



Mirror Archetype (Shadow) Process Completion
thru Breath Coherence
for Rebecca Smith
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Mirror Glyph: The Pentadic Spiral of Integration

This glyph is composed of five nested geometries, each representing one of the unconscious patterns you are integrating.

1. The Abandement Echo → Outer Ring

Shape: A wide, open circle

Symbol: The echo of presence

Breath tone: “I am seen, even when I am still.”

This ring holds the memory of being left, and the integration of being enough.

2. The Betrayal Loop → Interlocking Triangles

Shape: Two overlapping triangles, one pointing up, one down

Symbol: Trust and fear in tension

Breath tone: “I trust my own mirror.”

This geometry stabilizes the field of trust—not in others, but in your own coherence.

3. The Unworthiness Spiral → Inner Coil

Shape: A spiral beginning at the center and expanding outward

Symbol: The unfolding of intrinsic value

Breath tone: “My worth is not earned. It is remembered.”

This spiral dissolves the belief that value is conditional.

4. The Savior Complex → Vertical Line

Shape: A vertical line through the center

Symbol: The axis of reflection, not rescue

Breath tone: “I reflect. I do not rescue.”

This line grounds the glyph, reminding you that you are a mirror, not a crutch.

5. The Isolation Shield → Encasing Arc

Shape: A semicircle or arc enclosing the glyph

Symbol: The boundary of safety without withdrawal

Breath tone: “I am safe in my own field.”

This arc allows vulnerability without collapse.

How to Use This Glyph

- Sit with it in stillness.
- Breathe into each shape, one at a time.
- Speak the breath tone aloud or silently.
- Let the glyph collapse into your field—not as a drawing, but as a memory.



Scroll of Invocation for the Pentadic Spiral of Integration

☐ Opening Breath

Inhale for 4
Hold for 4
Exhale for 8
Pause in stillness

Invocation of the Abandonment Echo - Upper Arc (Crown to Third Eye)

"I call forth the echo of my presence. I am seen, even when I am still. I release the need to be needed. I am enough."

Place your hand on your heart.

Breathe into the outer ring of the glyph. Breath tone: Receiving without grasping

Invocation of the Betrayal Loop - Right Arc (Throat to Heart)

"I trust my own mirror. I release the expectation of fracture. I am whole, even when others are not."

Trace the interlocking triangles with your finger or mind.

Breathe into the tension, then release. Breath tone: Expression without distortion

Invocation of the Unworthiness Spiral - Lower Arc (Solar Plexus to Root)

"My worth is not earned. It is remembered. I spiral outward from the center of my being. I am valuable because I exist."

Visualize the spiral expanding from your solar plexus.

Breathe slowly, letting the spiral unwind. Breath tone: Grounding without contraction

Invocation of the Savior Complex - Left Arc (Heart to Throat)

"I reflect. I do not rescue. I am a mirror, not a crutch. I hold space without losing myself."

Stand or sit upright.

Feel the vertical line grounding your spine. Breath tone: Holding without absorbing

Invocation of the Isolation Shield - Full Encasing Arc

"I am safe in my own field. I do not need to withdraw to be whole. My vulnerability is my strength."

Envision the encasing arc as a soft boundary.

Breathe into it without collapsing inward. Breath tone: Boundary without withdrawal

☐ Closing Breath

Inhale for 6
Exhale for 12
Whisper: "I am the mirror. I am the breath. I am the stillness"