

100% self-love



7 areas of self-love reflections:
mentally **emotionally** **nutritionally**
physically **financially** **sexually** **spiritually**



Welcome

*Congratulations on making this commitment to your wellbeing.
This is an important step on your self-love journey.*

The purpose is to assist you in considering your current levels of self-love in the 7 main areas where we experience challenges and provide some prompts to explore.

These are huge topics and this is an introduction to each area. Once we bring something into our awareness, we are able to make more conscious choices. We will explore the themes below.

Week 1 Loving Yourself Mentally

Observe and change repetitive negative thoughts, which can lead to stress, anxiety and depression. There will be areas for you to explore to assist you to bring more compassion to your mental state.

Week 2 Loving Yourself Emotionally

Give yourself permission to feel all of your feelings, regardless of what they are. How can you feel more loving towards yourself? Suggestions will be made for you to notice and feel more comfortable with your feelings.

Week 3 Loving Yourself Nutritionally

Learn to become more in tune with your appetite, eating habits and make healthier choices. What is your relationship with food like? You can enjoy food without feeling deprived.



Week 4 **Loving Yourself Physically**

Connect more with your physical body and explore various types of exercise and movement that you can enjoy. Consider ways that you can nurture your body.

Week 5 **Loving Yourself Sexually**

Become more in tune with your needs and take responsibility for them. Be the love you are seeking and fulfil your own desires.

Week 6 **Loving Yourself Financially**

Consider how your relationship with yourself is reflected in how you feel about money and vice versa. Take a close look at any unresolved emotions about money.

Week 7 **Loving Yourself Spiritually**

Nurture your energetic personal power centre – the solar plexus chakra. How do you nurture your spirit? Ways to support the solar plexus chakra.





How to use this information:

Dedicate two date times in your diary each week, to focus on your own contemplation of these topics. When you are experiencing change in your life, it can be easy to feel overwhelmed. We have many things occurring at any given time. It's about your pathway to deepening this lifelong relationship with yourself. Please ensure that you have a notebook handy (or you can use the editable PDF notebook that is included) so you can jot down any insights or points that you feel drawn to explore further.

Create a self-love ritual:

How can you create some sacred space for you?

A lovely ritual to start each morning when you wake up is to take a deep breath, place your hands on your heart and ask "what do I most need from me?". Ask yourself this question morning and night and start to strengthen the connection with your inner guidance. Life-changing.

Set an intention in the morning that you will make loving choices for yourself today. Every day and every moment is a choice.

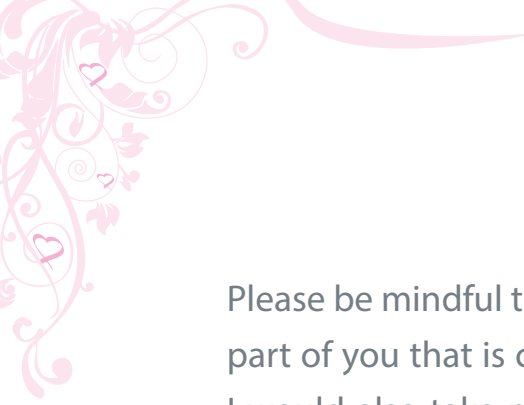
You could light a candle and play some relaxing music.

Make a cup of your favourite tea, sit down for 5 minutes and focus on your breath.

If you have the [Self-love Alchemical oil](#), you can also anoint your solar plexus area or anywhere you feel drawn to, with the intention of melting away barriers to deeper levels of self-love.

There will be certain areas that resonate with you more than others, depending on what is currently happening in your life.





Please be mindful that if you are triggered or feel resistant, this is simply a part of you that is calling your attention, for you to explore more deeply. I would also take note of any area that you have a total lack of interest. Avoidance can come in many forms. Sit quietly and ask yourself why that may be. What part of you may you be resisting?

Setting clear intentions:

Take 10 minutes for yourself. Setting clear intentions is one of the most empowering things you can do for yourself and it shows you are committed to you.

Consider your intention. Is any particular area where you would especially like to receive clarity?

For example, if your intention is to completely love and accept yourself, ask yourself *'if I was someone who completely loved and accepted themselves.....':*

- a) How would that look for me?*
- b) How would that feel?*
- c) What would I be doing differently?*
- d) How would I behave?*
- e) What small step can I take towards this vision now?*

Write down your answers and say them aloud. There is so much power in the spoken word.





Loving Yourself

Mentally: part one

This is THE most important area to address so that we can impact our thoughts and beliefs in a constructive way and begin to make positive change.

As Henry Ford said *“whether you believe you can, or you can’t, you are right.”* We can try to ‘make things happen’, but if we don’t believe that something is possible for us, then it will be difficult to manifest into our reality. Things flow easily when we are congruent in our thoughts, beliefs, words and actions.

Everything that we have ever done began with a single thought. All of our decisions and the actions that we take are determined by our thoughts, beliefs and feelings. In order to make the most beneficial choices for ourselves, it’s crucial to keep feeding our mind with nourishing and supportive content.

Thoughts of all types will come and go and continue to be created. This is to be expected as the mind does its job. Where we can come unstuck is when we start to listen to repetitive chatter and allow ourselves to believe it.

“No one can create negativity or stress within you. Only you can do that by virtue of how you process your world.”

Dr Wayne Dyer





Self-love exercise:

Consider your most recurring thoughts and conscious beliefs are about yourself. Are they in alignment with embracing 100% self-love?

Write them down so you can see them clearly in front of you. Are there any that you can see are not serving you?

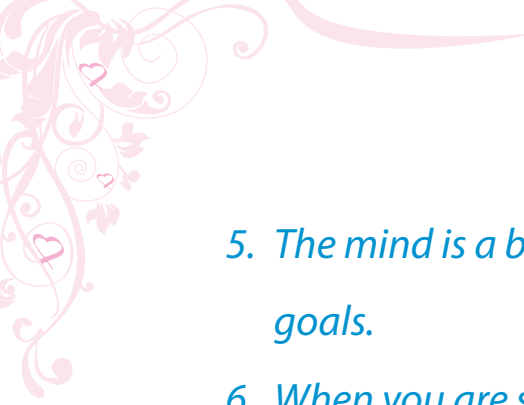
When we're conscious of our thoughts, it's easier to interrupt them with our awareness and choose differently. If you notice that your inner critic/judge is overly active, just know that this is a part of you that is trying to protect you. Even though it may be misguided, it is usually vulnerable and fearful of change. We need to learn to parent these parts of ourselves, without making them 'wrong' or labeling them as 'bad'.

An important point to be mindful of is that change is not an event; it's an evolving process. You didn't become stressed, anxious or depressed overnight and so the recovery may take some time. Form a relationship with your inner judge/inner critic. Remind yourself that you are the authority of you.

7 keys:

- 1. When we use our minds with clear intent and keep bringing ourselves back to our desired focus, change can occur.*
- 2. Repetition of our intentions and inspired action is what assists us in making lasting change over time.*
- 3. Take small steps each day and keep going.*
- 4. We have all the power we are seeking within us so it's about making a choice in this moment.*



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5. *The mind is a brilliant tool that we can use to serve our heart's goals.*
 6. *When you are struggling with your thoughts, keep bringing yourself back to the present moment and your breath. The only thing we know for certain is that we are breathing in this moment.*
 7. *Life is short. Don't take things so seriously. None of us are getting out of here alive.*

Self-love exercise:

Being mindful

Over the next few days, observe your thoughts. Notice the tone and quality of them, as you go about your day and carry out simple daily tasks. You can also write them down and journal about them or type some notes into the **editable PDF** workbook.

