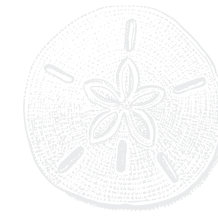
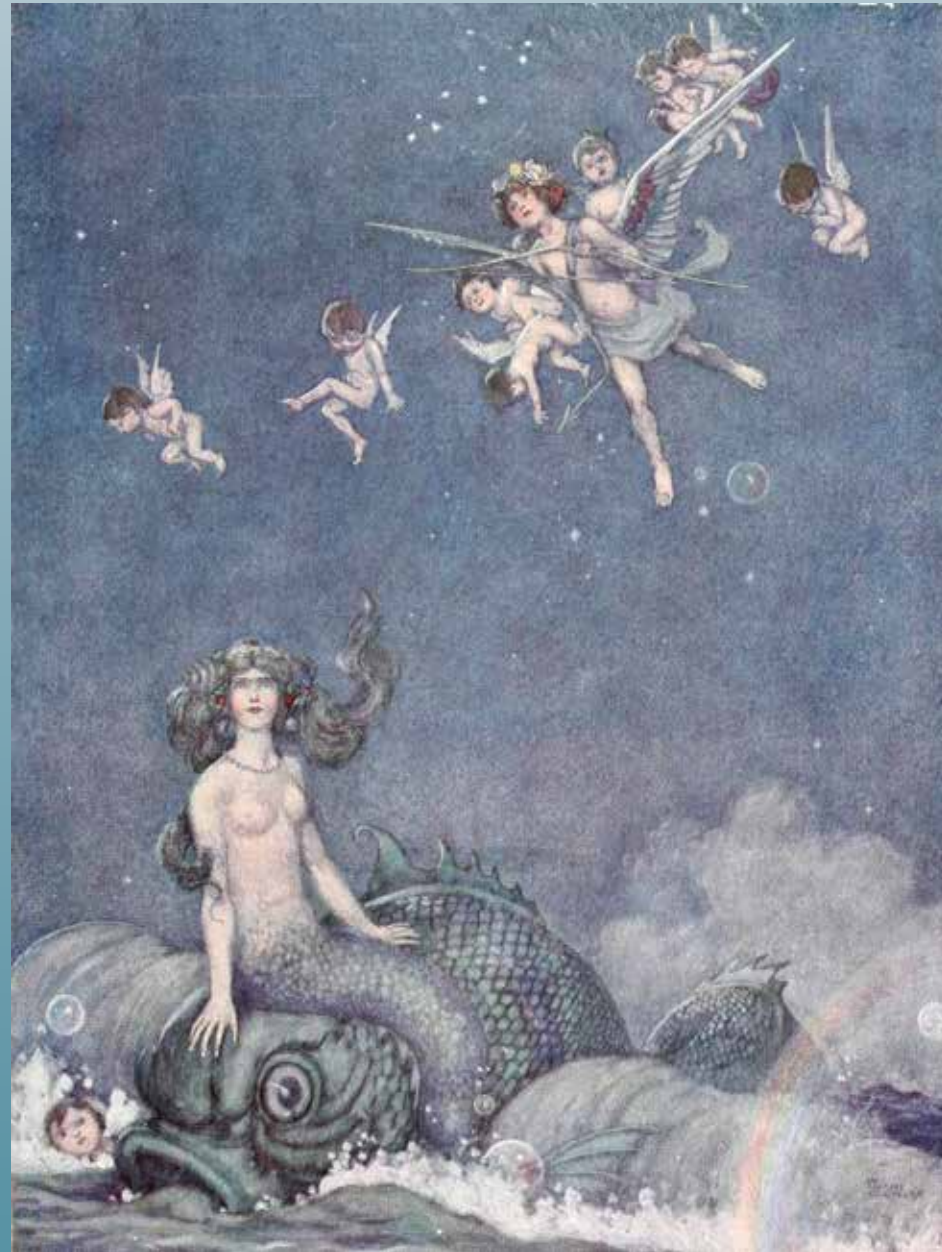




*"All unknown are pain and sadness
In their home beneath the sea."*



**This Journal of
Mermaids
belongs to**





The Mermaid's Mirror

A Journal for Reflection, Deep Healing and Emotional Freedom

Welcome, beautiful soul, to this journal through which you can gaze deep into the magickal mirror of the mermaids. When we let ourselves stop for a moment and look deeply within, we can truly begin to explore our own feelings, understand our relationships, heal our memories and celebrate our happiness, freedom and purpose, all with the blessings of the beautiful mermaids.

Within these pages you can write, dream, sketch and wonder about all that once lay hidden within you. For the mermaids are the mistresses of revealing what lies within, bringing what was once treasure lying at the very bottom of the ocean to the surface. Therefore, when you begin to work with them through the mirror of these pages, you will finally see your own treasures, long hidden beneath the ocean of your psyche and the layers of conditioning that can obscure our gifts, even from ourselves. But no more. When you work with the Mermaid's Mirror Journal, you will begin to see—and, oh, how precious you are, human child!

Water is a healing element. I've lived most of my life within sight of the ocean—swimming before I could walk, being taught the power and ways of the oceans by my father and my mother. For my family, water was about the most holy place you could be. Its cleansing powers and healing capacity were as accepted and as natural as breathing to us. I was taught to surf and to dive, to hold my breath for long, long minutes and to read the signs within the water with ALL of my senses. Alongside this understanding, my family had a deep love of the ocean and her inhabitants. And whoever has these connections to the ocean connects to mermaids—and so many of us have fallen under their spell and surrendered to the element of water.

