

Mirror & Mask — A 5■Minute Guided Practice

- 1) Posture (30s): Sit or lie easily. Let the body be heavy. Jaw unclenched, shoulders soft.
- 2) Breath (40s): Inhale 4, exhale 6. Feel the tide smooth the edges of thought.
- 3) Mask on (40s): Name the role for the next thing you'll do—teacher, builder, friend. Imagine placing a clean mask on your face. 'I choose to serve.'
- 4) Mirror (90s): In your mind's eye, a still lake. It reflects not your mask, but the light behind it. Rest attention there. If thoughts come, touch the breath and return.
- 5) Release (40s): Bow to the mask; thank it for its service. Bow to the light; thank it for remembering.
- 6) Intention (40s): Whisper, 'I will not stunt a soul. I will enlarge horizons—mine and others.' Open the eyes when ready.