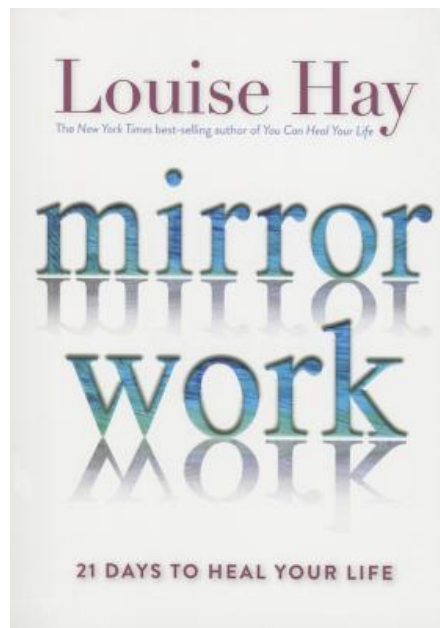




Mirror Work: 21 Days to Heal Your Life

Louise L. Hay

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Since its publication in 1984, Louise Hay's international bestseller *You Can Heal Your Life* has sold over 40 million copies worldwide. Now, in *MIRROR WORK: 21 DAYS TO HEAL YOUR LIFE*, the popular teacher and author offers the first book dedicated to her signature practice for personal transformation.

The Mirror Principle, one of Louise's core teachings, holds that our experience of life mirrors our relationship with ourselves; unless we see ourselves as loveable, the world can be a dark and lonely place. Mirror work—looking at oneself in a mirror and repeating positive affirmations—is Louise's powerful method for learning to love oneself and experience the world as a safe and loving place. Like her successful video course, *Loving Yourself*, *MIRROR WORK* lays out a 21-day program of teachings and exercises to help readers deepen their relationship with themselves and live a joyous and fulfilling life. "*Doing mirror work*," Louise tells readers, "*is one of the most loving gifts you can give yourself.*"

Each of the 21 days is organized around a theme, such as monitoring self-talk, overcoming fear, releasing anger, healing relationships, forgiving self and others, receiving prosperity, and living stress-free. The daily program involves an exercise in front of the mirror, affirmations, journaling, an inspiring Heart Thought to ponder, and a guided meditation.

Packed with practical guidance and support, presented in Louise's warmly personal words, *MIRROR WORK*—or Mirror Play, as she likes to call it—is designed to help readers:• Learn a deeper level of self-care

- Gain confidence in their own inner guidance system
- Develop awareness of their soul gifts
- Overcome resistance to change
- Boost self-esteem
- Cultivate love and compassion in their relationships with self and others

In just three weeks, the reader can firmly establish the practice of Mirror Work as an ongoing vehicle for positive growth and self-care, and a path to a full, rich life.

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From Reader Review Mirror Work: 21 Days to Heal Your Life for online ebook

Leo Robertson says

I watched *Anomalisa* again a few evenings ago, because Juan was still at work and I didn't want to subject him to it :D I picked up new insights from a rewatch, as Kaufman generally intends, but I found this surprising because I'd watched it the first time so damn closely because I wanted to absorb all his cleverness the first time round. (The Japanese doll sings with Lisa's voice at the end! What does that mean? Happiness is a foreign language to Michael? He wants what she has but has no hope of deciphering the language of her life? Probably it means nothing haha.) What was interesting was that the background characters seemed just as guilty of living in their own little stories as the protagonist. A taxi driver beeps angrily at another driver and swears at him, assuming malicious intent without enough information to do so. He tells Michael not to "knock" Cincinnati without Michael having said anything negative. When Michael asks about a toy store, to get something for his son (whose only apparent interest in his father is as toy provider), the taxi driver assumes he's looking for sex toys. To the taxi driver, Michael's just a blend of passengers, and he interacts with him as such, providing bland and safe recommendations of what to do in the city, which is thriving with people but only appears to have a zoo and chilli to offer, a place filled with life, but you could do it in a day.

When Michael comments that his bed is big, simply because he doesn't know what to say about it at all, his wife assumes it's a slight, that he's irritated by not having enough space in bed with her. Everyone's touchy in that same way they are in *Curb Your Enthusiasm*, but it's not so funny this time. Later, though, Michael says to Lisa, 'You're extraordinary,' without knowing why he thinks this, though it seems that it's because he's unfairly nominated her as the solution to all of his problems—which no one is.

On this "not enough information" point, Michael first invites an ex-girlfriend to the bar and tries to invite her to his room. He later goes back to the same bar with Lisa and her friend. He and the waitress have the earlier context of the ex-girlfriend, but Lisa and her friend don't, and are excited that he's spending this evening with them and them alone, at which point people in the same room are decidedly living different narratives.

