

The SOUL MIRROR METHOD



**The 7-Minute Self Reflection Ritual to
Heal Faster. Shift Deeper. Choose You**

jodee MARQUES
THE HOLISTIC THERAPIST

Jodee Marques | Awakening Ascension Series



FEEL STUCK IN THE SAME LOOPS?

You're not alone! You see, life is repeating back to us the lessons we still have to learn and until you recognise that, it can feel like you are living your very own Groundhog Day!

WHAT IS THE SOUL MIRROR METHOD?

The Soul Mirror Method is a powerful yet simple 7-minute self-reflection ritual designed to help you identify repeating emotional patterns, behavioural loops, and unconscious beliefs that may be keeping you stuck. This is your sacred moment of truth, to pause, reflect, and receive the wisdom your life is mirroring back to you. This method is the first step in your Ascension Journey. It helps you stop reacting, start choosing, and finally feel in control of your life again.

START HERE

Set aside 7 quiet minutes. Create a calm space, light a candle, hold a crystal, or simply place your hand on your heart. Take 3 deep breaths (in through the nose, slowly out through the mouth) and centre yourself in the present moment ready to invite awareness.

YOU'VE BEEN DOING THE WORK, BUT SOMETHING STILL
FEELS OFF?
THIS IS THE MISSING PIECE.
LET'S BEGIN!

1 THE PATTERN (2 MINUTES)

Answer this powerful question in your journal or simply close your eyes and reflect:

"What pattern keeps showing up in my life, no matter how many times I try to change the outer circumstances?"

Let whatever wants to arise come forward. Be honest. Be kind to yourself. Don't force the answer, allow it to present.

2 THE MIRROR (2 MINUTES)

Look within. Ask yourself:

- *What is this situation reflecting back to me?*
- *What does my Soul need to learn from this situation?*
- *What is a belief that I hold about myself?*
- *What is a habit I inherited from my parents or caregivers?*

This step is not about blame, it's about bringing consciousness to the pattern so you can reclaim your power.

3 THE SHIFT (3 MINUTES)

Anchor into the shift:

- *What small shift can I make today to begin breaking this cycle?*
 - *Set a boundary?*
 - *Speak my truth?*
 - *Offer myself compassion instead of criticism?*
 - *Choose myself instead of people-pleasing?*
 - *Respond differently to the trigger?*

Now take a deep breath, and place your hand on your heart.

Affirm:

"I am no longer available for patterns that diminish my light.
I choose consciousness. I choose healing. I choose me."

PRINT & PRACTICE: THE SOUL MIRROR METHOD

The Soul Mirror Method gives you a simple 7-minute practice to uncover the emotional patterns, habits and hidden beliefs that keep you feeling stuck. It's your chance to slow down, get honest with yourself and recognise what your experiences are trying to teach you.

This method is the first step in your Ascension Journey. It awakens your awareness and opens the door to healing, clarity, and self-liberation.

How It Works

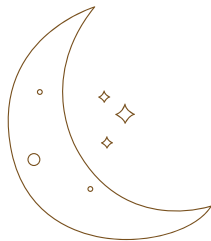
- Set aside 7 quiet minutes.
- Create a calm space.
- Light a candle, hold a crystal, or simply place your hand on your heart.
- Take 3 deep breaths (in through the nose, out through the mouth) and centre yourself in the present moment.

Step 1: The Reflection (2 minutes)

Answer this powerful question in your journal or simply close your eyes and reflect:

"What pattern keeps showing up in my life, no matter how many times I try to change the outer circumstances?"

Let whatever wants to arise come forward.
Be honest. Be kind to yourself.



Step 3: The Shift (3 minutes)

Anchor into this final question:

"What small shift can I make today to begin breaking this cycle?"

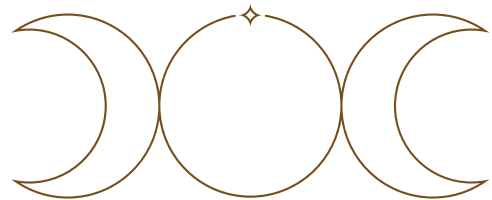
- Set a boundary?
- Speak my truth?
- Offer myself compassion instead of criticism?

Now take a deep breath, and place your hand on your heart.

Affirm:

"I am no longer available for patterns that diminish my light. I choose consciousness. I choose healing. I choose me."

