasionally a new one comes along. When my faces come they are absolutely still and expressionless. I once asked them to try and give me a smile just to show they are real, and to try and initiate a form of communication, after several sessions I got my smile, although such an event is rare. On occasions I begin to receive thought communication in connection with a mirror personality, so I am convinced they are real.

When my faces appear I have to struggle to hold the image. It feels as though I'm making a psychic link but it's difficult to hang on to, a few seconds is all I can manage and then a new face pops in. It's as though the psychic links are layered, when one drops off a new one appears

Psychological state and mood can influence the results of mirror gazing. On one occasion I was feeling a bit low when I decided to do some mirror gazing. Some new faces came through but they looked rather undesirable, bullyboy types. This didn't concern me because they soon disappeared anyway and I have good 'psychic protection' against undesirable influences from spirit. I have heard of other people having unpleasant experiences with mirror gazing when they have while feeling stressed out or depressed.

With any psychic work it is always advisable to join a development group, you can then discuss any problems in the group and get help. The least you must do is to have the telephone number of a good medium at hand and call them if there is anything you are concerned about, they are always happy to help with this kind of thing. ([Psychic Protection](#))

There are basically two methods of mirror gazing. First is the 'offset' method. In this method the mirror is offset so that you cannot see your own reflection. People have had some wonderful experiences of meeting loved ones in spirit using this method.

The other method is 'direct alignment' staring straight into the mirror. This is the method I have most successes with.

When attempting a mirror gazing session it's important to feel relaxed and pick a time that you won't be disturbed. Have some pleasant music playing quietly in the background and try to prepare a spiritual environment for the session. It's a good idea to call in the high Spirit for guidance and protection for any spiritual work. Lights should be dimmed but still allowing you to see into the mirror. If you would like to try a mirror gazing experiment but feel nervous about this you could have a friend come round for the session, someone who would like to join you in the experiment.

Mirror gazing is not like [meditation](#). People rarely go into a deep state of altered consciousness so you remain aware of your surroundings and in control the whole time.

A very good book to read on mirror gazing is:

['Reunited' by Raymond A Moody](#). Rider Books.

The best of luck to anyone who wants to give it a go. Let us know how you get on.

Terry

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- [The Third Eye Opening](#) (Feb 01, 2010)
- [Is Telekinesis Real?](#) (Jan 24, 2010)
- [Past life regression test](#) (Dec 28, 2009)
- [Spectral Image](#) (Oct 11, 2009)
- [How to see an Aura](#) (May 10, 2009)

## 38 Comments so far [»](#)

1. by Cathy Meadows, on September 29 2008 @ [2:45 pm](#)



Yes. I had a vision while using the mirror to tell myself what I wanted to be, i.e., "you will be strong," etc. Suddenly the mirror started going fuzzy and then blacked out completely. When it cleared up again, I saw a vision of black clouds going down. They were very semetrical in every way and very 3-D. Solid; real. I looked at the rest of the room and it was just as it should be. I looked at the mirror again and they were still there. I put on my coat and left immediaely and walked all day. I came home and went

straight to the mirror and they were gone.

I developed serious psi abilities from this experience as well.

I now work as a pro psychic but privately, not with a line.

2. by [Lisa](#), on September 29 2008 @ [7:44 pm](#)



Cathy,

Thanks for commenting on this post. What they always say is it will happen when they feel you are ready and not before. They obviously felt you were ready and could handle the transition.

Regarding the symmetrical 3-D shapes, I have found out that this happens a lot during meditation. The shapes can also be of colors so strong that people find it hard to describe them. There seem to be many different theories about them and what they mean.

You never know when your abilities are going to move into a higher gear – but you can't mistake it when it does.

Keep in touch.

Lisa

3. by Terry, on September 30 2008 @ [1:26 pm](#)



Hi Cathy. Your comment interested me, everyone seems to have a different mirror experience. I'm interested to know if you had psi abilities before the mirror experience and how you feel your life has developed since. do you feel your mirror experience was just psi? or was it a more deeper spiritual awakening?

