

JULIE UMPLEBY

Sacred Mirrors

Diamond Light World



Property of Julie Umpleby

Diamond Light World



INTRODUCTION

'The Only Source of Knowledge is Experience'
.....Albert Einstein

The Sacred Mirror processes, when worked through carefully and with a meditative mind, will offer you *direct experience* of healing and transformation. Through this *direct experience* it is inevitable that you will glimpse the True Self and gain a keener insight into the meaning of Existence.

You are asked not to believe anything that is written here, but that you take these words and weigh them up against your own experience. Become an observer of your own life and find the Truth within yourself using these words to illuminate your own darkness. Beliefs are interchangeable and destructible and if you become a 'believer' in the things written here, you will have done no more than adopt a new religion. Truth is formless, and the metaphors that are used here and that are used by others to describe it are different and subject to our individual perceptions. When you glimpse Truth for yourself, it will be through your own filters of understanding and it will transform you in ways that are appropriate to your own spiritual needs.

Julie Umpleby

INTRODUCTION

'Sacred Mirrors'

You stand and gaze into a mirror. The mirror contains your form in its glass, and reflects back all there is to see, clearly, impartially and without distortion.

However, the mirror is also contained in you. It is taken in through your eyes and its image is within your brain. You are 'thinking' the mirror that reflects your form.

Are you the person in the mirror? Surely the reflection is not you, but only your reflection. But if it is not real, then neither can you be.

But if you are deemed real, then your insubstantial image must also be real. Which one is the reflection? Which one is real? Are both real? Or are both unreal?

You ARE the mirror and the mirror IS you. Once cannot be without the other. Both exist in a reciprocal relationship. So it is with man and his mirror, The Universe.

It is not the mirror's fault if you do not like what you see in it. If you smash the mirror, is it not you, yourself who gets broken?

You cannot break the mirror without destroying yourself. You cannot destroy nature without destroying yourself.

Source : Michael Tsarion,
'Divination and The Goddess'

The Story of the True Self

Listen to the recording.

Close your eyes for a moment, and imagine yourself to be formless; free. In your formlessness, there is no Space or Time; you are Everywhere & No-where. You are Awareness-Without-Motion. You simply ARE.

Awareness begins to Move. Out of the Everywhere & No-Where, a house Manifests; it contains many rooms, and all of them are furnished. You are the house, and each of the rooms is you. Every piece of furniture is you. Everywhere and No-Where is still you, but now part of you is pretending to be the house, and part of you is imagining you are the furniture.. The house and the furniture can only exist because you have Thought them into existence. They stay Manifest because you maintain the Thoughts that give them Form. Thought moves in repetitive cycles, holding the Manifest in Space and Time.

You are Everywhere and No-where; you are True Self. And part of you is the house and the furniture; you are Personality. True Self watches its own absorption in the Personality. Personality maintains itself through Thought. Personality is busy with Thought. Personality forgets it is True Self. Personality feels the Presence of True Self and thinks True Self is Separate. True Self allows Personality to enjoy its Existence in Form. When Personality no longer enjoys Form, True Self calls it back into the Everywhere and No-Where.

Personality has Thought up more and more furniture, and the more it makes Manifest, the more it forgets its True Self. Personality begins to feel lonely because it believes the Thought that says it is separate from True Self. Some discarded pieces of furniture have become rotten and ugly because Personality has unhappy Thoughts. Personality covers up the ugliness with more and more furniture. The ugliness and the rottenness cause Personality to detest Existence. True Self calls Personality Home, but Personality is afraid to come Home even though it is no longer happy in Form. It has forgotten it is True Self.

Personality has now Thought up the 'Unknown'. It believes the True Self to be Unknown. Personality maintains itself; it makes a stand against True Self. It is unhappy and detests Existence, yet it dreads the Unknown. Personality tells itself it likes Existence. Personality lies and lies and detests Existence even more. Personality makes more furniture for its house to convince itself it is happy. Soon, the house is full to the brim. Personality is heavy and cluttered and has forgotten where the rotten furniture is hidden. True Self needs itself to be Whole again. It needs Personality to remember itself and dissolve the house and the furniture. To dissolve the furniture and the house, Personality must cease to believe its Thoughts are real. True Self has a plan to bring Personality Home.

