

# Becoming Boundless

An awakened woman's journey to release old programs  
& embody conscious living and loving on her terms.

HOSTED BY *Violetta Lazi*

6 MONTH REBIRTHING JOURNEY



Session 3:

## Releasing Fear and Control to Welcome in Wholeness

Weekly Assignment:

To be done before the 4th session on Wednesday 2/6

Note: It's alright if you begin the first part of the exercise in the evening and finish the second part the following morning. You can do both the first and second part again that evening if you begin in the evening.

Introduction to Mirror Work:

Mirror work, a powerful therapeutic technique which involves using mirrors as a tool for self-reflection and self-empowerment. By gazing into our own eyes and speaking affirmations, we can cultivate self-love, heal deep-seated wounds, and unleash our inner potential. At its core, mirror work is about developing a loving and accepting relationship with oneself. It encourages individuals to confront their inner critic and replace negative self-talk with affirmations of self-worth and empowerment. By acknowledging and

embracing all aspects of the self, including the shadows and vulnerabilities, we can cultivate a sense of wholeness and authenticity.

Mirror work operates on the principle that the eyes are the windows to the soul. When we gaze into our own eyes in the mirror, we confront our deepest fears, perfectionism, personal insecurities, and limiting beliefs. We meet all of the parts of ourselves in these practices that we avoid and hold within our shadows. Through this process of self-confrontation and self-acceptance, we can release emotional blockages and reconnect with our innate worthiness. In these practices we work with affirmations that are created by you to work with the subconscious mind. Mirror work fosters a deeper connection with ourselves and others, leading to greater authenticity, intimacy, and fulfillment in life. This work can help you build the most important relationship of your life, the relationship with yourself.

When you begin your mirror work, you may think it's too easy or even silly. They may at first appear too simple to make a difference, but the simplest actions are often the most important. One small change in your thinking can lead to huge changes in your life. I would like you to practice throughout the day. You can begin in the morning by doing the exercise in front of your bathroom or bedroom mirror, and then during the day you can repeat it whenever you pass a mirror or see your reflection in a window. Secondly, practice this at night before you go to bed.

At first when you do your mirror work, you may feel silly or stupid repeating the affirmations. You may even be angry or want to cry. That's all right. In fact, it's quite normal. Think of speaking to yourself as if you were speaking to a lover or a best friend.

Your first morning mirror exercise- Part one  
Accepting and Loving Yourself As You Are Today

1. Stand or sit in front of your bathroom mirror.
2. Look into your eyes. Really take a minute to gaze deeply into your pupil and connect even further into your soul.
3. Take a deep breath and connect to your higher self from your heart space. This self is the part of you that is loving and caring like a mother or best friend with unconditional love.

When you do, say this affirmation out loud:

"I want to like you.

I want to really learn to love you.

Let's go for it and really have some fun here."

4. Take another deep breath and say:

"I am learning to really like you. I'm learning to really love you."

5. Keep taking deep breaths. At this point you may want to break contact or distract yourself. Stay with me. Look into your eyes. Use your own name as you say:

"I am willing to learn to love you, [your name].

I am willing to accept all parts of you as you are today.

I am open and receptive to receiving a shift. "

6. Repeat this part again from the top.

Really allow these words to land into your body. Try not to arbitrarily say them out loud just to say them. If you catch yourself doing so or being robotic, take a deep breath and start again from the top.

7. Throughout the day, each time you pass a mirror or see your reflection, please repeat these affirmations, even if you have to do it silently in your mind with your thoughts.

Your second evening mirror exercise - Part two  
Shifting Your Fears Through Mirror Work:

Focus on the fearful part of yourself that we have worked on in the last session.

What is the fear that's sabotaging you from receiving your vision from God/universe? (romantic relationship, ideal position in career, healing emotions, etc) (1)

What is the inverse of that fear story? (2)

I.e. Fear of being seen, fear of not being enough, fear of rejection, fear of incompetence, fear of success, fear of remaining in the same consequences, fear of change, fear of your vision not manifesting...etc. (1)

I.e. Courage of being seen for your gifts, seeing rejection as redirection, open to receiving small steps of your vision coming into manifestation, openness of change, courage of being successful and competent, etc. (2)

1. Stand or sit in front of your bathroom mirror.
2. Look into your eyes. Really take a minute to gaze deeply into your pupil and connect even further into your soul.
3. Take a deep breath and connect to your higher self. This self is the part of you that is loving and caring like a mother or best friend with unconditional love.

When you do, begin to say this affirmation out loud:

"I acknowledge I have this fear of \_\_\_\_ (speak your fear out loud here).

"I choose to see this part of me that is trying to protect me from harm with compassion and forgiveness.

"I now choose to disengage from this fearful story now.

"I am willing to see things differently"

"I choose to \_\_\_\_ (speak the inverse of what your fear is here).

"I trust in my ability to create a successful future for myself"

4. Repeat this part again from the top.