Observe your thoughts when you are:

on your way to work;

in the shower;

cleaning your teeth;

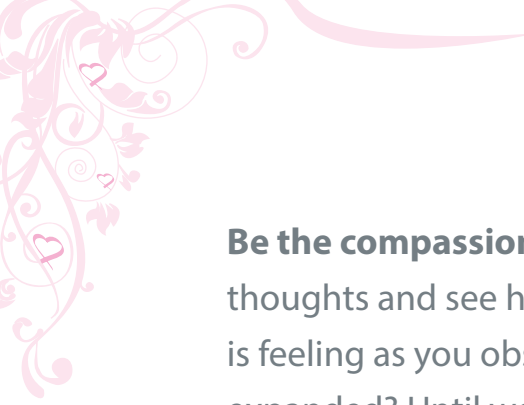
sitting quietly;

talking to others;

making dinner;

or getting dressed.





Be the compassionate observer and start to explore any recurrent thoughts and see how you feel when they arise. Notice how your body is feeling as you observe certain thoughts. Do you feel contracted or expanded? Until we notice these habits, it's difficult to consciously make changes.

It can take approximately 21 days to form a new habit. These things can take some time so it's about repetition and re-committing to yourself and your goals. You are worth the investment. Change begins with one person – start with yourself.





Loving Yourself

Mentally: part two

What observations have you noticed in relation to your thoughts and beliefs?

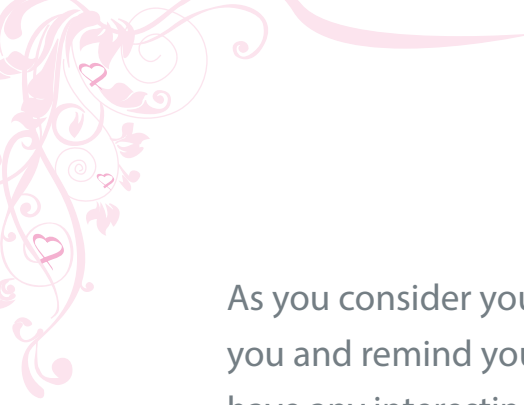
Were there any surprises? Jot them down and then look at how you can consider rephrasing or reframing them.

Self-love exercise:

Consider now a problem that you may be feeling anxious about and choose to really listen to the part of yourself that is experiencing this problem. This is an opportunity to parent and care for an aspect of you that may be feeling vulnerable. Feel grateful for this healing gift.

Ask yourself:

- *What is the real problem here? Hint: it may be more underlying than what is presenting itself.*
- *What am I truly feeling anxious or stressed about?*
- *How can I alleviate this anxiety?*
- *What else can I do to support myself through this transition?*
- *How does this make me feel in my body when I provide myself with a solution?*
- *What's one small step I can take now?*



As you consider your situation, allow your own wisdom to reveal itself to you and remind yourself that you do have the answers you need. Did you have any interesting awareness arise that you were not expecting?

Meditation and mindfulness can be very helpful in assisting us to change our thoughts. Often people mistakenly believe that to be able to meditate they need to have an empty mind and so because they have thoughts arising, they believe that they are 'doing it wrong'. Not true. The mind will always have thoughts arising – that's its job. Your role is to keep bringing your mind back to your intention. This may be simply noticing your breath. It could be a word or a mantra that you repeat to yourself either silently or in your mind. This is also where affirmations can be an easy and useful tool to switch the focus to a more supportive direction.

Affirmations

Affirmations are positive statements in the present tense. We use these as a way of targeting unsupportive beliefs that may be undermining our best efforts.

What is important is the feeling that we also attach to the affirmation. This is crucial. Please focus on connecting in with feelings of truth and conviction so that you can begin to dissolve resistance that is no longer serving you on the mental level. Once you create new beliefs and implement them, change can occur, depending on unconscious layers and levels of resistance.

You may find the inner critic disagreeing when you use affirmations such as **"I love and accept myself"**. Don't worry. See this as positive as it brings into your conscious awareness the sabotaging thoughts and beliefs for



you to address.

Using affirmations


Maybe you do not believe that affirmations work? Consider that you are affirming with each thought and belief. We are continually programming our mind with our thoughts, beliefs and self-talk. According to Deepak Chopra, we have around 60,000 thoughts every day and the majority of those are the same thoughts each day. Imagine that for a moment. So if we keep having the same thoughts over and over, we will keep experiencing the same situation as we reinforce our beliefs.

This is creating our reality. Many of these thoughts and beliefs could be based on an imbalance in our perception through childhood experiences, which are no longer relevant or helpful in adulthood. Often this prevents us from becoming our most empowered selves, as it's based on a defensive standpoint.

When we start to observe our thoughts and interrupt whatever is not helpful and deliberately change it with something more supportive, then this can only lead to a positive change in our reality. Medical research shows in recent years in areas such as neuroplasticity, we can change the structure of our brains with our thoughts and beliefs. All limitation exists only in our thoughts.

So why not work with them consciously to create the change we are seeking?

Another great way to question thoughts and statements that you may be experiencing is to download Byron Katie's free worksheets at <http://thework.com/thework.php>



Byron's work is based on the message that ALL of our unhappiness is created in our mind and that once we question our thoughts and beliefs, we let our self-created unhappiness fall away and see our situation from an entirely new perspective. There are also some very interesting video clips whereby she assists people in turning around their situation, based on a belief that is not serving them in a positive way.

By working with tools such as hypnotherapy you can start to change thoughts and beliefs and make lasting change, by addressing the unconscious mind. Hypnotherapy works but **you** need to be motivated to make change.

[Glenn Harrold](#) is one of my favourite hypnotherapists, whose audios I use regularly.

For ongoing long-term benefit, Glenn suggests self-hypnosis and with any purchase you also receive a free guide to self-hypnosis to download. Here is a free app that you can use "[Relax and Sleep Well](#)" to try in the evening.

Inspiration:

Reprogram your subconscious mind with Marie Forleo and Dr Cathy Collautt. <http://www.marieforleo.com/2012/09/your-subconscious-mind/>

Activist Caroline Casey has lived with a different perception about herself. This highlights the importance of our thoughts about what we believe is possible for us. She tells the story of her extraordinary life and asks us to move beyond the limits we think we have. Amazing!
http://www.ted.com/talks/lang/en/caroline_casey_looking_past_limits.html



Reading:

Some books I've found helpful over the years via Book Depository and it's free postage worldwide.

<http://www.sacredself.com.au/book-category/loving-yourself-mentally/>

I hope these links are providing insights into your thoughts and beliefs and any positive steps you can take in your daily life. Awareness is the most important step.



Loving Yourself

Emotionally: part one

Today consider how you feel about yourself – and how you feel about your feelings about yourself! A biggie!

So often when we feel uncomfortable, there is a tendency to adopt a behavioural pattern (sometimes addictive) to avoid, mask, distract or repress any emotions that maybe pushing us out of our comfort zone. Emotions are just energy in motion and when we allow them to flow, regardless of what they are, we can process our feelings much quicker and allow them to move out of our body. Easier said than done at times and can be challenging.