True Self makes Manifest a Mirror and makes Manifest Pain. In Pain, True Self hides a Mirror of Itself. True Self is now the Mirror. True Self is now Pain. It Enters the house and places Mirrors everywhere, in every room, in between all the furniture. True Self puts Pain into the rottenness and the ugliness and both are magnified by the Mirror. Now Personality can see the hidden parts of itself, and when it does, it feels Pain. In the Pain, Personality sees its True Reflection. It sees the True Self and remembers that the Personality is only Thought. Personality turns from Thought and dissolves it entirely. It brings its Awareness back into the True Self.

The Sacred Mirrors Work

Sacred Mirrors works on the premise that everyone in our lives, and every situation that we find ourselves in, reflects the beliefs that we have about ourselves. As human beings, we are aware of many of our beliefs, and are completely unconscious of a multitude of others. Our thinking processes arise out of the storehouse of beliefs that exist in our DNA. These beliefs are clustered into neural networks that fire up in the mind as an idea. Our ideas are responses to the external world, and are formed through the conditioning processes (ancient or contemporary) of parental influence, school, religion, community, media, etc.

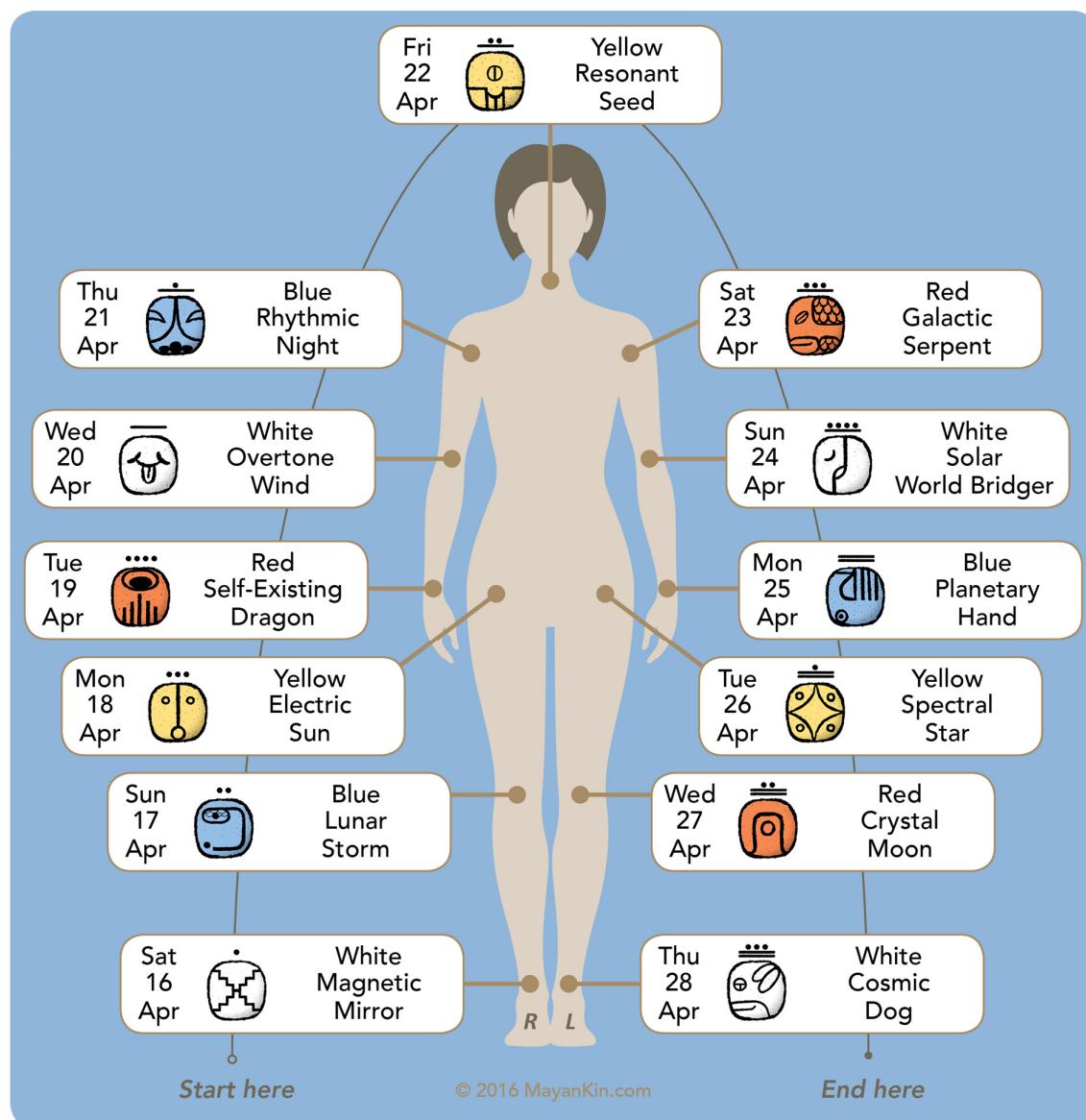
It appears that most of our ideas are passed on to us through our ancestral lineage. Some say we have lived past lives, and bring those experiences and the resulting ideas with us into the current life; others prefer to imagine that we inherit our ancestor's genes and that it's a lottery as to what we inherit. Whatever the story is, we certainly *do* enter into this experience clutching beliefs that do or do not serve us. Scientific research is rich with evidence, and for those who have children, and are observant, proof of existing beliefs is seen when they are first born. Often we will make comments about our newborns, like, 'she's a sweet and passive baby' or, 'he's a wilful and aggressive infant, unlike his brother at the same age', and all this before the children have been properly exposed to outside influences. What we also see later on are the different ways in which our individual children respond to similar circumstances in their lives.

