



January 2022

**Hello youuu,**

welcome to our first topic of the playbook 2022 - Mirror Play!

Before we start to take you on a little journey, we invite you to make your space comfortable, put on a candle, make yourself a warm drink, put a glass of water next to you, maybe also some soft music. And of course get your mirror ready, maybe even sit in front of a mirror if you have a big one. Put a paper and a pen next to you so you can write down if something comes up.

And breathe.

Breathe in deeply, exhale with a sound.

Relax your body, relax your shoulders, your jaw, your tummy.

Do a little body scan, from head to toe.

Notice your body touching the ground.

You are safe.  
You are held.  
Inhale. Exhale.

& now let's start to go on a little journey...  
the journey of mirror play.

**Do you feel ready?**

...please only continue if you feel a full body YES...  
or take some more time to arrive in your body.  
You have all the time in the world...



**Mirror Play...** mmh

Before I, Momo, tell you what mirror play brings up in me, i would like to ask you, what do YOU think of when you read mirror play?

Take a moment, feel in your body, what images come up?

What do YOU associate with mirror play?

Take notes whenever you feel like it.

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How do you perceive mirrors, what relationship do you have with mirrors?

Have you heard of mirror work or maybe even tried it? If yes, what was your experience?

Reflect a little.

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One inspiration for this month's topic is mirror work.

So, let's start with a short introduction into mirror work:

**Louise Hay** wrote a book about how mirror work changes your life in 21 days and it became a bestseller - and probably did change a lot of people's lives.

The essence of it is to sit down in front of a mirror for a few minutes, to look into your eyes and repeat positive affirmations such as "I am beautiful" or "I am safe".

The intention is to increase self-love and to also work with the reflection while using personal and healing affirmations.

\*There are some links at the end of this section where you can dive deeper into mirror work

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### Back to **Mirror Play**

...

Breathing in and out, slowly getting ready to observe ourselves in the mirror.

In this section we will focus on our face.

Let's sit in front of a mirror and look into your face.

What do you see? What do you think? What do you feel?

Observe your thoughts and emotions that might arise, try to not judge them.

Let them just be there.

Is there something you would like to tell yourself?

Your present you, your past self? Your future self?

If you want to try affirmations make sure to phrase them positively and honestly e.g.

if you are still learning to love yourself you can say "I am learning to love myself".

Repeat that as often as you want, saying it out loud or thinking it or using your hands while tapping on your chest.

Leave space for you to integrate these experiences, they can get emotional.

Hug yourself whenever you feel like it.

Write down your thoughts, your feelings. or draw. or dance. or record a video. or or... ;-)  
stay playful, don't be hard on yourself.

**Repeat this as often as you desire - during this month or in the upcoming year.**

If you have a mirror in your bathroom you can also remind yourself daily while brushing your teeth to have a deeper look into your eyes and tell you whatever your body desires to hear in this moment.



Links about mirror work:

These are not recommendations to buy as we ourselves didn't buy them, but as an appreciation for their inspiration we find it important to at least mention the resources.

I do however recommend the 7 step guide and want to try the meditations on spotify.

What is mirror work by Louise Hay

<https://www.louisehay.com/what-is-mirror-work/>

Life loves you by Robert Holden Ph.D.

<https://www.robertholden.com/blog/what-is-mirror-work/>

Loving yourself - Video course by Louise Hay & Robert Holden

<https://bit.ly/3nOVqGH>

Be willing to be vulnerable by Jessica Estrada

<https://www.wellandgood.com/sick-day-guilt-mdlive/>

7 step guide into practicing mirror work by Aletheia Luna (recommendation!)

<https://lonerwolf.com/mirror-work-guide/>

21 recorded mirror work meditations by elena baker (I want to try!)

<https://open.spotify.com/playlist/1caT8u19ITH0NT0nOZ6ZJv>



## Hello and welcome to section two of Mirror Play!

This section's focus will be on your body and genitals - if that is what YOU want. As always, listen to your body and what you desire in each moment. Listen to your boundaries, they are valid and don't need to make sense.