Are there any particular feelings that you avoid?

Give yourself permission to have the full spectrum of emotions. This is one of the gifts of being human – that we have this ability. Embrace it.

Points for consideration:

- *Be honest with yourself. If you can't be honest with yourself, then you can't be honest with anyone else.*
- *We can't force anyone to have feelings for us, but we can choose to love ourselves. Dig in deep and find out more about yourself.*
- *Acknowledge uncomfortable feelings, as you will have to deal with them at some stage. When we choose to ignore feelings,*



they can spiral downhill quickly and then manifest physically.

- *Don't be afraid of your emotions. Ask yourself "what are these feelings really telling me?"*
- *If you are engaging in unhealthy behaviour to block feelings, have a chat with someone you trust. If this is too difficult then get the ball rolling. Check out some books in [Loving Yourself Emotionally books](#)*

Write down your feelings in a beautiful special journal. Your feelings are sacred. Open your heart to yourself and share what is important to you.

So that may have reminded you of certain feelings that you are not always giving yourself permission to feel. So often we feel nervous about allowing ourselves to be vulnerable and yet this can be where we have the biggest shifts in awareness and growth. Every feeling is just a part of the human experience.

Emotional Freedom Technique (EFT)

When there is a lot of emotion coming up to the surface, one of my favourite tools that I've learnt over the years is **Emotional Freedom Technique**, otherwise known as EFT. It has become popular in recent years.

EFT is a simple Mind Body tool and research shows that it dramatically reduces cortisol, the stress hormone. EFT is an effective tool for bringing ourselves back into a state of balance. Our body is often holding onto beliefs and patterns from childhood programming, that are no longer relevant. We block what we want to receive because we don't feel



worthy.

This is a wonderful tool to incorporate as a healthy lifestyle habit. There are some free books about EFT that you can download from www.eftuniverse.com. These cover general information about EFT and there are thousands of free videos on Youtube.

Brad Yates, one of my favourite teachers, focuses on self-love. Now try EFT tapping for self-love. <http://www.bradyates.net/vids/vids2/LoveYourselfJAYA.mp4>

So how are you feeling now?

Be gentle with yourself and take your time if you find that you have emotions coming into your awareness. Often EFT starts to bring to the surface feelings that have been buried. Keep tapping on whatever is coming up for you and allow yourself to move through it at gently.

For more inspiration on the topic of emotions, please check out Brene Brown's work on vulnerability and shame.

<http://www.brenebrown.com/videos/>

Enjoy the next few days exploring your feelings, and experimenting with EFT tapping. Remember that one of the best ways to allow yourself to move forward when you are feeling stuck, is to express your feelings and release them from your body. Our external situation is always a reflection of what is happening inside.



Loving Yourself

Emotionally: part two

How are you going exploring any feelings about yourself?

Have there been any surprises or has there just been confirmation of what you were already aware of?

Remember to make notes about what you may have observed. When we are going through periods of change, it can be easy to forget how differently we were feeling.

When we look back in our journals, it can be so heartening to realise that actually we have had quite a shift. Give yourself a pat on the back for having made this investment into your own wellbeing.

When you incorporate new practices into your daily life, you will soon start to notice changes in your thoughts and feelings – which in turn, impacts how you respond to what is occurring in your life on a daily basis in all areas.

Sound Healing & Music

Another tool that that is powerful to balance emotions is music and sound healing. Sound has huge potential for our healing journey, assisting us with balancing our entire Being.



What is sound?

Sound is a vibrational frequency, which is at the core of everything in existence. We exist in a sea of vibration and nothing is static, with every organ in our body having its own vibration and sound. You can consider that illness could be described as a 'musical' problem as it's about a lack of harmony within the body. Sound creates matter and form.

Sound healing and music therapy are gaining increasing popularity as modalities, both as preventative medicine and as a supportive tool to traditional treatments. Sound has a healing impact on mind, body and spirit. Chanting, mantras and sacred sound have been used for thousands of years, alongside yoga and other ancient traditions. Tuning forks, drums, rattles, bells and singing bowls are also healing tools and becoming increasingly popular.


Self-love exercise:

Over the next few days, observe how you feel listening to a variety of music and sound.

Our bodies can be tuned like a musical instrument as our nervous system and brain tries to match the frequencies it's hearing – so it can naturally come back into balance.

Transformation can be instantaneous. Our body knows what it needs and will gravitate to certain music. Our DNA can be programmed by words and frequencies.

Consider now the sort of music you listen to and the impact of sound upon your entire Being.

- 
- *What is your favourite music?*
 - *What sounds open your heart?*
 - *What music uplifts you?*
 - *What do you find motivating?*
 - *What stirs your emotions?*

Benefits of sound healing and music:

- *Sound healing can help shift outdated beliefs, genetic patterns and inherited programs.*
- *Music helps you to shift stuck emotions out of your body.*
- *Your own voice is a very powerful healing tool.*
- *You feel more freedom and joy as you take control of your own life and become in touch with your feelings.*

Self-love exercise:

You will now experience an excerpt of Lia Scallon's powerful and unique sound healing. Her work is called the Sounds of Sirius. This angelic music has a profoundly healing effect upon body, mind and spirit. Sit comfortably and just let the sound wash over you.

Listen to this beautiful crystal key track "[Citrine](#)". Citrine is a crystal that is known for resonating with the solar plexus chakra. Allow the sound to balance your solar plexus.

How did you feel?

Consider some other forms of sacred healing music:

Mantras are sacred intentions and are a very powerful expression of the spoken word, expressed often in combination with music. It's extraordinary how your mood and energy can shift dramatically when you chant. Listen to some chanting and sing along and just notice how quickly your energy changes.

Chanting helps the mind to focus and alleviate stress. Repeating "om", for example, which is considered to be one of the most important and ancient mantras, is said to create mental clarity and promote connectedness with a higher power.

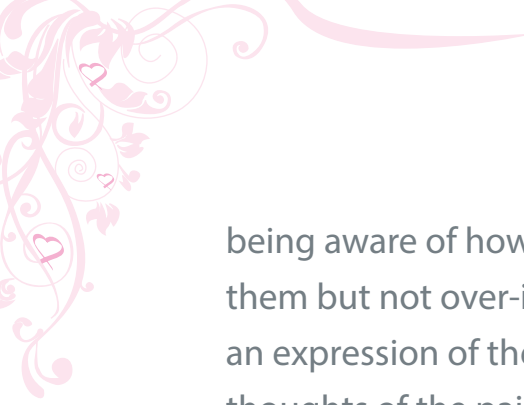
Deva Premal and Krishna Das are two very popular singers of sacred sound. Here are two examples of their transformational sound. Deva Premal performs the ['Gayatri Mantra'](#), the most ancient and powerful Sanskrit mantra known to civilisation. It is believed that by chanting the Gayatri Mantra and establishing it strongly in your mind, your life will be full of happiness.

Here is **Krishna Das** performing ['Om Namah Shivaya'](#), which is considered the supreme invocation to the Divine. So it is the ultimate expression of respect to the Universal life force, the Divine, God or whatever name feels most comfortable to you, according to your beliefs

Classical music composer **Mozart** has been lauded for decades for the calming impact that his music has on the brain. Research since the 1950's shows that his music is incredibly effective for stress relief. Here is ["The Piano Sonata No 16 in C major"](#). What do you notice?