The mermaids are of the water, and the water is the element in which feelings, memories, intuition and sensuality reside. Many of us are disconnected from this element as, currently, our human world favours other qualities over the dreamy depths of imagination and deep self-knowing. But your emotions, expression, imagination and self-love are necessary to live a rich and fulfilled life, and distancing ourselves from these qualities does not keep us safe. Indeed, the disconnect can shut us down, and a certain emptiness can steal into our lives.

The feeling world, or the world of water and the mermaids, can sustain, uplift and support us, allowing us to explore possibilities, to empower ourselves, to dream deeply, and to drink from the cauldron of life that is the ocean. When we allow the realm of emotional imagination to explore what our heads say cannot be done, we begin to reconnect with the depth and possibility of our lives. We wonder. The world of air often crushes the life out of the dreams of water. But by reconnecting with the water and with the feeling world and with the mermaids, we can restore our dreams and bring them into our waking lives, into what we call reality.

Mermaids have many skills, which they can help us learn, too. Within these pages, you may wish to explore these qualities and potentials within your own life. The mermaids are wonderful to work with when we wish to heal our sexual issues, find our voice and truly express ourselves, empower ourselves as men and women and not only embrace our beauty and become more attractive and alluring, but embrace being so. Through working with the mermaids and exploring your own life within these pages—through simply sharing your feelings or exploring your relationship with others and with yourself—you can begin to find yourself feeling light and powerful, deep yet joyful, graceful and playful, sexual and innocent—all at the same time. Mermaids help us liberate the very best of ourselves.

We cannot always be by the ocean, much as our soul longs for the deep wild of the sea. But through this journal, you can hear the sound of the waves, dance to the song of the mermaids, and feel cleansed and healed by their saltwater wisdom. In addition to the mermaids' voices, you will find that throughout these pages of the Mermaid's Mirror are embedded the energies of the wild ones of the oceans: the whales, with their deep ancient song, connecting you to the Akashic records and to the powerful memories of your own soul. The dolphins, with their reminders to breathe, to play, to love and to thrill to the gift of life. The seals, with their message of the sanctity of femininity, who help encourage your own freedom and inspire a bright desire for liberation and independence.

Throughout this journal, you'll find many quotes from poets and dreamers, writers and explorers, all of whom have had some kind of mysterious contact or inspirational connection with the mermaid. I've chosen them based on whether they stirred something within my soul moved me, provoked me, made me wonder and helped me understand both myself and my connections to the mermaids. I hope they do the same for you.

Mostly, though, you'll find my own words from my own mer-musings, journals and notebooks, in which I've explored the realms of the mermaids and felt their mysterious power in my own life. I hope these words encourage your own wonderings to pour forth, like water, upon the pages here within this magickal journal.

Never underestimate the power of your own expression. Water needs to flow, and emotions need to be expressed—and within the world it is not always safe or appropriate to express just as we would wish. But within this journal, you now have that place—a safe and sacred space in which to be exactly who you are. And with the mermaids swimming with you, opening your heart, helping you reconnect emotionally and sing your song, I know you will fill the pages with the beauty and wonder, the dark depths and the shimmering light of your own soul. Through writing from the heart about your soul, you will discover ways to feel more powerful, to see right into your sacred self and find much to treasure and to love. With expression and a safe place to share, you can also find ways to clear and cleanse yourself whenever you have need—and to respect your own beauty, sovereignty and freedom to just be your own beautiful self.

Water is a place of baptism and rebirth. Many of us just innately understand that to be immersed in water is to be cleansed and healed and reborn. We are within a womb for many moons before we are born into the world of air, and when we dive beneath the ocean and stay just for a few heartbeats within her depths, it is as if we are returned to the womb of the world. When we emerge, and take that breath, we are reborn. Cleansed. And healed.

When you work with the journal, you will be reconnected with the oceans, with your own sea nature, with your sacred purpose. You will meet and work with the mermaids, and they will begin to come to you, more and more, in your waking life, but perhaps most especially in your imagination, which is sacred, and in your dreams, which are holy. Your heart will open, and your sense of freedom and power to determine the flow and movement of your own life will be reborn.

So many precious moments from the mermaids and their creatures have made their way into this journal. This journal is an ocean—and when you write within the pages, you will unlock your own inner sea of power and healing energy. You will begin to embrace your sexuality and sensuality, to explore and to be adventurous, to gift yourself physical emotional and spiritual health. Mermaids are deeply emotional, and so you will be returned to the gift—to the wisdom—of your own deep feelings. And by exploring these in this safe place, you can begin to respect and honour these emotions in ways that create beautiful love relationships! My hope is that, by working with this Mermaid's Mirror and questing for the treasures within your own soul and psyche, you will connect deeply with sensuality, joy, innocence and a sense of freedom and adventure—with a bright vitality that sparks and inspires you!

So, farewell for now, sacred soul. May you ride the wave of healing, sensual energy while working with the Mermaid's Mirror—a journal for deep healing and emotional freedom. Through this divine work, may you develop great and enduring compassion for the self, and unshakeable love for who you are.

May the Ocean bless you, and may the Mermaid's Mirror reveal all the treasures within your soul,

Lucy Cavendish