Terry

4. by Jamie, on October 31 2008 @ [6:22 am](#)



i've been reading about mirror gazing for a couple of days now and i'm extremely interested in trying it, but i can't get this horrible feeling that i'm not going to like what i see, i can't tell you why i think this but it's putting me off trying. I really want to try it, but i need to know if any of these visions can be disturbing and maybe i won't feel the same afterwards....maybe i'm just being stupid but i don't know..i just need a little more information

5. by Terry, on October 31 2008 @ [9:22 pm](#)



Hi Jamie

In connection with your concerns about mirror gazing and your fears about it. My advice is not to try it, in fact I would avoid anything psychic while you have these fears in connection with the subject. People can experience all kinds of difficulties with

psychic studies and the reason for these problems always begins within the mind. To begin psychic work it is important that we feel confident and protected. It is also best that we as a person have a well balanced and developed psychology, (not over burdened with unresolved issues). Also very important is 'motivation' Why do you wish to embark on a path of psychic study? The best motivation is to want to help mankind towards greater spiritual enlightenment.

It's always a good idea to join a development group or 'circle' if you wish to develop psychically. There you will find protection and guidance. True psychic and mediumship development is the development of the whole person and their spirituality not just psychic abilities.

Hope this helps Jamie and I wish you the best of luck and hope that you find a way forward.

6. by laura, on December 20 2008 @ [12:44 am](#)



Hi

I just wanted to share with you my experiences of mirror gazing and would be interested in your thoughts and comments.

I started mirror gazing by accident as a child (i'm not sure when exactly but aprox 7-8 years old).

My parents aren't spiritual and I didn't even know what I was doing. I am 29 now and have practiced mirror gazing since being young but never regularly. I often don't even think about doing it for months on end and then one day for some reason I will do the mirror gazing.

I have mentioned it to people before and no one that I've spoken to has ever had the experience and it wasn't until a couple of years ago that I typed something like 'faces appearing in mirrors' into a search engine, that I realised there was such a thing as mirror gazing and that other people did this as well.

The faces that i've seen range from disfigured faces to normal images of people, when I was younger I found some of the images too distressing and would often look away.

I have also had experiences where I have seen the faces and then after a while, everything around me seemed to change colour as if a metallic sheen had come over every thing, but still with a kind of softness to it. Then my own image didn't even look human, almost alien like with the metallic effect and sort of greeny colour. Then my image disappeared. I was still looking in the mirror but I didn't have a head.

Do you know what this could be and why I am able to do this? Also what is the reason for it. It feels normal to me but at the same time also very strange and unreal?!

7. by Terry, on December 20 2008 @ [6:24 pm](#)



Hi Laura

Interesting comment you posted. Looking at your questions starting with your last one; is it normal, and whats going on? Yes it is normal. You must be a natural Psychic to be having these experiences. everyone has psy potential, most people have psy experiences if they allow themselves to realise that but most people don't. Next question what is going on? When you gaze in the mirror you are opening yourself to the greater universe, spiritual realms.

I would interpret your experiences as being a combination of things. Firstly the faces you see, on occasions, may be spirit People. on other occasions they will likely be some aspect of yourself. let me explain; if you feel bad about yourself for any reason, or if you have

hidden subconscious feelings; the not so great faces you see in the mirror may be projections of these. the reason you are seeing these is because when we begin spiritual, psychic development, the truth becomes known, about the universe and about ourselves. Some of the grim faces may be spirit entities of an unhelpful nature coming to pay you a visit. The reason for this is that when we begin to develop towards the spirit we radiate in the spirit world for all to see, so we attract all manner visitors. I shouldn't worry too much about this you seemed to have survived ok up until now. some people become unbalanced when opening to spirit in this way.

It would be a good idea however to use a method of 'psy self protection' if you wish to continue with mirror gazing experiments. (Good examples on this website) The other experiences you speak of, colour changes, your face disappearing etc, these are all due to seeing into higher realms. I have had most of the experiences you speak of, I would say most mirror gazers do. In my case however most of the faces I see are my spirit guides, I don't tend to see very grim faces but I think I have overcome that stage of development.

