



BLACK AND WHITE SOUL MIRRORS

Spiritual Exercise

“Life is a mirror and will reflect back to the thinker what he thinks into it.”

~Ernest Holmes

This technique came from the works of Franz Bardon, from his book, *Initiation in Hermetic*, that he recommends a serious practitioner should employ on themselves as to ascertain the state of their being.

This is one of the first strict elemental exercises that will lay the foundation for your future “magickal workings”.

As a school of wisdom that advocates spiritual development, the proper shaping of character cannot be forgotten or overlooked. To mold oneself mentally, spiritually and physically into a form that is able to house the energies of creation is one of our top priorities in this life, and the next.

Black and White soul mirrors are used in this exercise as the representation of your mental and spiritual state in an elemental model of things.

And with those mirrors, you go into a spiritual journey that seeks to balance the elements within yourself – to better prepare you for your future undertakings, and development of your psyche.

You start off with making two lists about your positive and negative traits. Be brutally honest about the traits you list, spare no expense as this is to help you move forward.

A black mirror is where you will foresee your limitations and shortcomings; allows the integration of energies that belong to you, but were not acknowledged or integrated properly.

If you can't seem to think of anything, get your family and close friends to help you out.

Be as strict as you possibly can with this list.

Now, you should have at least 20 to 40 traits in total, counting both mirrors' list.

Now check the correspondences that equate to the elements and mark it beside the traits till you go through all of them. In the end, you should have lists of positive and negative traits with markings on the side that correspond with the element it should be governed.

So for positive, one of the traits you have is "eloquent". After checking with the elemental correspondence, it is safe to assume that the element of Air governs communication. Thus, in the list, you should have "eloquent" (A).

Now, once you have done this for all the traits, review the end result. You can separate them in their own categories for easier viewing but it's not necessary. You should be able to see what type of elements your

current self is steeped in and what you are lacking.



Now this is the state where the real work begins as you have to systematically try to balance yourself out by working on negative traits or by incorporating more of the elements you are lacking by meditating/affirming, contemplating and accumulating it to yourself.

This exercise can take you months if you are meticulous (and gifted), this can take you years. Nonetheless it is an indispensable tool to be used as a primary map of your strengths and weakness, and a crucial map of self-mastery.

This phase in your journey will be ongoing but don't take flight, even if you never complete this – your work with the mirrors will give you clarity, self-perspective and direction which will only make you spiritually stronger.