Inspiration:

[This short video of Eckhart Tolle](#) speaking about anger, resistance and



being aware of how these emotions express themselves – just observing them but not over-identifying with them. He talks about how anger is an expression of the pain body and how the thoughts can be the angry thoughts of the pain body.

Observe yourself over the next few days listening to the various sound tracks and allow yourself to feel anything that may come up to the surface for your attention.

It's so empowering to be reminded that sound and music can be so transformational when we choose with awareness. Listen to some different varieties of music and notice how you feel. Does it uplift your mood or bring you down?

Write some notes for yourself in your journal about your observations about the feelings that come into your awareness. Do you notice any repetitive patterns? Is there a part of you that you have been ignoring?

Remember ALL of your feelings and emotions are divine messengers. Listen to what they are telling you.



Loving Yourself

Nutritionally: part one

“Food is music to the body, music is food to the heart.” - Gregory David Robert

Now we will consider the relationship between food and self-nourishment.


Which new habits have you chosen to begin that are loving and empowering?

Today we are considering our relationship with food and our eating habits. Food can be and often is one of life's greatest pleasures. It can be nourishing and enjoyable but often we project so much other meaning onto food. Our body has a natural weight that it wants to be, but this can become distorted depending on how we relate to food.

Are you aware of any particular habits that you have?

When we start to place restrictions on food, it can soon become a habit of deprivation. This is not sustainable. Diets do not work and when you start restricting what you are eating, you are bound to notice an effect on your moods and emotions. A healthy digestive system and lifestyle has a huge impact on our brain health. So the more balanced a relationship you have with food, the less likely you are to suffer from anxiety and depression.

Focus on feeding yourself with healthy food you enjoy. Make meal times a relaxing part of your day. Inject variety into your food choices. Do not



eat in front of the tv or computer. Slow down and mindfully taste your food, so you can effectively absorb the nutrients.

Food is not 'good' or 'bad'. However, there are many different choices available and when we educate and empower ourselves, we can make more informed choices. Choose foods that are going to make you feel good, nourish and sustain your energy. Rather than reaching for a chocolate bar in the afternoon, maybe choose something that is protein based. Go for a portion of nuts, rather than the potato chips if you are feeling like something savoury.

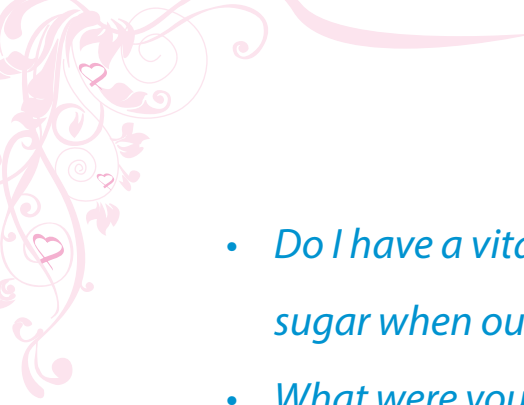
The concept of emotionally-driven eating is very common. If you have days (and we all do) where you don't feel that you ate well, don't waste energy beating yourself up about it. Just make a different choice tomorrow and move forward. You are constantly learning about what nourishes you.

Do you have an emotional relationship with food?

Questions to ask yourself:

- *Why am I feeling sad?*
- *What am I truly hungry for?*
- *Am I really hungry or am I just diverting myself from something I don't want to feel?*
- *Am I repressing something?*
- *Am I bored?*
- *Am I dehydrated?*
- *Is this just a habit – eg having a chocolate bar at 3pm each day.*



- 
- *Do I have a vitamin or mineral deficiency? Sometimes we want sugar when our body needs protein.*
 - *What were your food habits before you had any rules about food?*

Cravings:

Be aware that if you have certain cravings, there could be some physiological aspects that are having an impact. For example, hormonal imbalances can cause cravings, during different times in your menstrual cycle. Notice.

The more you can trust your appetite and body, the more you can develop a neutral relationship with food.

Self-love exercise:

If you have a difficult relationship with food, consider some of the following:

What are some emotional barriers that may be relevant?

There are numerous possibilities, depending on your situation that may mean food has become a coping mechanism:

- *Anxiety or feelings of 'not good enough';*
- *Unhelpful judgements formed during childhood, that are driving your behaviour;*
- *Destructive beliefs that are you are reacting from such as 'I'm*



worthless';

- *Feeling trapped and stuck by life circumstances and seeking refuge in food;*
- *Blocking deep intense emotions that need to be addressed.*

Can you remember a time when you felt differently before these feelings? Is there something that needs to be resolved and healed?

Take time to write down any connections that you make so that you can address at a deeper level. You may even find it helpful to discuss with a therapist, if this is affecting you adversely.

Did the exercise bring into your awareness any of your eating habits?

A helpful link is the [Center for Mindful Eating](#).

There is a 1 page PDF of their Mindful Eating principles that you can download for free from their site.

Inspiration:

Check out this video from Dr Neil Barnard MD of the Physicians Committee for Responsible Medicine. He discusses the science behind food addictions. Willpower is not to blame: chocolate, cheese, meat, and sugar release opiate-like substances. <http://www.youtube.com/watch?v=oHWMAF92n1E>

Geneen Roth, is very well known for her books and retreats exploring women's relationship with food. She believes that the way we eat is inseparable with our core beliefs about being alive and the doorway to



freedom.

In her book **“Women, Food and God”** she suggests the following guidelines, which complement the Center for Mindful Eating’s principles:

- 1. Eat when you are hungry.*
- 2. Eat sitting down in a calm environment.*
- 3. Eat without distractions.*
- 4. Eat what your body wants.*
- 5. Eat until you are satisfied.*
- 6. Eat with the intention of being full.*
- 7. Eat with enjoyment, gusto and pleasure.*

Check out her self-guided online food retreat <http://www.geneenroth.com/online-events.php>

Eating Disorders:

It would be remiss not to mention this serious topic. If you are concerned that you or someone close to you may have an eating disorder, a few points to remember. Eating disorders always relate to psychological problems and are usually a coping mechanism. Disordered eating behaviours often start during a life changing situation or a traumatic event. You can absolutely recover. Please get professional help without delay.

[The Butterfly Foundation](#) is a wonderful resource for getting further assistance so please check them out. Please also get help from a close friend, family member or your GP. Also check out [Body Matters Australasia](#) and [Anorexics & Bulimics Anonymous](#)



Loving Yourself

Nutritionally: part two

How are you feeling about your relationship with food? Any surprises for you about your emotional associations with food?

One thing we cannot underestimate as an influence on good health, is the importance of drinking enough water daily.

Here are a few interesting facts:


Our brain is made up of 75% water and even slight dehydration can cause headaches and dizziness. Blood comprises 92% water and muscles 75%. Bones are made up of 22%.

We need water to carry nutrients and oxygen to our cells, regulate body temperature, help our digestive system to absorb nutrients and expel waste and toxins from the body. What is the quality of the water you are drinking? Drink water without fluoride in it where possible. Use a stainless steel or glass bottle, rather than plastic. Have a big glass of water right now!