REPEAT



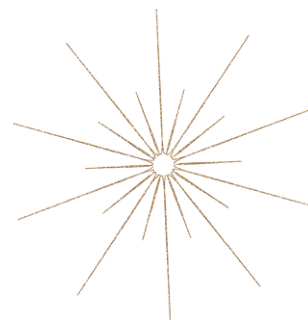
Step 2: The Mirror (2 minutes)

Look within. Ask yourself:

"What part of me is this situation reflecting back to me?"

- A belief I hold about myself?
- A wound that still needs love?
- A habit I inherited from my parents or caregivers?

This step is not about blame, it's about bringing consciousness to the pattern so you can reclaim your power.



The Soul Mirror Method in Action

Tara & the “Not Good Enough” Pattern

Meet Tara:

Tara is successful on the outside but constantly doubts herself. Every time she's praised, she downplays it. Every time she makes a mistake, she spirals into self-criticism.

Lately, she's noticed a pattern:

- Her partner says she's too sensitive
- Her boss skips over her in meetings
- Her inner voice keeps whispering, “You're not good enough”

TARA DECIDES TO TRY THE SOUL MIRROR METHOD.

Step 1: The Pattern

Tara asks herself:

“What pattern keeps showing up in my life?”

She reflects and writes:

“I feel invisible. Like no matter what I do, it's not enough. I overgive, overwork, overthink and still feel like I'm failing.”

Step 2: The Mirror

Tara Reflects

“What part of me is this situation reflecting back to me?”

Her answer:

“It's showing me how harsh I am with myself. I seek validation because deep down, I don't believe I'm enough without proving it.”

This hits deep. She tears up.

She realises: It's not really about her partner, or her boss, it's about her own belief system.

Step 3: The Shift

She asks:

“What small shift can I make today to begin breaking this cycle?”

Her options:

- Speak up in the next team meeting
- Say “thank you” when someone compliments her
- Set a boundary with her partner instead of people-pleasing
- Offer herself compassion instead of criticism

She chooses one:

“Today, I'll stop mid-spiral and tell myself: I am enough, exactly as I am.”

The Result?

Tara doesn't change overnight. But with this daily ritual, she feels more grounded.

More in tune with herself. More empowered.

Each time the pattern shows up, she sees it for what it is, a mirror, not a life sentence.

MEET *Jodee*



Hello! I'm Jodee Marques, The Holistic Therapist. I am a Psych-Spiritual Counsellor & Coach holistically integrating Science and Spirituality to educate and empower others to consciously claim their passion, power & purpose to live with conscious intention.

I am the CEO of Ascension Academy, an online institution of light, shining the way for ascending Souls on their journey to conscious enlightenment.

I support Awakening Souls through my Ascension Method, a supportive pathway to transform your pain into power & break free from limiting generational conditioning, to unlock your highest potential & consciously create thriving relationships with yourself & others.

My story you ask? I was raised in love, however the relationship dynamics I witnessed in my youth were full of blame, avoidance, self-pity, violence, anger & unhealed pain. I was surrounded by a sense of helplessness, & my primary influences seemed to perceive themselves as being at the mercy of external circumstances.

At 17, I became a single mother to my first daughter & through a series of dysfunctional relationships, I slowly realised that I was unconsciously re-creating generational patterns of instability, infidelity & insecurity.

Today I have turned my pain into the fuel that powers my life, I have made peace with my past, broken chains of generational dysfunction & transformed my relationships to live a conscious, Soul led life, guiding others along their own healing journey.

I work with Awakening Souls & Chain Breakers and together we are learning, growing & healing to raise the vibrational frequency of the planet.

Together we Ascend!

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READY FOR MORE?

If this short ritual already brought insight, imagine what will unfold when you explore the 7 Cosmic Codes inside my new transformational eBook
Awakening Ascension!

This ritual is just the beginning. If you're ready to go deeper, discover the **7 Cosmic Codes** that hold the key to your **Soul's evolution**.



AWAKENING ASCENSION

The 7 Cosmic Codes Your Parents Forgot to Teach You

- Uncover the real reason you are stuck in patterns
- Finally understand your Soul Curriculum behind your pain
- Learn how to heal what's yours and release what's not

👉 **Download Awakening Ascension for just \$11 and start rewriting your story today.**

And if you're ready to transform on every level, explore the Access Ascension program a

7-Week Quantum Healing Reset

to help you release fear, reconnect to your inner child, break ancestral chains, and activate your future self.

STAY CONNECTED



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You are not broken. You are becoming.