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The following is an excerpt from the children's book building self-esteem titled, Adventures of Lulu. The sun almost always baked into the big house with two windows on either side of the front door made it look like a happy face (the steps leading to the porch like smiles). Lulu liked to play outside in the yard, sometimes under the trees, and sometimes on the rubber swing, and sometimes with her little brother Barry. Lulu knew there was always something fun to do and woke up every morning excited to find out what was going to happen that day. This morning, Lulu woke up to the raindrops falling on the tree outside the window. He loved the rain, and as he got out of bed, he decided to show his little brother Barry the wet weather. He was very young, and he couldn't get out of his criss on his own. Barry laughed as Lulu picked him up and took him to the window. He still couldn't speak well, and when he said Lulu's name, it sounded wuuu. Wuuu, wawa! Barry was yelling, jumping up and down. It's raining, Barry, his sister explained. This makes the trees grow and the flowers bloom and makes everything fresh and beautiful! Barry laughed again. Suddenly, Lulu heard a voice in the distance, a funny kind of sound: Wah! Wah! Someone was crying. Lulu thought they might get hurt, so she lifted Barry back to the crimage and went down to put on his raincoat. He took his umbrella with the flowers and ran out the back door to see who was crying. As he walked across the lawn, he saw a frog sitting under a tree enjoying the rain. Good morning, Mr. Frog, said Lulu. It's a beautiful morning, isn't it? Beautiful! Wet and rainy! It would be perfect, except for that cry. Do you know who it is? Lulu asked. No, replied Mr. Frog, but it comes from the lake. Why don't we jump there together? And with that, he jumped away as Lulu followed him. As they approached the lake, the cries grew louder and louder: Wah! Wah! Lulu listened carefully and went to a high patch of grass. He jumped next to Mr. Frog. They both put their heads in the grass, and sitting there, there was a little yellow duck crying their little eyes. Wah! Oh, my God, Lulu put her hand on the duck's head and gently stroked it. Why are you crying? Asked. The little guy raised his head. Oh, no one loves me, no one loves me, she sobbed. Nobody? asked the frog. I'd say it's pretty serious. Lulu kept stroking the little duck. Well, I like you. What's your name? The duckling looked up and dried his eyes. My name is Willy. Well, my name is Lulu, and this is Mr. Frog. Maybe we can help, Lulu offered. Why do you think no one likes you? Willy sat up and said: This morning I played ball with some farm animals on the street. Gary, the goat threw the ball to me, and when I tried to catch him, I tripped on my leg and fell into the mud. I lost my hat! Oh, woe betide me. But Willy, what's so terrible about this? Lulu asked. It was an accident, and you weren't hurt, were you? No, Willy was sniffing, but then Clarice the calf called Willy Bigfoot, and everyone started laughing. They didn't stop, so I ran, and now I don't have any more friends! Lulu stroked Willy's head even more. Oh, Willy, he shouted, Don't you know the best friend you've ever had? But I don't love myself! Willy was crying. I'm stupid and clumsy! Mr. Frog looked at Willy and laughed. Willy, you have no idea how many times I've tripped on my own two feet. Mine's a lot bigger than yours. It's really not such a terrible thing. Just the way you see it. I saw you in the lake, and you're a very good swimmer, better than me. We should be proud of that. Willy was feeling a little better. And last week, I saw you save Baby Kitten when he fell into the lake. Mama Cat was so happy and thought she was so brave, Mr Frog continued. Did he do it? Willy asked. See, added Lulu, there are many good things about you. You just weren't looking for them. You know what I do when I feel bad? What's going on? Willy asked. There's a mirror in my room, and I call it my Magic Mirror. My best friend is in this mirror. It's always going to be there for me, and when something goes wrong, it makes me feel better. And I can make it better. But there is no Magic Mirror, Willy said. Lulu leaned close to the little duck. I can take you to mine. Your best friend will be there. Willy's so excited. Oh, take me to your Magic Mirror, please. - screaming, Okay, Lulu replied. Follow me. Do you want to go. Mr. Frog? Mr. Frog looked at a lake and said, I think I'm going to stay here and swim. There's nothing like a good swim in the morning. The blood starts, you know? And he disappeared with a splash. Lulu and Willy headed back to the house. See, Willy, Lulu started thinking about herself come true, so she doesn't want to think bad things. You mean I'm stupid and clumsy because I think I am? Willy asked. Of course, Lulu replied. Once at school, I ran a race, and I was