

THE BRILLIANCE BLUEPRINT

WITH NASHARHETTE QBAWA

**AWAKEN YOUR INNER LIGHT
AND LIVE THE LIFE YOU DREAM OF!**

"The Brilliance Blueprint" is a transformative journey into the heart of spiritual living and personal enlightenment. Rooted in the profound wisdom of Universal Law and Spiritual Alchemy, this program offers a 7-step framework that guides participants toward mastering the art of spiritual living and the manifestation of their deepest desires.

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Mirror Work Activity

One type of activity that you can give people to embody the Law of Correspondence is to practice mirror work. Mirror work is a technique where you look at yourself in the mirror and speak positive affirmations to yourself. The purpose of this activity is to change your inner dialogue and self-image, and to create a more loving and harmonious relationship with yourself. By doing this, you will also attract more love and harmony in your external reality, as the Law of Correspondence states that your outer world is a reflection of your inner world.

To practice mirror work, you will need a mirror, preferably a full-length one, and some time to be alone and undisturbed. You can do this activity in the morning, before going to bed, or anytime you feel like it. Here are some steps to follow:

- Stand or sit in front of the mirror and look at yourself in the eyes. Breathe deeply and relax your body and mind.
- Say to yourself, out loud or silently, "I love you". Repeat this as many times as you need, until you feel it in your heart. You can also say other positive affirmations, such as "I accept you", "I forgive you", "I trust you", "I respect you", or anything else that feels good to you.
- Notice any emotions or thoughts that come up as you do this. If you feel any resistance, doubt, or negativity, acknowledge them and let them go. Don't judge yourself or criticize yourself. Just be gentle and compassionate with yourself.
- Smile at yourself and thank yourself for doing this. You can also give yourself a hug or a kiss, if you feel like it. Feel the love and gratitude that you have for yourself.
- Do this for at least 5 minutes, or as long as you want. You can also do this with a specific intention or goal in mind, such as attracting more abundance, health, or happiness in

your life. Just visualize yourself having what you want and feel the emotions that it brings you.

Mirror work is a powerful way to embody the Law of Correspondence and to transform your life for the better. By changing your inner world, you will change your outer world. As you practice this activity regularly, you will notice more positive changes and manifestations in your reality. You will also feel more confident, joyful, and peaceful within yourself.