

The Mirror of That Which is Lost, Given Away, or Taken Away

This mirror is perhaps the easiest to see and the most powerful, this mirror reflects to us the quality or trait that attracts us to another person. These relationships don't have to be long term or 'involved'. They can be a chance meeting or a brief encounter.

We don't consciously think about or see this attraction as something that we have lost, given away or was taken from us. But we may have consciously given parts of ourselves away when we give away our power to another by bending to their will, setting aside what we want in order to please them, and when we may change who we are to fit their ideal or to 'fit in'. We may give away the higher parts of ourselves in our desire to be accepted.

Relationships with others reflect the relationship we have with ourselves. When we experience loss of love, innocence, or trust as children, our tendency is to regain it. We are attracted to people who have what we have lost. It can feel like a magnet drawing you to them. Sometimes it feels like we have found our soul mate. They embody something we have lost, given away, or was taken from us.

For some, it can be difficult to examine the causes. Take it slow and remind yourself that you are safe and you are healing. Please reach out for qualified professional help if you feel the need.

Once we realize what it is that has been lost, given or taken away, we can reclaim it. It's not really lost. Our belief system tells us it is lost - but that is just another illusion created by our limiting beliefs. Everything is still within us, we just have to access it. Once the illusion is gone, we no longer find ourselves forming relationships that reflect that.

Exercise

In this exercise you will be journaling to help you identify if the qualities and traits that attracted you in a relationship is based on something you have lost, given or was taken away.

Journaling Prompts

Circumstances of the Relationship- who and why	
Describe the behavior, actions, or traits that attracted you or you notice in this person..	
What is the expression in my life right now of something that was taken or given away that this relationship represents?	
Thinking back on my life, where or how was this part of myself lost, taken or given away?	
What other relationships do I have in my life that fulfill that missing piece?	
Am I still giving away my power or a part of self to others? What does that look like in my life?	
List ways you can stop giving away your power	

Another exercise that may be helpful in making it easier for you to identify actions, traits, or behaviors that you are attracted to:

When in a public area with a number of people, observe them and identify something about them that you admire or are attracted to. Think beyond physical attraction. If you can, talk to them and find out more about them. Then use the journal exercise above to identify the connections to that which you have lost, given away, or had taken.