Had I watched this film alone at twenty-five, I would've thought, 'Finally, someone spoke the truth, and what a shame that it's so horrifying. Michael is everyone's inevitable fate.' See, I wasn't doing as much thinking for myself as I thought I was at that age. This time, I thought, 'I feel like Michael sometimes, other times like Lisa. They both have their reasons for responding to life in the way that they do. I feel bad for Michael that he can't enjoy life more.'

Really, Michael and Lisa represent two ways to think about your life: accept who you are and rejoice in the new, or expect to understand and control everything and set yourself up for constant disappointment. One has dashed expectations, the other has none. What to say about that? I don't know.

What is the truth of life is that since there's too much information in any given day, most of which we don't have access to, we compartmentalise, become the characters in our own narrative. I think there's something about this in *The Denial of Death*, but I'd probably understand that one on a re-read! The voices in our head tell us whether we're failing, succeeding, what other people want from us, what they want for themselves, what they need, what they're trying to do.

What I might conclude from the above information is that people should assume people think about them less than they've estimated. I do think this. As DFW said, "You will become way less concerned with what other people think of you when you realize how seldom they do." Even last year I was scared about what people might say about me when I wasn't in the room, which is how my manager defines "reputation." But I

challenged it, started asking people what they thought of my work performance, for example, and realised that they weren't thinking about it as much as I was—but of course they weren't! For one thing, if something is working properly, it gets taken for granted very quickly.

So really, we are all living our own delusions. It's unavoidable. It has to be done because we have a thirst for understanding the world around us, but too much curiosity in any one direction would divert our interests away from where it's otherwise needed. So we compartmentalise. Arguments with close friends, for example, can operate with very few words because of all the assumed knowledge, all the "exformation." "Remember Paris?" for example, could mean anything, depending on who's saying it. We make a lot of assumptions each day but rarely step back and reflect upon the fact that we never know everything about any situation, or any person, including ourselves. It's all just a narrative.

So Louise Hay (I was getting there) says, 'You can control the narrative. You can choose to think positively or negatively about any situation that you're in in life, at all. But, if you think positively about it, the situation improves of its own accord.' I think this is true, and I find it hard not to be resentful about it. If you smile more, people will like you more: well what the fuck is wrong with them? Why are they so bad at handling unpleasantness? It's hard not to look at the world as a bunch of dumb people clamouring to get stuff they don't deserve. Isn't it mostly that? I don't know. They say people aren't against you, they're for themselves. I say, true, but doesn't mean you can't get mad at them for that. But I think I could retrain myself to see the world in a different light, celebrate those around me more and invite more people worth celebrating.

So there are stories in our heads, and they are never the whole story, but we have a tendency to enhance the bad in them and discount the good (because, it worked, so there's nothing to analyse?) Louise Hay has found a way to redirect the narrative to one that is more positive, which is more conducive to fixing all the things we were worried about when we were worried anyway!

I also seem to have paired positive thinking with setting oneself up for failure. You know, how it's common to say, 'Don't say "Nothing bad can happen now!"' Somehow we feel like it's in poor taste to hope for something better. Or that if we're doing work, it has to feel like work to be of any value. My dad proclaimed that 2017 was going to be the happiest year ever. Well, some of his friends didn't like that, oh no: wasn't 2017, they said, projected to be one of the worst years ever? Jesus, well how do you measure that? If you measure it by CO2 in the atmosphere, sure, it's the worst year of the billions that have ever been or whatever. If you measure it in terms of chance of getting polio? It's pretty damn great, no?

Camus explains the crime of happiness nicely in this video:

<http://www.openculture.com/2017/03/al...>

"Saying someone can't be sad because someone else may have it worse is like saying someone can't be happy because someone else may have it better." When does it end?

Today! With the practices outlined in this book, you will take the time to reflect upon just how much of your life is working, and invite more of what you want, what really matters, into your life.

Louise Hay is exactly the kind of person I would've been cynical about in the past. But she's like 90 years old now, gave this away to subscribers of her newsletter for free, and all of her practices highlight the fact that you have all the answers already inside of you and she's helping you to find them. All that tells me she does this only because she really believes in it and wants to help, and when I last looked into it, the benefits of her practices were akin to cognitive behavioural therapy—so there is a tested logic behind them.