No idea that we harbour is *real*, however. The personality that we have is no more than an intricate electronic neural network of ideas. The personality changes as our ideas change, and we have all witnessed this phenomenon. Ideas give us structures in which to live, but they are adjustable, destructible, and an individual can create a radically new set of beliefs if one is willing to move beyond what is currently known and accepted. Our history books are littered with radical thinkers who have stepped out of existing paradigms of thought and changed the course of human life with completely new ideas. At one time for instance, humanity was sold on the idea that the earth was the centre of the universe, until someone introduced another idea that the earth moves around the sun. Scientists are now convinced that the latter idea is true, yet with all their 'evidence', it *may* not be true. It is probably just another good idea that appears to have credence. In another hundred years, we *could* find ourselves believing something else entirely. All our education is based on our beliefs about the physical world of nature, and we witness daily that the information that was once 'set in stone' is now replaced by other 'facts'.

Those who choose to work with the *Sacred Mirrors* do so in order to improve the quality of their lives. While we have beliefs that serve us in the present moment, we find that there are unrecognized others that have created destructive patterns in our lives. Wherever we go, we find the same pain, the same fear, the same bad relationships, a lack of peace and a general discontentment with life.

The *Sacred Mirrors* work helps those who wish to identify hurtful ideas and eliminate them, work through a tried and tested process that will lead to a better life and improved sense of self. This work can be performed on different levels. One individual performing this work may simply want to improve her current circumstances, and another may feel a deep impetus to expand his insights into Life itself, and discover the secrets of the soul. Whatever the motivation, *Sacred Mirrors* will give you what you are looking for.

The White Magnetic Mirror Wavespell



Task

Each day of this wavespell, spend some time expanding your awareness of the reflections you see associated with that day's energies. As we enter into the Mystic Core Column, we are energetically gifted with opportunities for inner reflection and self-understanding. The energies facilitate deeper connection with the True Self and the ability to re-create ourselves through the power of imagination. It is a time to change what the mirror of life is reflecting to us.

Each of the joints through which the aspects of the wavespell are embodied gives us additional insight into broader 'issues' we may find appearing in the mirror of our life. Example :

Ankles	-	Trust vs mistrust. How trusting are you that life itself is safe?
Knees	-	Inflexibility. Blocked emotions, heart issues. What steps can you take to move forward/change? What needs to change?
Hips	-	Support (how supported do you feel in various aspects of your life?). Parental & childhood issues. Stability & responsibilities.
Wrists	-	Uncertainty, stuckness, loss, defensiveness, sadness & grief vs JOY, adaptability, faith, tolerance and freedom
Elbows	-	Versatility, emotional order and balance. Suppressed or rampant emotions. Do your emotions control you or do you control them?
Shoulders	-	Burdens in life – own and others. Where do you feel burdened?
Neck	-	Inflexibility, rigid belief systems and behaviours. Inability to flow with life.

As a focus, you may like to use the following questions to assist your reflections during this time :

1. **What people, places and events are presenting a challenge for me in this area of my life right now?**
2. **What is the inner reflection in respect of my own beliefs/behaviours/dogmas. What are the external circumstances trying to tell me about me?**
3. **What steps can I begin to take to adjust my perspectives and begin to experience the freedom of restored balance and harmony in my life?**