

Dream Mirror Ritual

Gratitude Reflection Preparation

Opening the Soul Channel | Meeting the Subconscious | Reverence for the Full Moon

Prepare for Deep Gratitude Work: A 5-Day Intuitive Journey Leading to the Full Moon

Take Advantage of Heightened Intuition

As the lunar light builds toward the next **Full Moon**, the barrier between conscious and subconscious thins. Use this ritual to attune to your inner self, clear emotional static, and prepare for post-full moon gratitude work with clarity and depth. During this time, your dreams can carry deeper messages about what's ready to be acknowledged.

- Open your intuitive channels
 - Recognize fears, patterns, and insights from the subconscious
 - Cultivate readiness for true gratitude—growth through challenge
 - Prepare emotionally and spiritually to meet the Full Moon with reverence and openness
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Ritual Tools

To create sacred space each night, you will need:

- A **mirror** (handheld or placed upright near you)
 - **Peach moonstone** (for elevation, emotional clarity, willpower, and mastering fear)
 - **Calendula tea or oil** (for psychic clarity, solar energy, healing, and warding off doubt)
 - A **journal** or dream notebook
 - A **candle** or dim lighting to enter a meditative state
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Practice Each Night

1. **Set your space:** Light your candle. Prepare your tea. Hold your moonstone or place it on your third eye or heart.
 2. **Sit in front of your mirror.** Gaze into your eyes or softly at your reflection.
 3. **Say the nightly invocation** (see below).
 4. **Ask the nightly reflection question** (see below)
 5. **Write down any emotions, thoughts, or messages** that arise both before and after dreaming.
 6. **Sleep with your moonstone under your pillow** or beside your bed. Record dreams in the morning.
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Nightly Invocation (repeat each night)

*"I open the mirror of my mind. I invite the truth I am ready to see.
I trust what rises. I welcome my wisdom. I honor the mystery within me."*

Nightly Guide

Night 1

Theme: Opening the Door

Question: *"What is seeking my attention right now from within?"*

Start gently. Allow yourself to feel. Let the mirror be a soft invitation, not a demand.

Night 2

Theme: Naming Fear

Question: *"What fear or resistance is ready to be released?"*

Observe what arises in your face, eyes, or body. Name it. No judgment, only witnessing.

Night 3

Theme: A Hidden Truth

Question: *"What truth have I been avoiding, and why?"*

Allow the mirror to show you a pattern, story, or belief you've been unwilling to face with honesty.

Night 4

Theme: What I'm Becoming

Question: *"What aspect of myself is evolving, even if I can't yet see it clearly?"*

Look for subtle changes in your inner voice or outer posture. Growth often hides in plain sight.

Night 5

Theme: Preparation for Gratitude

Question: *"What am I learning from all I've been through?"*

Reflect on this entire year. Allow gratitude to form not just from joy, but from struggle, release, and the wisdom you've gained.

Full Moon

On the Full Moon, you may wish to perform a the Gratitude Reflection to honor what has been revealed through this dreamwork. Your soul is now prepared to give thanks with full presence.

Tips for Journaling Each Night:

- Keep your writing stream-of-consciousness. Try to avoid censoring or editing..
 - Draw or write in symbols if words feel limiting.
 - Use this prompt if you feel stuck: *"Tonight, I felt..."* or *"In the mirror, I saw..."*
 - **Capture dreams right upon waking, even if only fragments.**
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