An important thing to remember is that all of the experiences you have are trying to tell you something about yourself. When you are mirror gazing ask your spirit guides to come close and help you understand, and also to protect you. It is important to build up a link with your spirit guides in spiritual development.

There is a lot to take in here so I will leave you with that for now. feel free to ask more later.

Terry

8. by zoro, on January 14 2009 @ [6:33 am](#)



Hi Terry,

I have read quiet a bit about mirror gazing and have started doing it from past couple of weeks but the problem is that when I gaze for about 15 mins my image hazes and splits in 2 probably I see from each of my eye but there is no success with seeing other faces or spiritual world.

Pl suggest how long to do this gazing before you see anything and for how many times. Is there a right or wrong posture. I do it with a small round face size mirror, sitting on the floor with mirror on the table.

Appreciate you feedback.

9. by [Lisa](#), on January 16 2009 @ [8:15 pm](#)



Terry emailed this reply to me.

Sounds like you are doing everything right with your mirror gazing experiments. You are in a comfortable position with the mirror, you seem to be relaxed, and 15 mins. is a good time to sit for.

There is no rule about how long it will take to see results with mirror gazing. It is important with all psychic development not to be anxious or impatient for results, or to try and force results to come as this could produce undesirable effects.

When we begin to show an interest in spiritual and psychic development we are sent guides and helpers from the spiritual realms to help us. These guides and helpers will be trying to help you with your experiments, they will know the best way for you to develop your abilities, and when it is the right time for you to develop. The best thing for you to do is to continue as you are, think about your guides when you are mirror gazing, consciously try and draw them close and just relax, stay in a good vibe and enjoy it.

The things you are experiencing like: split vision and hazy vision are all signs that you are attuning to spirit, just let it all happen and let your guides sort things out for you, you will get results.

It is always a good idea to protect yourself from unwanted influences with psychic development , there are some good methods on this web sight.

I wish you the best of luck and please post again if you want to talk.

Terry

10. by Lana, on May 24 2009 @ [7:21 am](#)



Hi i'm lana, I just started scrying today..I've always wanted to try, it was amazing..the beautiful faces watching me through the mirror was very interesting..I am not sure who they were, but definitely a peaceful feeling .

11. by [Terry](#), on May 26 2009 @ [6:17 pm](#)



Hi Lana

Your beautiful faces in the mirror do sound interesting, and the peaceful feeling you get with them. I'm interested to know if you have any experience in psychic and mediumship matters, apart from the mirror gazing. tell us more about your faces as well, ages, male, female, other feelings you get about them,ext.

12. by Lana, on May 27 2009 @ [3:57 pm](#)



ok, well it started out as a purple haze,or fog..then the faces, many women but a few men..the ages seemed to be middle aged, I don't know who they were...but I got the feeling of a welcoming or something like that...there were times the faces disappeared and I could only see blackness. I wasn't scared, i stayed very focused and waited for each one to take their turn....this went on for an hour to an hour and a half. Well I'm normally a dreamer(mutual dreamer) this is natural for me,I recently learned that there is a name for it,I had no idea that others could dream this way. And I can sense energies. I'm still learning,and figuring things out..if you have any advice,I'm always open to new ideas!.

13. by Lana, on May 27 2009 @ [4:10 pm](#)

I did forget one thing, afterwards I was energized!!like someone recharged my batteries!!!LOL



14. by Lana, on May 27 2009 @ [4:17 pm](#)



ok i said mutual dreamer, but I guess some people call it lucid dreamer?? I don't know, I just know I've been doing this since I was 14. It was an experience for a 14 yr old that had no idea how I was doing it, but I have a better grip on it now, it took many years.

15. by Lana, on May 27 2009 @ [4:39 pm](#)



I guess it felt as if they were studying me, as I was them..but they were looking deep into my soul...and welcoming me.. sorry so many posts, but my mind bounces around a lot!!!..I've never done any medium work, but my (mother's intuition is GREAT!) :) I warn my daughters if I have a bad feeling and they finally started listening!!.