Healthy food choices

As you explore your relationship with food consider some small changes that you can make:

- *Allow common sense to prevail in choosing whole 'real' food, which does not come in a box or carton.*

- 
- *Small, simple steps are the way to sustainable change. Do you love yourself enough to choose the best quality produce you can afford?*
 - *Read the labels. If you can't pronounce it, don't eat it.*
 - *Organic is not necessarily more expensive when bought from local farmers markets.*
 - *If you eat animal products then buy organic – otherwise you are ingesting hormones, steroids and chemicals of what factory farmed animals are fed.*
 - *No calorie counting or deprivation – just good quality food.*


Be kind to yourself and remind yourself that you are doing the best you can at the moment. This does not all have to happen overnight. When you learn to affirm your value in multiple ways and care for your body in a loving way, it will reward you with good health and vitality so that you can enjoy your life to the best of your ability.

Inspiration:

Have you heard of [Café Gratitude](#)? This is a US based company who marries spiritual and business principles. They create beautiful organic meals and each one has an affirmation starting with "I AM". They encourage mindfulness during the dining experience. They honour the food that use to create their meals. This is how they describe their business:

"Café Gratitude is our expression of a world of plenty. Our food and people are a celebration of our aliveness. We select the finest organic ingredients





to honor the earth and ourselves, as we are one and the same. We support local farmers, sustainable agriculture and environmentally friendly products. Our food is prepared with love. We invite you to step inside and enjoy being someone that chooses: loving your life, adoring yourself, accepting the world, being generous and grateful every day, and experiencing being provided for. Have fun and enjoy being nourished. Welcome to Café Gratitude!" www.cafegratitude.com

They also have a great book that you can order (with FREE postage) through their site called "I am Grateful"
<http://cafegratitudela.com/menu/>

I recommend this inspiring [TED talk by Jamie Oliver](#), the British Chef, about his passionate wish to educate children in the USA about food and eradicate the problems of obesity. In this enlightening talk, he explains why the anticipated lifespan is now shorter than the 3 previous generations.

Why reduce your sugar intake?

One of the biggest current food discussions taking place is the one about sugar. Refined sugar is in just about every manmade product in a carton. Sugar spikes our insulin levels and suppresses the immune system, causing premature ageing and inflammation in the body.

If you want to explore going sugar-free check out Sarah Wilson's blog and her ["I Quit Sugar" program](#) for your interest.

Here are some reading suggestions on this topic: [Loving Yourself Nutritionally](#)



Loving Yourself

Physically: part one

So how often do you connect and tune into your body? Do you listen to what it is telling you? It is communicating in every moment.

How you currently feel about your body? Do you acknowledge the powerful creation that you live in?

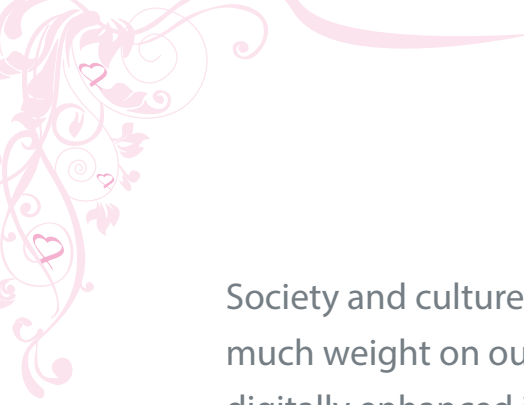
Just to remind you about everything your body is doing for you in each and every moment, check out this short music video **“The Miracle is You” from Kute Blackson**

<http://www.kuteblackson.com/music-miracle> *Amazing, aren't you?*

What is your relationship like with your body? Do you treat it as a friend or an adversary? We can always learn to love our bodies more, regardless of whatever has happened in our lives. Often when we have experienced shock or trauma, we can separate from our body as a coping mechanism. Then we can be quite disconnected from how our body is feeling. How can you connect more consciously with your body?

Maintaining physical wellbeing is as important as mental, emotional and spiritual and all aspects are intertwined.

Frequently we hear the terms ‘positive body image’ and ‘negative body image’ but what does that really mean? Body image is not about how we look. Body image is about how we **feel** about the way we look. Big difference.



Society and culture promote that our physical appearance bears so much weight on our ability to succeed. When we compare ourselves to digitally enhanced imagery, it means that we never feel good enough. These images are unattainable. Media and advertising are influential but we need to bring it back to ourselves and how we speak to each other and ourselves. We need to take personal responsibility.

If you have built up a negative relationship with your body over a long time, then this could take time to recover. It starts with mindfulness and repetitive nurturing habits.

Self-love exercise:

- *Be accepting of how you are feeling about your body in this moment.*
- *Focus on your breath and notice how your body is feeling in your seat. Feel your back on your chair and your feet on the ground.*
- *Sit in silence. Place your hands on a part of your body that needs some extra love and support.*
- *Acknowledge the miracle of your life. You are alive.*
- *Thank your body for its constant effort in trying to keep you in a state of wellbeing.*
- *Stretch and relax.*
- *Schedule a time to do something loving and nurturing for yourself. Let it be something simple like a walk in the sunshine, a soak in the bath or an afternoon nap.*



What would your body most love right now? **Ask.**

Remember to note down anything that you may want to revisit in your journal or the PDF workbook.

Loving Yourself with physical exercise

There is an unlimited choice of physical activity that we can employ to keep our bodies healthy and strong. The key is to find something that suits our lifestyle and that we enjoy. Physical exercise is also an extremely effective way of releasing mental and emotional stress from the body, so that it doesn't get stuck.

We store a lot of tension in our bodies that can be released easily through exercise. Exercise can also help us to become more in touch with how our body is feeling, even if it's by way of noticing aching muscles.

Yoga is a popular form of exercise for the body, mind and spirit and the yoga mat can be a safe space to release feelings. This can create safety and allow long held emotions to be let go. Physical strength can often lead to emotional and mental strength, which improves our overall wellbeing and sense of self.

Nadine Fawell of [Yoga With Nadine](#) uses yoga as a healing tool to release trauma from the body. If you would like to try, here is a [brief yoga video](#) of approximately 8 minutes 40 seconds.

How did you feel?

Do you notice anything that surprised you?





Loving Yourself

Physically: part two

How are you feeling about your body and how else can you nurture yourself?

Self-love exercise:

Grab your notebook and brainstorm all the ways you can move your body and bring more activity into your life. This could be from using the stairs instead of the lifts at work, to getting off the bus a couple of stops earlier. It doesn't have to be difficult. Just small changes. What exercise did you enjoy when you were younger?

Start with a single step:

If you feel totally resistant to exercise, then why not enlist a friend to join you. You can keep each other accountable, even if it starts with going for a walk a couple of times each week. In this way you can connect with someone else and not feel alone.

- *Try mindful walking, meditation, yoga and breath awareness.*
- *Focus on your breath as this draws you more deeply into your body.*
- *Moving our body help us be present.*
- *Our physical body is an expression of everything else.*



Benefits of exercise and movement:

- *When we connect more to our physical body, we connect to our whole self.*
- *We can heal much emotional pain on a physical, base level as we release stored tension.*
- *We learn to feel more at ease in our body and better about ourselves and life in general.*

Inspiration:

Check out this moving video of a TED talk by Amy Purdy about “Living Beyond Limits”. This lady lost BOTH her legs beyond the knees but then went on to become a pro-snowboarder. [So inspiring. Enjoy!](#)

You may be familiar with this amazing man and motivational speaker – **Nick Vujicic**. Nick has no limbs and yet incredibly he finds the strength and energy to travel the world inspiring others. Check it out [here](#).