And I tell you what, if ever I'm feeling low, I think, well, there are exercises I could do to feel better about today, and I'm simply not doing them. Even knowing there's a way to improve my mood and I'm not doing it is enough to improve my mood, because it suggests I'm not as unhappy with how I feel as I thought I was.

So I don't really know what you have to lose!

Dan Warren says

Beautiful. I am going to read this a couple of times and really put the ideas in practice.

Rebekka Steg says

2.5 stars

Thankful Reader says

Good for someone starting their spiritual and counseling journey.

Livi Lawrence says

It was so good! I was recommended by a friend in a retreat. I love it, it's the kind of book that you'd want to buy copies and give it to your friends

Susie says

A great practice for those whom wish to truly know peace and love. Another great read and practical advice from an amazing loving, kind and enlightened being.

Iona Stewart says

This book is designed to help us love ourselves, perhaps the most important/basic thing we need to learn.

Mirror work is looking into your eyes in a mirror and repeating affirmations.

The programme lasts 21 days. Louise says you may not be able to transform your life in just three weeks but you can plant the seeds.

There is a guided meditation for each of the 21 days and we can download these from Louise's website.

For each day Louise gives us a mirror work exercise, a journalling exercise and a heart thought in addition to the short audio meditation.

On Day 2, for example, we look in the mirror and say to ourselves; (Name), I love you, I really, really love

you”. And again two more times.

Mirror work should be practised first thing in the morning and whenever we pass a mirror or see our reflection in a window. (We don’t need to shout our affirmations out loud, particularly when there are others nearby!) At first, it may be difficult and seem strange or silly, but it will get easier.

Unfortunately, already from Day 2 we are asked to repeat our affirmations at least 100 times a day. (I never managed that.)

We can practise positive self-talk during our mirror work, making only positive statements about ourselves and repeating only positive affirmations.

During this series of exercises, we learn to let go of our past, build our self-esteem, release our inner critic, love our inner child, love our body, heal our pain, feel good, release our anger, overcome our fear, start our day with love, forgive ourselves and those who have hurt us, heal our relationships, live stress free, receive our prosperity, live our attitude of gratitude, teach mirror work to children, and love yourself now. You get the idea.

Louise has devoted her life to love and loving herself/teaching us to love ourselves. She has lived to a ripe old age and I recently saw on the net that she had found a new love in her life now at the age of about 90.

This wonderful, inspiring book is filled with positive, loving affirmations. I have to give it five stars. However, I didn’t find it easy to devote my time to this work and can only give myself two stars. This is my fault, not Louise’s.

Though I haven’t transformed my life with this book because my application to the work has been under par, I feel I have made a start.

Here are a few examples of the affirmations given to us by Louise:

“I am surrounded by love. All is well.
There is no problem so big or so small that it cannot be solved with love.
I forgive myself for not being perfect. I am living the very best way I know how.
It is now safe for me to release all of my childhood traumas and move into love.
I love you. I really, really love you (addressed to oneself).
I love and approve of myself.
I love being me.
Life supports me in every possible way.”

Louise concludes the book with 12 ways you can love yourself now – and always.

- 1) Stop all criticism.
- 2) Forgive yourself.
- 3) Don’t scare yourself.
- 4) Be gentle and kind and patient.
- 5) Be kind to your mind.
- 6) Praise yourself.
- 7) Support yourself.
- 8) Be loving to your negatives.
- 9) Take care of your body.
- 10) Have fun!
- 11) Love yourself – do it now.

12) Do your mirror work.

Bella says

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Samira says

I love Louise Hay. She's my favorite author in the self help genre. This book was a fun read. It also comes with 21 day meditation guide that you download and can do in order to get the most of the book.

Kamila says

I liked the way the book helped with my inner critic, but I don't agree with everything that was talked about. Still, it was helpful in guiding me to find joy in life again. An interesting read.

Trans says

Warning.

It can change your life.

Depressive people its a medication from god through louise hay take it today and NOW!

Natasha Ramm says

A great tool to help you love yourself and your life.

Narelle Clausen says

So good that I will read it again and again and again. Simple, effective processes that you can apply daily to claim your worth and become one with yourself. Never again a need to look outside for what has always been available within. This book teaches you how to become your own best friend and provide for yourself everything you have been seeking outside of yourself. Louise is a shining example... bless her soul xx

Miranda Kate says

When I first began this book I thought I was going over things I had already learnt and knew, but as I got further in there were some new areas that were very revealing to me and helped me push forward and build

more inner self worth.

If you struggle with self-love, being nice to yourself or accepting yourself, Louise Hay's method is very straight forward and easy to follow.

Carolina Savard says

A great book to start loving yourself!