16. by [Terry](#), on May 29 2009 @ [8:10 am](#)



Hi Lana

Thanks for your comment, I always find people with a natural gift interesting, you certainly are very interesting. It sounds to me as though your gift has opened to new dimensions using mirror gazing; hence the welcome from your faces, your faces are very likely beings from higher realms who have come close to the earth at this time to help us with changes that are occurring in the world, if not such beings will certainly be waiting an opportunity to make your acquaintance, they will see in you great potential to help them in this work. You can be of special use in this great work because you are on the earth 'fully' and so can channel high energies into the earth. Talk to your faces and ask them for knowledge, ask them about themselves, ask them also for more understanding about yourself and what help you may be. Don't forget that we always have a choice in such things so never feel pressured to become involved in things unless you feel comfortable and that it is right for you. Please keep us informed of your progress.

Terry

17. by Lana, on May 29 2009 @ [9:57 pm](#)



I most definitely will!, it is such a beautiful experience. I will slowly start to ask all of these questions, I'm trying not to move too fast, so I can truly absorb it all. I have to say I think I understand what you are saying (age of aquarius, indigo..). If I'm off, please let me know.... Thank you very much, I will keep in touch!. Oh, I am a pisces, go figure (dreams):))!! and I guess mine are a balance of mutual and lucid...I can focus on someone or something of theirs (not easy) but focus and bring them where I'm going..and they seem to remember the details as I do.. Truly thank you for your insight..I appreciate it very much! Lana

18. by Lana, on August 18 2010 @ [3:52 am](#)





Hi Terry, We do have much work to do on this Earth, much healing..It's been an interesting journey!.. I have figured out my wonderful faces and met each one.... I believe humanity needs all the healing of love,kindess and Oneness that we can provide...Our Earth as well.. Coming into the changes that are happening, and happening fast.. Love and light Terry and all...

19. by Terry Schon, on August 18 2010 @ [1:58 pm](#)



Hi Lana, It's been so long since we spoke, I'm really pleased that you're staying with with it, and making progress. It's very true what you say there are big changes occurring – you may have heard of 'Ascension' and the date 2012 may also mean something to you as the year that the changes will be well under way. You are correct it is Love & healing that the human race 'and our earth' needs. People on the earth today came here for the very reason to assist with the Ascension process. Our combined energies of love and oneness are helping to lift the earth from the 3rd into the 5th dimension at which time we will once again become a part of the greater cosmos. Keep up the good work.

Terry

20. by jess, on August 25 2010 @ [11:55 pm](#)



I just had my first experience with this today and it took me by surprise! I was looking into my bahtroom mirror trying to see my aura when my face suddenly changed, I mean a completely different face was there, it surprised me but I kept looking and the faces would change quickly. The first was sort of ugly/demon ish looking, I saw a nice looking an and a nice looking woman and more distorted faces. I didn't feel scared at all, just very calm and curious. I assumed I was seeing these due to shadows or my eyes playing tricks so i just enjoyed it. I just tried again and within 30 seconds of looking in the mirror different faces start popping up. Does this mean something? I would love to develop this more. I hope its not just my eyes playing tricks on me!

21. by Terry Schon, on August 26 2010 @ [11:46 am](#)



Hi Jess, Your experience sounds much the same as mine with mirror gazing. I'm also sure your faces are genuine, It's not possible for our eyes to play tricks and give us clear images that we see with eyes open and fully conscious. Mirror gazing is definately a way of expanding our consciounes and seeing further into the dimensions of creation. Exactly what your 'faces' are is difficult to pin down as we are now speaking about 'multidimensional reality' Your faces are – a part of your own subconscious,hidden self; They are your spirit guides; they are personalities of your own past lives. Your faces may even be images of your future! (all of the above are actually the same thing). Of course the faces may also just be wandering spirit beings from the realms popping in to see whats going on, but this is unlikely. It is much more likely that your faces are very significant to you and want to connect with you and work with you. When you are scrying, talk to your faces and ask them who they are, or just try and communicate telepathically. Ask them to show you things and impress your thoughts with inspirations. Let us know how you get on, I think there is a lot of potential there. Terry

22. by Kelsey, on September 15 2010 @ [6:45 pm](#)

it doesn't seem to work for me.. Is there any tips you have for me?



many thanks, kelsey.