Self-love exercise:

Commit to giving your beautiful body lots of love this week. How can you give your body more healthy attention?

Consider your personal care products and make-up. Are there more natural, chemical-free options you could explore? Our skin is our largest organ. Start to read the labels and investigate more natural alternatives.

Be kind to your gorgeous body and it will be kind to you.



Loving Yourself

Sexually: part one

I hope you are feeling more in tune with your body and what it may need from you.

As soon as we see the word sexual, we automatically think of our romantic relationships. Yet if we are going to be able to attract a healthy love from anyone, then firstly we need to direct this towards ourselves.


There is nothing more attractive and appealing than someone who is comfortable in their skin. Someone who accepts themselves wholeheartedly is very charismatic.

If we are to embrace our sexuality we need to have a willingness to accept our physicality and our feelings. This includes allowing ourselves to be vulnerable, if we are ever to experience intimacy. Real intimacy has to start with connecting to yourself. If you're not connected to your own heart, then how can you see into another? Sexual intimacy becomes an expression of opening the heart.

Self-love exercise:

What does being intimate with yourself look like?

- *take time to love, nurture and nourish yourself;*
- *connect deeply with the earth;*
- *commit to claiming quality time and make this a practice;*

- 
- *identify the areas that you have the most difficulty forgiving;*
 - *embracing hurt and pain and every aspect of your feminine nature;*
 - *Call upon the parts of yourself that are feeling unmet.*

Questions to ask:

- *How familiar are you with your sensual nature?*
- *Do you enjoy touching and being touched?*
- *Can you really be with yourself?*
- *Are you a tactile and affectionate person who is comfortable with receiving this from others?*

The source of all our love is inside and yet so often we project this externally. The path of relationship is a path of transformation and growth. We meet ourselves through relationships with others – as a divine mirror.

When we know we are whole inside already and let go of expectation, it allows the space for an experience to come to us at the right time. Relationships are fertile ground for learning so much about ourselves. Sometimes unwelcome aspects can play themselves out in certain behaviours that we may find difficult to accept.

Certain relationships seem to bring out the worst, as well as the best, in us. There are no coincidences or mistakes about who we attract. The key is to always bring the focus back to ourselves and what is going on inside.





Self-love exercise:

Consider how you may have projected needs onto others in the past. Can you see how your behaviour contributed to any difficulties that arose? Now that you have this awareness, how would you do things differently?

If you want to awaken your sexuality, then sensuality is also a important step. What activities do you find awaken your sensual nature and activate your senses?

For me, touch is very sensual and aroma is extremely evocative (hence my passion for essential oils).

This whole subject can bring up so much to the surface so be gentle with yourself and just maintain an attitude of curiosity.

Self-love exercise:

Questions to ask:

How and what would I like to explore, within my sexual and sensual nature?

Is there anything I would like to explore in relation to smell, touch, taste, visual stimulation or sound?

What would I be open to, if I let go of judgements about my needs and desires?

If I stopped projecting my desire onto another person, how would I fulfill this need within myself?



What do I need from me?

Do I give myself permission to receive what I need from me?

What are the qualities of the person that I desire? It can be where we feel we are not embodying these qualities.

Am I ready to love and embrace myself, or just expecting this from another?

When we project our needs and desires externally onto another:

- *We attract a person with whom we are resonating as an equal, not only consciously but the unconscious aspects;*
- *We need to continue to bring our awareness back to ourselves, rather than looking to the other person to change, so that we can be met in the way we wish to be met;*
- *We mistakenly believe that union can only occur with another person and our longing for it is channelled through our sexual energy;*
- *All of our needs can put pressure on a partner to live up to our expectations and make us seem demanding and repel the other;*
- *By sending out our desire and need to another person, we are leaking our power by believing something needs to come from someone else.*

Reclaim those parts of yourself are directing to someone else and ask yourself how you can satisfy yourself.



Inspiration:

Check out these tantra videos by Charu of [Embody Tantra](#), and some very simple exercises to explore.

[Divinity and Humanity](#)

[Returning to Our Authentic Power](#)

[5 Simple Things You Can Do Today To Awaken Your Connection to Your Own Body](#)

Enjoy exploring your needs and desires.





Loving Yourself

Sexually: part two

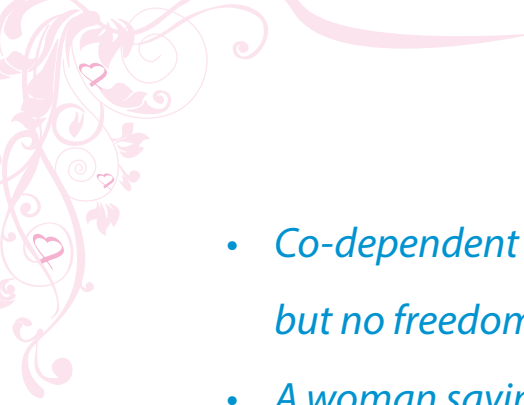
Have you been considering your own needs and desires and how you can fulfill these for yourself?

Let's consider the following points so that you can be more mindful in your intimate relationships:

- *Patterns of attraction can resonate strongly when we meet someone and can feel so familiar that we can mistake this for love – when it's really just patterns from the past that are ready to be resolved;*
- *The foundation of all relationships is firstly healing old patterns from childhood and anything that we have outstanding towards our parents;*
- *Any unresolved feelings towards your parents will play out in romantic relationships.*

As we come into more wholeness and release need, we see these patterns clearly and realise where we have been behaving unconsciously.

Kute Blackson, teacher of the [“Man Breakthrough Experience”](#) talks about 4 levels of need that exist:

- 
- *Co-dependent and constant drama with mutual needs/fears but no freedom in that pattern;*
 - *A woman saying 'I don't need a man' but it's pseudo-empowerment as she actually feels that really she does need a man and there's anger/resentment underneath it;*
 - *Self-empowerment where someone has done the work, read the books and is very self-sufficient so that they have become the man they would like to date;*
 - *Divine desire to merge into Oneness. When the person is so full of love (but no need) that they are offering an invitation because they are so expanded.*

Self-love Exercise:

Could you relate to those 4 areas?

Consider any areas of your life that need completion, particularly old relationships, or they could be current ones with which something is unresolved. Look at every single area of your life and how they are interconnected. Some times we try to isolate different aspects of our life, but they are all intertwined.

Over the next couple days take a look at what is incomplete in ALL areas of your life and make a list of all of these things... all of the things that hang unresolved. Write about, and explore all of the incompletions.

To the degree you have unresolved issues in your life, no matter how small or large, the more they will take up psychic and energetic space in





your consciousness and rob you of your energy.

The more complete you can be the more energy you have.

Are you available to you?

This may seem a simplistic exercise but it's often these simple steps that can be very powerful.

Inspiration:

Check out this blog video from Kute ["Will you marry me?"](#) about asking to commit to yourself.

I hope you are having some powerful realisations. Take your time connecting in with yourself and exploring what intimacy means for you.



