

# MIRROR'S MEDITATION

## Ritual

*Kingsize towel*

*Product*

## Step by Step

- 30 seconds** *Observe... Observe the effervescence... The water... Now breathe... **Take a deep breath.***
- 1 minute** ***Notice...** Notice the temperature. **Become conscious** of your skin... **Feel** your pores... what are they feeling?  
**Notice...** Notice the aroma. **Become conscious** of your nose... **Feel** your nostrils... what are they feeling?*
- 30 seconds** *If your skin had a voice, what would it say to you? What does it need at this very moment?*
- 30 seconds** ***Imagine** that the water is a mirror and you can see your reflection... **Notice** your look... what are your eyes telling you?*
- 30 seconds** *Notice your pupils... When you look into them they dilate... They widen so that you can go inside.  
**Go ahead, enter...***
- 1 minute** ***Move past** your thoughts, **enter** until you reach your soul... There you will find your answers.*

## Link

[ayuna.co/slowbeauty](https://ayuna.co/slowbeauty)