sure I couldn't win it. I kept telling myself, Oh, Lulu, you're never going to win, and guess what happened? You didn't win? Willy figured it out. That's right, it's true! So the next time, I decided to say over and over to myself, You can do it! You can do it! You won! Willy yelled. Yes! Lulu told me. It really made a difference. They finally arrived at Lulu's house. They walked through the front door, passed the kitchen, down the hall, up the stairs, and went into Lulu's room. Next to his bed was the Magic Mirror. Willy shouted with joy: Oh, I'm going to meet my best friend! I'm meeting my best friend. Lulu put a chair in front of the mirror and told Willy to close his eyes. Willy did what he was told, and Lulu put the Okay, now, when you open your eyes, you're going to see your best friend. This is the person who will always be with you and will never leave you. . . . Open them now. Willy opened his eyes and was surprised to learn that he was looking at himself. But it's just me,' he said. That's right, Lulu replied. No matter what happens to you in your life, your best friend will always be you. Say something nice to yourself. Willy was shy. Hello, he ventured softly, turning to Lulu. I don't know what to say. Tell him the nice things that were said about you today, Lulu suggested. 'You're a good swimmer, and Mama Cat thinks you're brave.' Willy said. That's good, Lulu encouraged him. Can you tell I love you? That sounds stupid, Willy replied. Just try it, he begged. Willy looked in the mirror. Well, he started again, I love you, and I'm sorry that I thought he was stupid and clumsy. And you know what? Willy was feeling a little better. He tried again, I love you, I really love you, and he felt even better. The more he said, the better he felt. Oh, Lulu, he cried, I've never had so much fun! Lulu was so happy for Willy. Now you know that no one is really alone as long as they are themselves. It was getting late, and it was time for Willy to go home. Oh, Lulu, Willy sighed, I wish I could take the Magic Mirror with me. I don't need to have my mirror, Willy, Lulu explained. Any mirror will do. Actually, the lake you live in is the best mirror of all. Thank you! Then I can look in the lake every day and see my best friend. And don't you forget to say nice things to yourself? Lulu asked. Don't forget to say I love you. I really love you. Oh, yes, I'm sorry, Willy replied. She happily sang: Willy, I love you, I love you so much, as she and Lulu walked down the stairs, down the hall, and I passed the kitchen where Barry was now sitting in his high chair. When Barry saw Willy walk away, he shouted Ducky! Lulu smiled as she heard her mother reply: Now, Barry, there are no ducks in the house. Outside, the rain stopped, and the sun was shining brightly. Lulu and Willy were walking back to the lake when they found all of Willy's friends. Gary the goat asked, Where were you, Willy? Here's your hat. We're playing, and we need you on our team. I visited my best friend, replied Willy proudly. He turned to Lulu and asked her to bend over because she had a secret to tell him. Lulu bent down tight and quickly like a wink, Willy gave her a kiss on the cheek. Thank you, Lulu, he said. You gave me a wonderful new friend today. You're welcome, Lulu smiled. But remember, you have to be your friend like any other friend. The more you love yourself, the happier you'll be to see. And with that, Willy waved to Lulu and ran off with his friends to play ball. Those who know the mirror work you need to know how to use it to build self-esteem. But did you know that you can use mirror work exercises to help heal certain areas of your life? That's the truth. Mirror work can transform the experience of any part of the day. To show you how you can apply mirror work in some areas of your life, what better place to start than your morning routine! Starting your morning routine with love Did you know that the first hour of the morning is essential? How you spend it will determine your experience for the rest of the day. How did you start the day today? When he woke up, what were the first words that came out of their mouths? Did you complain? Have you thought about what didn't work in your life? You often start the day the way you live your life. Louise Hay What do you say when you first look in the bathroom mirror? What do you say if you take a shower? What do you say when you get dressed? How do you leave your house at work? Are you just going to run out the door or are you going to say something nice first? What do you do when you get in the car? Slam the door and growl about going to work or not bless the traffic on your trip? Too many people start the day with, 'Oh, shit! It's another day, and I have to get up, damn it! If there's a lousy way to start the day, it's not going to be a good day - ever. That's impossible. If you do everything you can to make the morning terrible, your day will