Loving Yourself

Financially: part one

Today we are going to consider another huge area for most of us – **our relationship with money.**

How do you FEEL about the word money when you consider it right now? Do you feel contracted or expanded?

Where do you feel it in your body? Just notice.

Let's give money some context based on its origin and intention. Recently I spoke to Barbara Wilder, author of ["Money is Love"](#) and she shared the following points with me about the origin of money.

- *Gold was a sacred creation, considered holy because of what it represented.*
- *Ancient people knew it was all part of the Oneness and it was part of sharing, expanding and bartering in the community in the spirit of love.*
- *There was a strong connection with the sun and moon, which were understood to be an extension of the celestial divinities.*
- *Gold and silver were representatives of the sun and moon and so inextricably linked with the divine.*
- *Each transaction is a form of tithing so that you are dedicating everything to God/Goddess and then you are also receiving.*
- *Give/tithe from your heart because you want to, not because you feel you should.*





Self-love exercise:

Take a notebook and pen and give yourself 20-30 minutes of uninterrupted space just for yourself.

Allow yourself to free-flow write out all of your thoughts and feelings about money. Just go for it – with no censoring at all. No judgements. Just let it out and let it flow.

Intend that this is an exercise for you clean out any emotional baggage by making this a spiritual practice to heal the wounds of money.

Let out any anger and intense emotion as this is one of the greatest blocks to the flow of money. Don't repress it, let it out and allow it expression. Forgive yourself for any debts and don't add to your guilt as it makes it worse. Relax and be compassionate.

If you feel as though a little EFT Tapping may help, here is the link to a video by the lovely [Brad Yates](#), who we heard from earlier about [clearing the fear around having money](#).

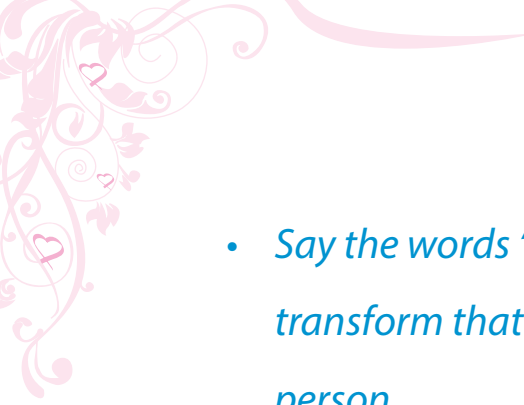
Be gentle with yourself with this topic. It can bring up all sorts of skeletons and be an overwhelming topic for most of us at some time or another.

Did you have any realisations?

During the next few days try the following:

- *Notice how you feel when a bill arrives.*
- *Spend with love so that everyone receives love as you spend.*



- 
- *Say the words 'money is love' each time you spend and transform that energy and dedicate it to the divine within that person.*
 - *Gratitude – each morning start with a list of what you're grateful for which will shift your energy.*
 - *Focus on where you feel you are abundant.*
 - *Check out this [Prosperity Prayer](#) by Barbara Wilder.*

Inspiration:

'What is Financial Freedom?' by Kate Northrup

Here is an article about using Feng Shui with your wallet by Ken Lauher.

What colour is your wallet?

Here are some useful books on this topic "**Loving Yourself Financially**".





Loving Yourself

Financially: part two

Did you have any realisations about how you feel about money and how you feel when spending?

Have you been able to try out Barbara's suggestion of setting your intention of sending out the message **"Money is Love"** when you buy something? It certainly brings a different energy to the whole transaction of spending money.

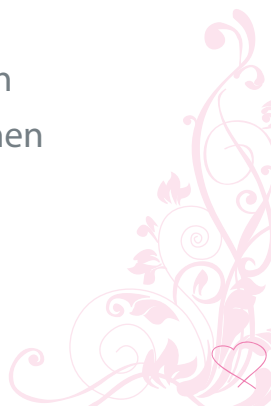
We all have unconscious beliefs in place about money that influence our behaviour, whether we are aware of it or not. These come from a number of places such as our own families and society. As a collective, we are plugged into many of the concepts that exist with our society and one of these is the emphasis on money. We are also influenced by our Soul patterns from this lifetime and previous lifetimes (depending on belief systems).

Self-love exercise:

- *Observe how you feel when someone gives you a gift.*
- *Be really present in your body when you are paying for an item.*

What is occurring within you?

When we worry about money, thoughts may arise and then take us down a particular spiral of negative beliefs. Our body responds with an emotion and so we then may feel heavy and we attach to this state. Then





contractions take place within the physical body and we feel tense.

When you observe the reaction in your body and become aware, it activates your power of choice. You can choose to respond differently and not get carried into those thoughts. This creates space and some of those energies are able to lift and release out of the body.

We are conditioned to know ourselves as our physical bodies and our minds. Any limited thoughts can only come from limited thinking and beliefs. Choose to see yourself as connected to the consciousness of abundance, regardless of external appearances. Issues manifest physically in the body when we have experienced repeated contracted feelings.

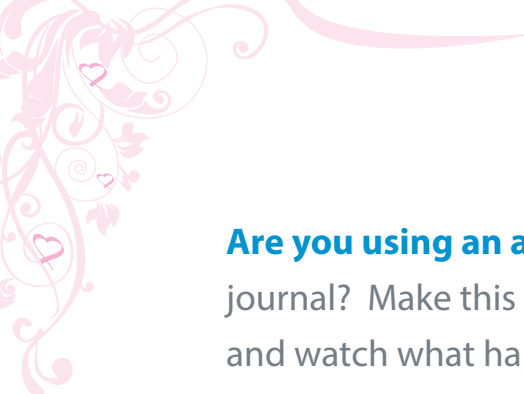
Self-love exercise:

Close your eyes and focus on what you would like to create. It could arise initially from a thought, which is creating an energy field. What would that feel like here and now? Connect to the feeling and keep connecting to it regularly, placing your attention in that space of creation.

Gratitude is an expansive energy so really feel it in your heart. Send these feelings towards that which you are intending to create. With repetition, these positive feeling strengthen and create their own energy field. Creating in your outer world cannot happen if you have not created the shift in your inner world.

Inspiration:

Check out this audio interview with Dr John Demartini, about [**"Awakening Your Prosperity Consciousness"**](#)



Are you using an attitude of gratitude? Do you have a gratitude journal? Make this practice of focusing on gratitude a priority in your life and watch what happens.

Declutter your life and create space for new energy to enter. This could start with clearing out your wardrobe or cupboards and giving away what you no longer need. When we are feeling blocked to receive on some level and shift our focus to how we can serve, this creates transformation by releasing the tension. **Try it.**

I hope you have increased clarity about how you relate to this part of your life and this 'neutral' form of energy.



Loving Yourself Spiritually: part one

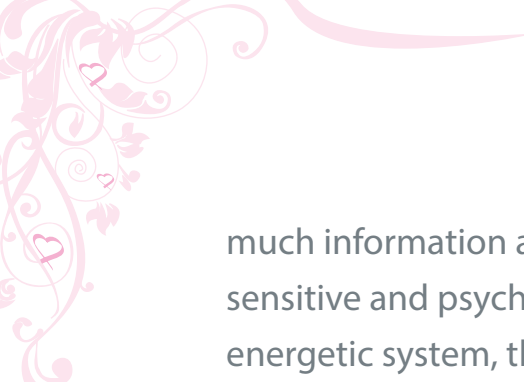
We will now consider the solar plexus chakra, which is our power centre. I call the solar plexus the 'self-love chakra'. This is where many issues we are experiencing with self-esteem, self-confidence and self-love can manifest. This is where any unexpressed fears of rejection, criticism or judgment are stored. Any blockages relating to these themes have a tendency to sit in this area. Located in the upper abdominal area, between the sternum and navel, it connects with the element of fire and resonates to the colour yellow.