23. by Terry Schon, on September 22 2010 @ [8:34 am](#)



Hi kelsey, Sorry for the delay I've have computer problems. It's difficult to advise on your question to be honest. Let me start by asking you if you have any other psychic/spiritual awareness or experiences of this nature? And take it from there...

24. by Lee, on December 6 2010 @ [9:24 pm](#)



Today was my very first time ever experimenting with mirror gazing, and I do believe I have had an experience... I started out by asking any spirit guides an image of my future child, I gazed in the mirror for a good ten minutes with nothing happening than instead of my reflection I started to see very hazy shadow images in front of me. They only lasted for about a second before they would change into another murky facial image..I thought hey this is weird but then I decided to just go along for the ride and enjoy it..I had completely forgotten about my earlier request when before me a very clear face appeared. She was beautiful but looked very much like me from the nose down but she was asian with long black hair and looked to be in her teens. I am Caucasian with short black hair in my mid twenties..It lasted for about 5 seconds then she faded away..Im not quite sure what to make of this... I would be inclined to assume I had just seen a face from a past life...but is it possible I have just been given a glimpse of my future daughter? I wonder this because, my fiance and I are trying to have a baby soon and he is full blooded Korean... Any insight into what has just happened to me would be greatly appreciated.. Needless to say, I will definitely mirror gaze again!

25. by [Lisa](#), on December 7 2010 @ [8:20 pm](#)



Hi Lee,

How exciting! I believe the faces were real, whether from a past life or a future soul yet to incarnate only time will tell. It gave me goosebumps reading your experience which is usually a good thing and exciting. Keep gazing into the mirror and things should get easier and more clear. Good luck and I will look forward to hearing of your experiences.

26. by Terry Schon, on December 8 2010 @ [11:28 am](#)



Fascinating experience Lee. Yes I should certainly carry on gazing it's clear the spirit want to work with you this way. The spirit and yourself are developing a special relationship through scrying so I wouldn't be too inclined to seek the opinion of others about what it all means. Sharing such experiences can sometimes disturb the delicate energies that are trying to build. Try not to control the experiments too much because again you may be disrupting what spirit are trying to do. For interpretations; ask spirit yourself what it all means, this will help build up the relationship between you and the spirit. Good luck and pleased keep us informed.

27. by [siva](#), on January 6 2011 @ [1:19 pm](#)



They were very semetrical in every way and very 3-D. Solid; real. I looked at the rest of the room and it was just as it should be. I looked at the mirror again and they were still there. I put on my coat and left immediaely and walked all day. I came home and went straight to the mirror and they were gone.

I developed serious psi abilitites from this experience as well.

I now work as a pro psychic but privately, not with a line.

28. by Terry Schon, on January 11 2011 @ [9:47 am](#)



Thanks for sharing this with us Siva, I love stories like that. It is sometimes the case that a psychic experiment can result in a major opening of the 3rd eye and psychic abilities. There are many people like yourself that came to this earth at this time to help with the ascension process, and having access to the dimensions is one of the tools/gifts that you bring. It's important now to form a strong link with those in spirit that are working with you and gain wisdom and knowledge from them. It's also a good idea to do some research on ascension, spirituality ext if you are not already done that. Good luck Siva and may the spirit be with you – the world certainly needs you at this time.

29. by Emilio Sulivescu, on January 31 2011 @ [4:00 pm](#)



OMG....I just found this web site and it's such a releif, because I tought I have gone bonkers....

20 Minutes I go I just had a shower and after shaving I started to stare at my face... Yeah I'm a bit narcissistic so I was exploring it. What can I do?

Then the mirror got all couldy and thousands of faces began to appear over mine...

I saw my father, my grandpa, lots of unknown people, even some Native American!!! They all seemed neutral and at ease

....then I saw some guy made of stone and got scared so much that I had to look away. But the stone guy was not scary as the fact I saw him. Jesus!

