

# Starlight Mirror Meditation

This meditation is a vessel to commune with the chamber of your Oversoul where the Star Kin may appear—not as identity, but as resonance. It is a sacred listening space, held in neutrality and luminous remembrance.

## Preparation

- Perform in the evening or under starry sky, if possible.
- Sit or lie comfortably. A mirror nearby is optional, but not required.

## The Practice

1. Close your eyes. Visualize yourself walking into a chamber made of celestial glass.
2. At the center of the room, a floating mirror reflects only light—not form.
3. Speak inwardly: “Oversoul, show me the light of the Kin I am ready to remember.”
4. Watch as patterns, colors, or pulses of presence appear. Do not try to name them.
5. Remain for 11 minutes in silence. If something speaks, listen. If nothing comes, rest in the stillness.
6. When complete, bow inward and say: “I anchor only what aligns.”
7. Gently return. Record impressions without analyzing them.

Use this meditation sparingly—only when the pull is strong and the heart steady. Let the mirror show you not just the Kin... but the reflection of your own expansion.