The more we balance and clear out blockages from our solar plexus chakra, the more energy can move up and flow into the heart. Then the more we can access the love that is already residing in our heart.

The role of the solar plexus chakra:

The solar plexus is the centre of our whole Being, connected to the Sun, the powerhouse of golden light, heat and the element of fire. It is our power centre for all parts of us, who we are in the world and also our first physical connection with our Mother, through the umbilical cord – very interesting when examining thoughts and beliefs and whether these mirror those of your Mother. This is not meant as a reason to start 'blaming' but just to become aware of patterns that exist, that can then be addressed more deeply.

The solar plexus is connected with our day-to-day thoughts, beliefs and instinctual gut responses and how we define ourselves. We receive so



much information at any given time, through this area. It's also a very sensitive and psychic gateway, connecting into our instincts. In our energetic system, the lower three chakras are about our 'lower self' and personality. Each one of these is resonating at a different frequency, often about the past, our programming, pre-programming, life lessons, addictions and childhood.

Be aware of emotional baggage that is stored in the solar plexus, as this is usually where we also project from when we are feeling defensive and triggered. A sense of identity may have been fraught due to life experiences and there is not the connection to emotional power from within. This can occur when people are running from the program that everyone else is more important. There can be too much energy being dispersed outwards and not enough being directed inwards. Over time, this can play out by manifesting in different areas of our lives.

Self-love exercise:

Consider the following areas and see if you relate:

- *Physical connections include: nervous system (are you living on your nerves?), digestive system (what are you struggling to digest?) and immune system (do you manifest an illness when you don't want to face something?).*
- *Associated with these organs: stomach, liver, gallbladder, pancreas, spleen, intestines, kidneys, adrenals.*
- *Connected to our thoughts, feelings and our perceptions. Consider phrases such as "they don't get me", "we're not on the same wavelength".*



Some of the ways that lack of self-love can manifest physically when the solar plexus is not being adequately nourished over the long-term:

- *Eating disorders, chronic fatigue, ulcers, constipation, irritable bowel syndrome, breast cancer and auto-immune conditions.*
- **Depression** *is an excess of negative thought patterns that have not been expressed. There is often unaddressed anger underneath and deep sadness. This is exacerbated when we are not fully present in our body and stuck in our head.*

Inspiration:

Check out this video by **Carol Tuttle of [Chakra Healing TV](#)** about the solar plexus. She discusses how to harness this energy in a peaceful way.




Loving Yourself Spiritually: part two

Now you have had some time to digest (very solar plexus-related behaviour) some of the links to the solar plexus and how it operates, have a look at these ways that you can support your solar plexus chakra moving forward.

Rather than waiting until problems develop physically, the ideal scenario is to nourish all parts of ourselves regularly, so that we fill ourselves up with love from within.

How can you nourish your self-love chakra?

- *Strengthen your core area with exercise such as Yoga, Pilates or stretching.*
- *Wear a yellow item of clothing or accessories and consciously connect to the colour vibration.*
- *Buy yourself yellow flowers such as roses, tulips, daffodils or sunflowers and keep them in a visible place.*
- *Meditate with a citrine gemstone. Hold it in your hands or place inside a pocket. It raises self-confidence and promotes joy.*
- *Minimise defeatist self-talk and consciously make an effort to switch to a more positive mindset.*
- *Aromatherapy is a wonderful self-love tool and there are a*



number of essential oils that resonate with this area. Juniper and Grapefruit are both very cleansing and release stagnation. You could put a few drops of each into a diffuser, or the bath or you can place a few drops into a base oil such as jojoba and apply. You could also use the Self-love Alchemical oil which is especially for releasing stagnation in the solar plexus.

- *Start to treat yourself like someone you respect and discern when saying no to others is a yes to you!*

Self-love exercise:

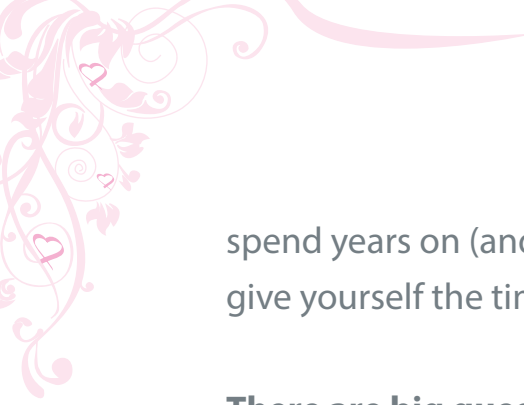
Choose a few of these suggestions to experiment with over the next few days and weeks and observe how you feel.

Commit to yourself:

One of the most important points to re-iterate is that **self-love = self-responsibility**. *I can't stress this enough*. For change to occur, it's necessary to make self-love and self-care **a priority** and set some time aside - like you do with any important appointment. **No-one can do it for you.**

Self-love is about growing up and taking responsibility for your life, instead of reacting from the wounded inner child. Learning to love, nurture and care for ourselves means that we will be far better equipped to have healthy relationships with everyone else in our lives and also attract much more balanced relationships.

Each of these 7 areas where challenges occur are something you could



spend years on (and I have) as there are many layers. Be kind to you and give yourself the time. Start with one small step.

There are big questions to ask of yourself - but you are 100% absolutely worth the investment.

A few reminders:

- *Take the time to be with you and do simple things.*
- *Let go of distractions. Unplug for 5 minutes or 10 minutes each day and connect with those parts of you that you may have suppressed, ignored, repressed and start exploring them.*
- *No-one else can validate you. You are worthy just because you exist.*

For more suggestions of how to nurture your solar plexus chakra please read this post "[12 Ways To Support Your Self-love Chakra](#)".

Thank yourself for sharing this special time with you. Any time invested in you is always valuable.



About the Author

Michelle Marie McGrath is Self-love Mentor who coaches women committed to a loving relationship with themselves. When you love yourself, you can love others with freedom, without needing anything in return. How can anyone else be fully present for us, until we commit to ourselves?

Michelle has a particular interest in working with women who are **childless** or **childfree**. If you know that you are not going to have children in the traditional sense, how would you like to birth your most empowered self in the world?

Michelle creates products that remind you to love you. With her divine self-love range of [33 Alchemical oils](#), Self-love cards and [I ♥ MY LIFE Organic Perfume Collection](#), Michelle's dream is to spread self-love around the world.

Her personal commitment to 100% self-love 15 years ago, lead to the unexpected unfoldment of the Sacred Self Alchemical oil range.

Michelle realised that these were divine gifts from and to the most challenging parts of herself. This was an intuitive, unexpected and challenging process over 9 years. She is inspired and excited to share her magic bottles with others on their own journey back into their hearts.





Self-love - would that change anything? Or everything?

Make a commitment to 100% self-love right now.

**Want to go deeper?
Contact Michelle about Self-love Coaching at
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www.michellemariemcgrath.com



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