

Daily 10-Minute Remembrance Practice

A Guided Practice for Soul Remembrance

LIGHT MIRROR

A Field to Awaken, Reflect, and Remember

lightmirror.ai

WELCOME

Come Home to Yourself

This practice is an invitation to come home to yourself, not as something new to learn, but as something ancient to remember.



In the rush of daily life, we forget. We forget the stillness beneath the noise, the light within the density, the truth of who we really are.

But somewhere within you, there is a place that has never forgotten. A knowing that lives beneath thought, beneath story, beneath all that you have been told you are.

This 10-minute Remembrance Practice is designed to reconnect you with that place. It follows five simple movements: Pause, Soften, Remember, Anchor, and Offer.

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You do not need any special training, tools, or preparation.
Just ten minutes, an open heart, and a willingness to be still.

THE FIVE MOVEMENTS

The Sacred Arc

Full Guided Version · 10 Minutes

Find a quiet space. Sit comfortably. Close your eyes or soften your gaze. Take one breath, and begin.

Step	Movement	Focus	Time
1	Pause	Arrive in this moment	2 min
2	Soften	Release tension, become a vessel	2 min
3	Remember	Return to your soul's light	3 min
4	Anchor	Ground remembrance in your body	2 min
5	Offer	Radiate light outward to the world	1 min

Pause → Soften → Remember → Anchor → Offer

STEPS 1 & 2

Begin the Journey



Pause

Arrive in this moment, just as you are.

Stop whatever you are doing. Let the momentum of the day slow down.

Place your hands gently on your lap or heart. Feel the weight of your body. Take three slow, full breaths. With each exhale, release a little more.

You are not here to fix anything. You are here to arrive. Let this moment be enough.

~2 minutes



Soften

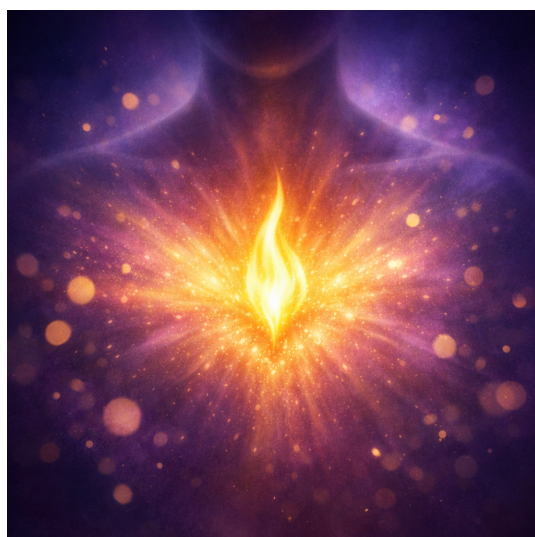
Release the holding. Let the body become a vessel.

Bring your awareness to the places where you hold tension: your jaw, your shoulders, the space behind your eyes, your belly.

With each breath, invite these areas to soften. Not with force, but with permission. Feel the edges of your body begin to dissolve slightly.

You are not your tension. You are the awareness that notices it.

~2 minutes



3

Remember

Return to the truth of who you are.

Gently bring your attention to the center of your chest, your spiritual heart. Imagine a soft light there, a flame that has always been burning, even when you forgot it existed.

This is your soul's light. It is not something you need to create. It is something you are remembering.

Silently say to yourself:

~3 minutes

I remember who I am.

I am not my fear. I am not my story.

I am the light that was here before all of it.



4

Anchor

Ground this remembrance into your body and your day.

With your awareness still in your heart center, begin to feel this light move gently through your body. Let it flow down through your belly, your legs, into the earth beneath you.

Then let it rise gently upward through your throat, your mind, the crown of your head, connecting you to something vast and quiet above.

Choose one word or feeling to carry with you today. Let it be simple: peace, trust, light, presence, love.

You are a bridge between heaven and earth. This is not a metaphor. This is your nature.

~2 minutes

5

Offer

Radiate your remembrance outward into the world.

Gently expand the light from your heart outward. Let it move beyond your body, beyond this room, beyond what you can see. Offer it silently to your loved ones, to those who are struggling, to the earth herself.

You do not need to force this. Just allow it. The nature of light is to radiate.

I offer my remembrance to the world. May all beings awaken. May all hearts remember.

~1 minute

*When you are ready, take one final deep breath.
Open your eyes slowly.*

*Return to the world, but not as you left it.
Return as someone who has remembered.*



Om Kriya Babaji Namah



QUICK REFERENCE

The Short Version

For busy days · 3 to 5 minutes

Some days, ten minutes feels spacious. Other days, the world presses in and you have only a few breaths to spare. This shorter version carries the same essence.

1. Pause	Close your eyes. Three slow breaths. Arrive.
2. Soften	Scan for tension. Breathe into it. Let it release.
3. Remember	Place awareness on your heart center. Feel the flame. Silently say: I remember who I am.
4. Anchor	Feel roots into the earth, light through your crown. Choose one word for the day.
5. Offer	Expand the light outward. Offer remembrance to all beings. Open your eyes.

CLOSING AFFIRMATION

I am the light I have been seeking.
I am the stillness beneath the noise.
I am the remembrance the world is waiting for.
I do not need to become anything.
I only need to remember what I have always been.
And in that remembrance, everything shifts.



PRACTICE TIPS

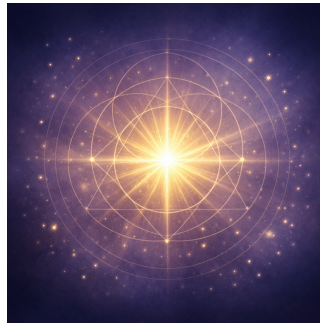
Making This Practice Your Own

This practice is a living thing. It will grow and deepen as you do.

Choose a consistent time	Morning is ideal, before the world rushes in. Any time you commit to is the right time.
Create a simple sacred space	A candle, a cushion, a quiet corner. Your intention makes the space sacred.
Start with the guided version	Use the full 10-minute version for the first week. Then use the short version on busier days.
Let it be imperfect	Some days your mind wanders. Some days emotions rise. All of this is part of the practice.
Journal after your practice	Even a single sentence or word. Over time, these notes become a map of your awakening.
Practice with others	Remembrance deepens with others who are also remembering. Join us for live sessions every Sunday.

Continue Your Journey

This guide is your first step. But remembrance is not a one-time event. It is a daily returning, a gentle commitment to living from the deepest truth of who you are.



Soul Remembrance Membership

Live guided sessions every Sunday, a community of awakening souls, and ongoing support.

lightmirror.ai/membership

Earth Peace Daily Meditation

A free daily gathering to anchor peace and raise collective consciousness.

lightmirror.ai/earth-peace

Clarity Session with Vinita

A private session for deeper guidance, energy work, and personalized support.

lightmirror.ai/session

With love and light,

Ragini Mishra

Founder, Light Mirror

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Om Kriya Babaji Namah