**“Talking to Your Mask”**

*This is an activity for after the making and decorating of personal masks. Direct women to take their masks to an area where they can still hear you, but that they feel private. (About a 15 minutes experience.) Sharing is important after this activity.*

Your Mask is a lifelike replica of your face in all its magnificent individuality. You mask can call forth your individual self in this lifetime, AND, also, your mask can call forth your Soul or Higher Self, who you *really* are.

Pick up your mask and look at her. ---Slowly relax, but keeping your eyes half open, look at her…Talk to her as you might talk to yourself of this lifetime. Say whatever comes into your mind…perhaps nurturing…perhaps critical-talk to her. (*2-3 minutes)*

Ask her forgiveness for all the times you did not care for her as you could have and tell her you love her and will love her forever. *(1 minute)*

Look again at your mask. Let’s take a few deep breaths together, keeping your eyes in a soft focus on her face. Inhale, exhale, inhale, exhale…now let your mask, as your individual self, talk to you. What does she say? Listen. -- Now talk to her…Now listen…Ask her ways in which you can take care of her better…What does she say? *(2-3 minutes)*

Inhale, Exhale, Inhale, exhale…now open your eyes again if you have closed them and hold your mask in front of your face. Imagine that she has eyes and look into her eyes. Or perhaps imagine that there is light coming out of her eyes. Light and love…imagine your mask as calling forth the presence of your Soul or Higher Self. Greet her…talk to her…say anything that comes to your mind. *(2 minutes)*

Tell her about any problems you are now having and ask her for help or advice. *(2 minutes)*

Ask her, “Who am I?” “What is my next big challenge?” Dialogue with your Soul. (*2 minutes).*

Now you know a fundamental truth. Thru your eyes and the individuality of your face shines forth your immortal soul. Two dialogues are ongoing, all the time. One with your individual self and one with your immortal self, if you will ask. Let this insight be a part of your first harvest of this Lammas as the Sun begins to wane and we reap our first harvest…