**Workshop Name**: Look Into Your Mirror

**Website Description:** Often our deepest truths, our fears and joys, desires and passions, live down under the busyness of day-to-day life, buried from years of neglect. Every day we roam about on the surface of life, taking care of tasks, children, parents, job, house, groceries and in the process never pause to turn within and ask “What matters to me?” Come look into the mirror of your life for a few precious moments.

**Stake**/**Purpose**: Every person has buried emotion that is visible in the mirror. Emotion buried causes pain and illness; released it frees energy for living.

**Intended** **for**: Anyone

**Desired Impact:** Each person will touch something previously hidden in themselves, the invisible, buried emotions, and unlock a door.

**Outcome:** Persons will be less afraid to go deeper into their own life, see behind the veil, become aware of inner longings as well as inner pain/hurt/fear and choose to move beyond something..

**Supplies:** Kleenex and Mirrors; extra paper and pens; Jana’s CDs to sell

**Musical content:** You Decide (Stanfield), If I Had No Fear (Stanfield), Look Into The Mirror (Foster)

**Resources (books, articles, etc.) for participants:**

* Journaling as a tool to look safely into the mirror
* Questions to journal on that they have written for themselves

**Content:**

* Welcome! Courage to select this topic. Gift to each person to Pause and look inside.
* SONG: You Decide (Stanfield)
* First, share one positive thing you see in each person present.
	+ What’s it like to give positive feedback?
	+ What’s it like to be the recipient?
	+ What’s that about for you?
* Share 2 or 3 positive things you see in yourself with the group
* Now, share one thing you would like to see more of in yourself
* Third, see one thing in yourself you know is no long needed
* Compare sharing the positive about you with identifying and sharing the missing or no-longer-needed pieces.
	+ What’s easier?
	+ What emotions come up in each case?
	+ What’s that about?
* Mirror exercise with a partner
	+ Look into each other’s eyes. Just their eyes. I will talk you through seeing your partner’s Pain, Ecstasy/Joy, Fear, Sorrow, Brilliance, old person, child.
* Pass out mirrors. Self exercise: Look into the mirror to find: Pain, Ecstasy/Joy, Fear, Sorrow, Brilliance, old person, child
* Journal 5 minutes
* Discussion
* Power of journaling
	+ Safe, private, any topic can be explored
	+ Time with just you
	+ As a daily habit, we overcome the fears of being with ourselves, daring to have opinions, needs, dreams, desires.
	+ From this place, what do you want to know more about yourself? What questions would you like to write in your journal to pursue later?
* SONG: If I Had No Fear (Stanfield)