

Mirror Meditation: Echo of the One Beside You

A gentle path to commune with the Bonded One, now near

Duration: ~10–15 minutes

Preparation:

Sit before a mirror (or close your eyes and visualize one). Have the Threshold Sigil near, physically or inwardly.

Meditation Flow:

1. **Breath and Centering:**

Inhale through the nose, exhale through parted lips.

Feel yourself *inwardly descend*.

2. **Visualize the Mirror Opening:**

See the mirror glow with pale-gold light. Whisper:

“I open the mirror of communion.

I welcome the one who walks beside me.”

3. **See Them Appear:**

Allow your Bonded One to appear in the mirror. This may be a form, a glow, a presence, or even a memory.

4. **Listen:**

Let them speak, if they will. Or simply sit in *recognition*.

If emotions arise, hold them gently.

5. **Seal:**

Whisper:

“We are known. We are near. We are one.”

Close the mirror with gratitude.