

Mother / Father Love Mirror Exercise

The ability to change and manifest your reality moves in direct relationship to your level of consciousness.

If you desire your relationship with love to change, you need to be willing to look at how you arrived at the place you are now and as your awareness grows, begin to consciously carve the path to where you want to be. As you grow and become increasingly conscious, you will realize your own power to manifest whatever you desire. But first you must travel the journey within to uncover the deeper meaning of love and its purpose in your life.

The Mother/Father Love Mirror exercise is designed to help you explore the qualities, characteristics and energy that were present in each of your parents as you experienced them around love.

To do this, use adjectives to describe the qualities that you witnessed your parents to display with love. For example: My mother was anxious, jealous, constricted, confused, naïve, etc.

It is important not to censor this information but allow yourself to be completely honest about your feelings and experiences. You will receive the best results by completing this exercise in a stream of consciousness manner.

Begin by closing your eyes and visualizing each of your parents (or guardian, if you were raised by someone other than your parents) one at a time, beginning with your mother. Once you have formed a clear image of your mother, make a list of words that describe the qualities, characteristics and energy that you attribute to her. Use descriptive adjectives, words or very short phrases.

Allow the words that describe your mother to come from your memory without analyzing it, until you feel complete and have nothing more to add to your list. Now, on a separate piece of paper, repeat this process for your father.

If you had a significant body of experience and love memory related to any other significant relatives, particularly grandparents, complete this same process for them as well.

Note: If you are having challenges with this exercise, see the example provided on the last 2 pages of this document.

If you have any questions, or require any support with this exercise, please do not hesitate to contact me.

With gratitude,

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Mother / Father Mirror

Your Name:

Mother	Make a List of Love Behaviors/Tendencies:
Father	Make a List of Love Behaviors/Tendencies:
Significant Others (grandparents, aunts, uncles only if they were prominent in your life)	Make a List of Love Behaviors/Tendencies:
The parent I most mirror is:	
The aspects from each parent that show up in my life are:	Make a List of Love Behaviors/Tendencies that are present in your life:
Do you see these as mostly positive or negative?	

Which of these aspects above, do you openly embrace?	Make a List of Love Behaviors/Tendencies that you openly embrace:
Which of these aspects above, do you openly embrace?	Make a List of Love Behaviors/Tendencies that you have denied:

Your Next Step:

Now that you have completed the first step, which is awareness, you can move onto the next step, which is healing.

[CLICK HERE](#) to get started with my Healing the Father Wound Mini Course.

Example Only: Mirror Exercise

<p>Mother</p>	<p>Make a List of Love Behaviours/Tendencies:</p> <p><i>Scarce</i> <i>Limited</i> <i>Secretive</i> <i>Anxious</i> <i>Hopeless, helpless, powerless</i></p>
<p>Father</p>	<p>Make a List of Love Behaviours/Tendencies:</p> <p><i>Playful</i> <i>I don't belong</i> <i>Unlucky</i> <i>Depressed</i> <i>Helpless, hopeless, powerless</i></p>
<p>Significant Others (grandparents, aunts, uncles only if they were prominent in your life)</p>	<p>Make a List of Love Behaviours/Tendencies:</p> <p><i>Pushy</i> <i>Confusing</i></p>
<p>The parent I most mirror is:</p>	<p><i>Father</i></p>
<p>The aspects from each parent that show up in my life are:</p>	<p>Make a List of Love Behaviours/Tendencies that are present in your life:</p> <p><i>Hopeless, helpless, powerless,</i> <i>Both</i> <i>Scarce, limited, M</i> <i>Unlucky, F</i></p>
<p>Do you see these as mostly positive or negative?</p>	<p><i>Mostly negative. On the positive side, my father was playful</i></p>

Which of these aspects above, do you openly embrace?	Make a List of Love Behaviours/Tendencies that you openly embrace: <i>I don't feel I embrace any of them consciously.</i>
Which of these aspects above, do you openly embrace?	Make a List of Love Behaviours/Tendencies that you have denied: <i>I deny all of the qualities consciously. I think I have a fantasy that something will happen. I will suddenly 'get it together' or I will be 'saved'</i>