Phew...So I'm not crazy?

Jesus Christe... 😊

What a releif!

I will never do this again!

30. by Terry Schon, on February 21 2011 @ [6:48 pm](#)

Hi Emilio, Thanks for sharing your experience with us, I really enjoyed reading your accounts. As you've probably gathered by



reading other peoples comments here there's nothing to be worried about with scrying, in fact it can be very useful. You have probably also gathered that the people you saw in the mirror were the spirit forms of your relatives, and other people from the world of spirit who have an interest in you. The native Americans you saw may well have been a past life of yours. The indians you saw may also be some of your spirit guides now. You have a beautiful gift Emilio, a gift that can be very useful to humanity at this time. However it's your choice what you do with your gift, you can ignore it if you want but you have to ask yourself, Why do I have this gift?

Please feel free to ask questions and chat some more about this.

31. by lisa, on May 22 2011 @ [7:00 am](#)



for many many years id get a "urge" to stare in the mirror.i start with staring into my eyes.i relax and control my breathing.i can blink but i never break the gaze.i start to get a tunnel vision and my face fades away and i see differnt faces.old,yong, from long ago.they flash before me.it gets to a point where i must stop.i told my daughter about what i do.she wanted to see.she watched the whole thing and was scared and amazed at how my face changed phycally when it was over.she said i turned old.she said i looked like me but my face also looked like a old woman...i was worried about that.i hadnt done it in a year.i felt i might have been bringing a spirit or something out. the urge is strong now.i want to do it again but i am wondering if its just me wanting it done or a spirit calling me to gaze again.ive always had the gift of dreams. 2 weeks before someone close passes they say goodbye to me for a week.everynight then the dreams stop....could spirits want to connect thru mirror gazing? sorry if im rambling. its very late and im trying to get these thoughts out....

32. by Terry Schon, on May 23 2011 @ [3:33 pm](#)



Hi Lisa, thanks for that fascinating account of scrying you have given us. First of all I want to reassure you that there is nothing to worry about with your experiences, they all seem to be of a positive nature. It is unusual for someone else, like your daughter, to see the changes on your face when scrying. We call this 'overshadowing' or 'transfiguration' when someone can see changes taking place when a spirit draws close to someone. You have much potential as a spiritual channel, and also your daughter as she can see spirit coming close to you. It is clear to me that spirit want to work with you, and it will also be the case that you came to this earth for this reason, that's why you are gifted so. Apprehension, or even fear, is quite natural when our psychic abilities begin to unfold,this will fall away when you know you can trust spirit. It would be a good idea to look at the psychic self defence and protection advice offered on this website as methods of safeguarding yourself, and for your daughter. It would also be a good idea to find a psychic development group or just a good spirit worker where you can share things and get advice. It is always best to develop with other people and share experiences; this is also a form of protection. The best protection any spirit worker can have is their motivation for wanting to work with spirit. If you have the highest motivation and cause for wanting to work with spirit you will attract the highest and most powerful influences to help and protect you.

I hope this has been helpful for you Lisa, please feel free to ask more questions.

33. by Mark, on July 3 2011 @ [7:53 pm](#)



This is all very interesting> My Grandmother was born in 1898 and was born with a veil over her face and was told she was special and would have a life with good things that would happen to her. I recently found out that I am Claircognisant and that I have nieces that exhibit several of the Clairs. They had spent considerable time with my Grandmother who taught them a technique of gazing that is set up as follows. A background mirror (must be very clean) is set up. It is the largest one. In front of the mirror was a glass filled with water and an oil lamp was then set in front of that. Another mirror was used to look at the first mirror from a position facing away from the first mirror and using the second to look over your shoulder at the second mirror and focusing on the water glass reflection with the candle light also visible. One then must relax the focus of the eyes and focus beyond the waterglass but paying attention to the waterglass initially until something appears.

My Grandmother could converse with the entities in the mirror and my nieces see the faces speaking but are unable to tell what they are saying. Usually have several people show up and some are living now. One niece saw an attorney she didn't know but was in the courtroom the next day when she went with my other niece for a court proceeding that didn't involve this attorney.

