



# The Invisible

*Being in the room without being in the room*

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## What the mandala shows

A ghost-like hooded figure stands at the center of the page, drawn in thinner lines than the others around her. Eight ornate guests stand in a circle, backs turned to her, attention on each other. Four gothic mirrors hang in the outer ring. Each mirror clearly reflects a guest — but none of them reflects the central figure. She has no reflection. She extends a hand outward. No one notices.

## What this shadow is

The Invisible is the ache of being in the room and not in the room. You speak and the conversation continues without you. You make something and someone else takes the credit. You ask for what you need. Somehow the question just dissolves. The shadow says this is your fault — if you were louder or more charismatic, they would finally see you. Invisibility isn't a flaw inside you. It's how certain rooms are built. Shouting in the wrong rooms won't make them hear you. Other rooms exist. In those rooms, your presence arrives as something welcome — not something that has to prove itself.

## You may recognize The Invisible when:

- You say something in a meeting and five minutes later someone else says it and gets credit
- You learn about events you were not invited to afterward, by accident
- You explain what you need and people act like they heard something else
- You wonder, sometimes, whether you are actually there
- You feel most present when you are alone

## Where it lives in the body

A hollow ring behind the sternum. Hands that go cold. A quiet, unheard pressure in the throat that does not become speech.

## What the coloring does

Color the mirrors first. Look carefully at what each one reflects, and at what is missing. This page is not asking you to appear. It is asking you to notice that your invisibility is selective — it happens in certain rooms, with certain people. Color the central figure at her normal weight, not thinner. On this page, you get to be fully there.

## After coloring, take five minutes:

1. **Breathe.** Three slow breaths, feel your feet on the floor.
2. **Color.** The mirrors first. Then yourself. Fully.
3. **Notice.** Which rooms see you? Which do not?
4. **Write.** One sentence: "A room where I am actually seen is \_\_\_\_"

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*Your presence is not a question. The right eyes will meet yours without you having to beg.*