Prepare a space that feels beautiful and comfortable for you, imagine this is a date with yourself.



And then, arrive into your body, breathe, body scan, feel the ground, you are safe.

...

Do you feel ready?  
Let's go on a little body exploration today :-)

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Haaa, excitiiiiing isn't it?! mmmhhh

We will start in front of the mirror with our clothes on and whenever you feel ready, start taking off one piece of cloth after the other... sloooowly... gently.

**Observe each inch of your skin that you slowly undress as if it was the first time you see yourself.**

You may also gently touch yourself with your fingertips, but this section is more about observing, seeing, exploring with your eyes.

Take a break whenever you feel like it, hug yourself, give yourself soft kisses.

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Now look at yourself, as naked as you decide you want to be.

What do you see? · What do you feel? · What do you think?

Observe, try not to judge.

Just keep breathing and look at every inch of your body - your body that keeps you moving every day.

Is there something you especially like? Is there a part that you do not like?

Is it because it doesn't serve its purpose or is it because society taught you so?

...

mmhh - short pause





## **\*\* Genitals \*\***

Now, if you feel like it, have a closer look at your genitals.  
For this a smaller mirror that you can move would be ideal.

Look at the shape, the colors, the texture of your genitals.

What comes up, when you have such an intimate look at your genitals?

Is there something new you are discovering?

Is there something you desire to hear right now?  
Say it out loud or write it on a paper.

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Keep looking and observing as long as you want to, of course you can also start touching yourself if you really want that - i mean you are on a date with your beautiful sexy self so you can do whatever you want :-)

PS: It might take some time to really see that beautiful sexy you in the mirror and that is totally fine. Society and their beauty standards try really hard to make us believe that we are not good as we are... and it is okay that it might be a long road for some of us.

**Just take your time.**

Integrate what you have just experienced,  
write down what wants to come out & always be gentle to yourself.





## Now welcome to section three of Mirror Play!

This last section is going to be all about touching yourself and turning yourself on ... and watching yourself in the mirror while doing so.

As always, no pressure, find your own pleasure and play in this and just take this as an invitation to follow - and adapt it to your own desires and boundaries!

Unless you continue from section 2, again make yourself comfortable, cozy, warm and take off your clothes like you would like a lover to do so.  
Maybe you also feel like slowly moving or dancing in front of the mirror? Your creativity to turn you on is endless, always remember that :-)

Start touching your body in a playful and sensual way.

Caress your arms, your legs, your tummy, your breasts, your nipples, your cheeks, your eyebrows. Explore your own body - while also looking into the mirror.  
Does it turn you on, looking at yourself, touching yourself?

Please don't go straight to your genitals but slowly make your way there.  
Touch your inner thighs, your perineum, get closer to your balls or labias.  
How does it feel?  
Use some oil whenever you feel like it, make circles around your nipples, on your stomach.

Now, if you get a full body YES, slowly touch your genitals.  
Have a closer look of the colors, size and texture before you touch yourself and after.  
Does it change?

### **Mmhh how are you feeling?**

Always remember to keep breathing deeply and make sounds if something wants to come up.  
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Maybe take a pause, reflect on how you usually masturbate.  
Does it feel different to do it in front of a mirror, to look at yourself while touching yourself sexually?  
Do you find it weird, strange? Awkward?  
Whatever you feel, it is okay. You can always laugh about this, too :-)

We are here for pleasure and fun, babes. - Our very own personal (s)exploration !!!

Don't make an orgasm the goal of your (s)experience!  
There is so much to explore besides orgasms!  
If you climax though, have a look into the depth of your soul through the mirror.  
...

mmhh even just writing this and thinking about this turns me on ;-).  
hopefully reading this does the same to you...

You can extend this with having sex with partner(s) in front of the mirror from each angle, I personally would love a mirror above my bed. Stay creative and of course playful and sensual!

Until next time,  
momo