This is a different gazing process than I have found so far. Also she was a deeply religious and Godly woman. She wrote for the newspaper for over 50 years and passed in her 80's. Just an interesting account. My Girlfriend on the second attempt saw what looked like Jesus as depicted in paintings and had a very good feeling about the image which then turned into a demonic image and she broke it off. Just shared to see what someone might think about this account.

Mark

34. by [Lisa](#), on July 4 2011 @ [11:31 am](#)



Thank you very much, Mark, for giving us a glimpse into your family's abilities. I certainly found it very interesting and I will look forward to reading what responses come in from this. Thank you again.

Lisa

35. by shana, on December 2 2011 @ [8:08 am](#)



Hi all,

I am in deep trouble and looking for help, I had invited my father (along with my mother) to live with me after marriage so that he can spend some time with me and with my 1 and half year kid, My father was healthy and lived with us only for 3 weeks, he was in his 70's and the third week he expired out of complications from pneumonia in hospital. He was under medical care for a week and expired. I feel guilty of inviting my father and losing him in 3 weeks. Something tells me if he has not come here he would have survived, this left me thinking that my father might be angry on me (I don't know why I got this feeling) (feeling the grief of loss and a terrible pain of being the cause of his death indirectly).

Coming to the subject, Week after my father's death, after putting my son to sleep at night, I was sitting next to his cradle and was just staring at the wardrobe mirror unconsciously, all of a sudden I saw my face changed and looked like my father's face. I got scared and

turned away from mirror. I do not know what happened. I had never before heard of mirror gazing. Then i tried to search in net with the word mirror, vision etc and reached this page, What do i do now. I dont want to disturb the dead, but want to apologise and know what my father actually felt, and am i the real cause of his death. I am left with the feeling that I did not take good care of my father, as much as i loved him because of my work and kid, i thought i did my best but failed saving him.

36. by Jeska, on April 13 2012 @ [3:33 pm](#)



My first mirror gazing experience was also by accident. I too was concentrating on seeing my aura, as I was seeing the colors I looked away for a second and when I looked back it was clearly another person looking back at me. It was a male with brown eyes and I am a female and have blue eyes.

Tonight I decided to attempt it again with the intent of connecting to my guides and as I stared at my third eye and concentrated on my breathing I begun to see different faces coming through. In hindsight I should have counted them but I would say there was about 30 different faces that came through. There was also a feeling of immense joy, I didn't want it to end but my eyes got too watery and I had to end the experience. I am definitely going to experiment with this technique again!!

I am so glad I saw your post, it is good to know when you have these kinds of experiences that your not alone.

Thanks for sharing your experience!

Jeska

37. by kyla, on June 2 2012 @ [9:45 pm](#)



in the beginning i felt vibrations all over my body going through different places and all around me especially down my spine and third eye my face gt darker and my eyes blacked out for moments and my face would glow with white light. and then i saw my eyes glimmer a golden green and droop below and my skin turn golden i tried to channel my spirit guide ramdas and see him and i got to see his eyes maybe he isnt ready for me to see his whole self maybe i have more things to conquer and evolve from on my journey love \* light to all<3

38. by adam, on September 23 2012 @ [3:19 am](#)



okay so i feel like the faces i see are way different, everyone on here or anyone where i have looked this up talk about seeing many people with nice different qualities. Well when i look its always bad qualities. Like i see dark eyes, scary faces, etc so what to do?

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## About Author

Since a very early age I have been interested in anything spiritual. First of all it was spirits (ghosts), as most children are curious about these anyway. I was fascinated. So needless to say, from the age of 8 years old I have been investigating, practicing and playing with all things spiritual. Yes, I did say playing, because although I do not suggest messing around with things in the astral planes, there are still many fun things you can do and develop at the same time. More of that in my future posts. As I am now in my early 40's, you could say I have many years experience, although I will be the first to admit that I am not an expert on any one subject. Just a life long student of learning. Have fun and if you want to contact me just click on contact me and complete the form. I will then get back to you as soon as I possibly can. Love and Peace to you all Lisa

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