



The 4-Minute Mirror

You may discover more about yourself in four honest minutes than in years of thinking about yourself.

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Meet yourself where you are.

Introduction

Most of us move through life without ever truly seeing ourselves.

Not because we lack intelligence or self-reflection, but because our minds are busy responding to the world around us.

The 4-Minute Mirror is a simple experiment designed to interrupt that pattern.

For a brief moment, you step outside your internal narrative and observe yourself from a new perspective.

This shift alone can reveal surprising insights. You may notice patterns in your thoughts, beliefs about yourself, or subtle emotional cues that normally remain invisible.

Awareness is the first step in any meaningful transformation.

**10 Things I learned that will
elevate your practice!**

Watch video here:



The Practice

01

What you need:

- A phone with a camera
- Four minutes
- A willingness to be honest

02

The experiment

- Set your phone camera facing you.
- Press record.
- For four minutes, speak freely about anything that comes to mind.

You might introduce yourself, describe your life, or simply say whatever arises.

Do not plan what you say.

Let your thoughts appear naturally.

When the timer ends, stop recording.



Reflection Questions

Watch your recording with curiosity rather than criticism. This is an exercise in observation.

#1

What surprised you when watching yourself back?

2

How did it feel to observe yourself from the outside rather than from inside your thoughts?

3

Did any patterns appear in what you spoke about or how you expressed yourself?

4

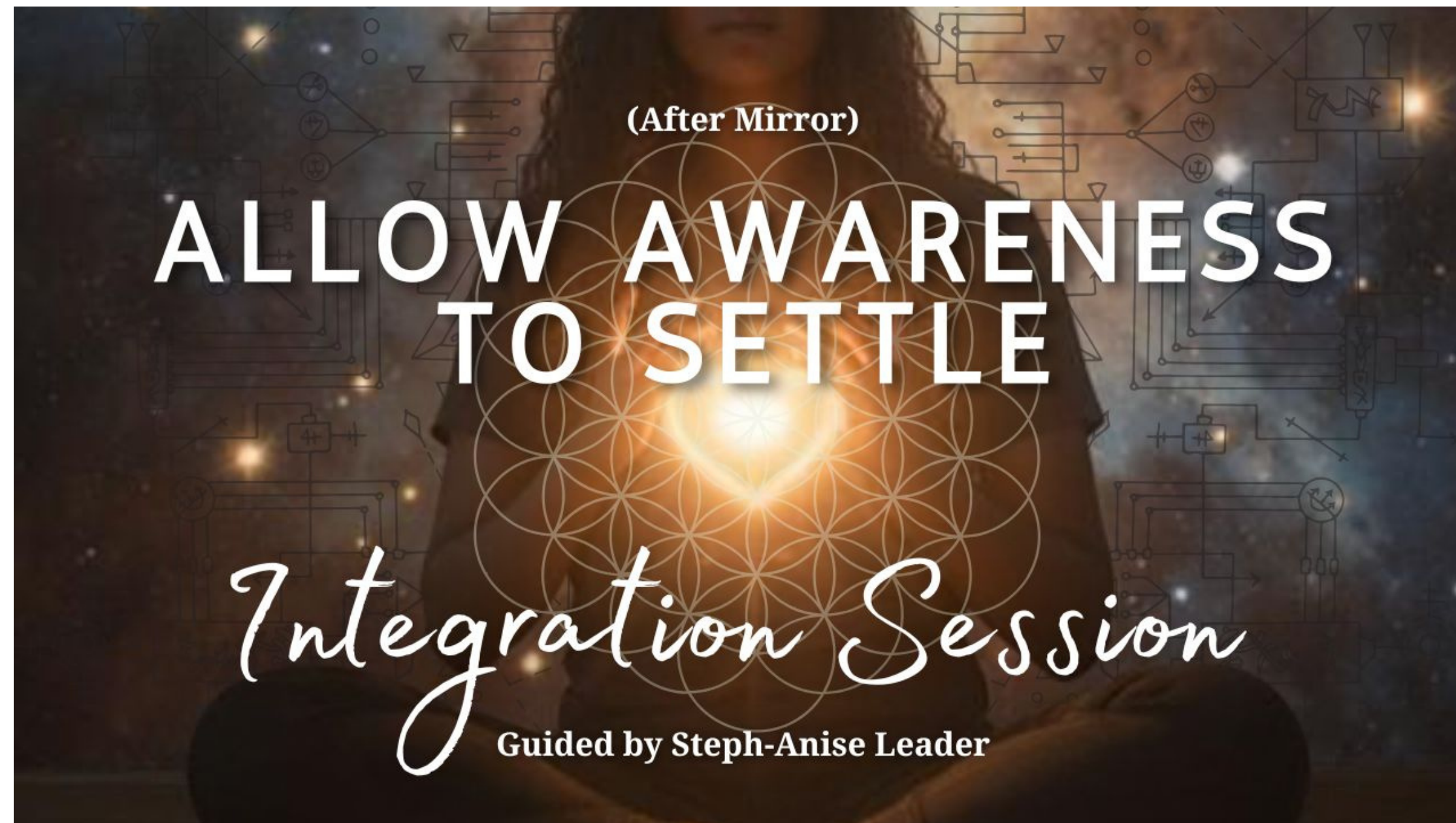
Did something important come up that you weren't planning to say?

5

If you met this person for the first time, what would you notice about them?

6

What might this moment of awareness be inviting you to see or understand about yourself right now?



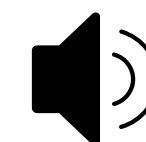
Integration

Sometimes awareness reveals insights we haven't fully processed before. Integration allows those insights to settle naturally.

I created a guided session designed to help you relax, accept what you've discovered, and allow deeper clarity to emerge over time.

You may listen immediately after the exercise or later before sleep.

Listen to the Integration Session



Continued Exploration



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**Know Thyself.
Everything begins there.**