be terrible. How to Set My Morning Routine I've had a little routine I've done for years. The moment I wake up, I go a little deeper into my bed and thank my bed for a really good night's sleep. I did this for a few minutes as I begin my day with positive thoughts. I say things to myself like, 'It's a good day. It's going to be a really good day. Then I get up, use the bathroom, and thank my body for working well. I'm going to spend some time stretching, too. I have a practice bar in the bathroom door that my whole body stretched out. I hold the bar, put my knee to my chest three times, and then I hang by my arm. I realized that stretching my body in the morning is very good for maintaining flexibility and health. After I've done some stretches, I'll make a cup of tea and take it back to bed. I love my bed. I have the headrest specifically constructed at an angle so I can rely on it when I write or write. Stretching my body and mind is my morning ritual. Then I wake up. I'm trying to give myself two hours before I face the rest of the day. I like to be comfortable doing things. I've learned how to scream. If you are a busy mother or father who needs to get the children ready for school, or if you have to get to work early, it's important to give yourself some time to start your day off the right way. I'd rather get up early to have this extra time in the morning. Even if you only give yourself 10 or 15 minutes, this is absolutely necessary. It's time for self-care. When you get up in the it's important to do a ritual that feels good for you and say something to yourself to feel good about. Start the best day for yourself. You don't have to make these changes in your life at once. Just pick a ritual for the morning and start there. Then, once you've got the ceremony down, choose another one and continue practicing. Don't overload yourself. Remember: the idea is to feel good. Let's look at it: Today I create a wonderful new day and a wonderful new future. Writing calls for scheduling Your Morning Rituals plan out how to begin the day with positive thoughts and actions following writing requests. Take out the diary and pen and spend some time describing what your best morning ritual would look like. Be sure to thank your diary for helping you create your best day. 1. Create a morning ritual for yourself. Describe all the steps you can take to start your morning routine in a positive, happy and supportive way. 2. Create a confirmation every step of your morning routine. Write down two or three affirmations you can tell by each step in your morning ritual. Write affirmations when you dress up when you prepare your breakfast and when you get in the car and drive to work. Example Mirror Work Exercise For A Better Morning Routine When you first wake up in the morning and open your eyes, let's say these affirmations for yourself: Good morning, bed. Thank you for having such a good time. I love you. It's a blessed day. It's all right. It's all right. I have time for everything I have to do today. Now you have a few more minutes to relax and let these affirmations flow through your mind, you can feel them in your heart and the rest of the body. When you're ready to get up, go to the bathroom mirror. Look deep into your eyes. Smile at that beautiful, happy, calm man who looks back at you. As you look in the mirror, let's say these statements: Good morning, [Name]. I love you. I love you very, very much. Great experiences are coming our way today. And then say something nice to yourself, like, Oh, you look amazing today. You have the best smile. I wish you a fantastic day today. If you want more examples of affirmations of your daily ritual, see the affirmations in the back of You Can Create an Exceptional Life, the book I wrote with Cheryl Richardson. You're standing in the corridor of life, and behind you, a lot of doors have closed. Doors represent things you no longer do, say or think, experiences that you no longer have. In front of you is a never-ending corridor of doors, each opening a new experience. As you move forward, see yourself opening doors for amazing experiences you want. See yourself opening doors for joy, peace, healing, prosperity, and love. The gates of understanding, compassion and forgiveness. The gates of freedom. The gates of self-worth and self-esteem. The gates of self-love. It's all right in front of you. Which door do you open first? Trust that the internal guide in ways that are best for you and that your spiritual growth is constantly expanding. No matter which door opens or which door closes, you're always safe. \_\_\_ If you liked these exercises in Day 13 of Louise Hay's new book Mirror Work: 21 Days To Heal Your Life, you can buy the book here. If you want to learn more about mirror work, Louise created a free 4-part mini-course with Robert Holden, Ph.D. practical demonstrations of mirror work exercises. Sign up to check it out here. Here.