

EXTREME SELF-LOVE PRACTICE:

Self-love is necessary for healing, manifestation, and truly being alive - AND - it can be one of the hardest things to truly feel.

Feelings of low self-worth come from many things, including:

- Messaging from parents, either in words OR in actions (such as an absent dad not being willing to pay child support, or a sibling being given love and attention but not you).
- Messaging from other authority figures, such as teachers, coaches, religious figures, and others.
- Messaging from the media. Enough said there.
- Messaging from friends or family members that continuously put you down, either through actual words OR through actions (like gossiping about how you are lazy, won't ever make it, are a "dreamer," etc).
- Messaging from betrayals or negative experiences.
- Messaging from girlfriends/boyfriends, partners, and spouses. For instance, if you've ever dated or been married to a narcissist, you may have heard something like, "No one else would ever love you."

It's time to radically shift this, because YOU (yes you) are worthy of your own love.

And YOU (yes you) are worthy of healing, joy, ease, and a life that is fulfilling.

This will take work (especially if you've had low self-worth for a long time), but you can get there with these practices:

1. Go through Station 3.

All of Station 3 is about your relationship to your self, your self-worth, your feelings of confidence, and your ability to protect yourself. If you get a chance, access The Flow Method book and work through all of Station 3.

Also, use the Station 3 Visual Meditation that is in the course. It's designed specifically to shift negative messaging about your worthiness.

2. Write out your beliefs about yourself.

When you think about yourself, what kind of beliefs do you hold? Do you think that you are successful? A failure? Not enough? Too much? Too old? Too loud?

Do you feel like you deserve good things to come to you? If not, why not? What

beliefs are making you feel that you are not worthy?

3. **Look at each belief and analyze where it came from.**

Choose one belief to look at, and ask yourself, “Where did this come from?”

For instance, maybe you believe you aren’t smart enough to start a dream business. When you look at it, you realize that you were told that by your dad who always made you feel dumb.

Or, maybe you think you aren’t attractive. Where did this come from? You dealt with lots of rejection in school and had people bullying you, saying that you were ugly.

Take each belief and try to see if you can figure out where you took it on.

Pro tip: Notice if the ways that you criticize yourself are the same as the ways that parents or others criticized you growing up. We often unconsciously take on the same exact critical words and phrases used by authority figures, and we unconsciously turn them on ourselves. See if that is true for you.

4. **Write down all the things you like about yourself.**

Or that you are good at. Or proud of. Of feel good about. Or ways you help.

You get the idea.

This may be difficult if you’ve had a lifetime of self-hatred and low self-esteem thrust upon you. It may take a while to totally work that out.

Or not (you might just shift!).

Notice how difficult it is to write out what you like about yourself. Were you trained not to like things about yourself? Were you taught that it was egotistical to say that you were good at things? Were you taught that you should not outshine others?

If so, keep taking deep breaths and working through this. (You can also walk away for a bit, but commit to coming back to it. The harder it is for you, the more you need it.)

If things you dislike seem to come up easier, write up a list of the things you dislike. Is that easier to put down? Is it a longer list?

Don’t judge, just notice. If your dislike list is much longer than your like list, that’s okay. You are working through this. Send yourself some love, and be gentle.

5. Is it true?

Look at the negative beliefs you hold about yourself. Take a moment to ask yourself, “Is this actually true?”

Can you find examples of why this is NOT true? (I bet you can!!)

For instance, maybe you believe that you are not very good at math, and therefore, not responsible with money. Is that actually true? Do you know how to make change? Offer a tip for good service? Do you pay your credit cards? Have a bank account? Those all require some math skills, so you can't be awful at math.

What about a belief like, “I will never succeed.” Have you ever succeeded at anything? Gotten an “A” in a class? Hit a home run? Had a happy long-term relationship? If you've had successes, then you know this is a lie you've been taught to believe.

6. Do you respect the people who taught you these things?

Notice I did not say, “feel that you SHOULD respect,” but DO you respect them?

Many of your negative beliefs about yourself have been coded into your subconscious by people that may not even be living a life that you admire. Or that might not be particularly good people. Or that might have massive issues.

When we are young, we are taught to respect our elders. And our religious figures. And our teachers. And our coaches.*

We are taught that people that are supposed to love us MUST be telling us the truth.

But, many times, those people are very flawed.

Many times, they are completely wrong.

Many times, they come from a place that is not for your best (they may be manipulating you for their own ends as well).

Many times, they are not even people we respect.

Do the people who have given you these beliefs live a life that you admire? Do they live the kind of life you would want?

If not, it's time to realize that they are (or were) coming at you from a perspective

that was not for your best, nor was it right. YOU get to choose for yourself what you believe about yourself. You get to throw out beliefs that no longer (or never) serve you.

*Let me just say - there are AWESOME ones of all of those categories that you should respect and who DO want your best. However, if you have negative beliefs about yourself from any of those, then I would suggest that it is time to let those go.

7. Mirror work

Many of us throw so much hatred at our bodies. We pick at ourselves, thinking “this isn’t right,” or “that isn’t right.”

We worry about our size. Our appearance. Getting older. Anything and everything can become a source of hatred for ourselves.

But the thing is that you could not experience the many physical joys of life if you were not in the very body you are in right now.

You couldn’t smell flowers on a Spring day. Or hold your child. Or hug your partner or spouse. Or eat unbelievably yummy food. Or any of the wonders that our world holds that can only be experienced by being in a body.

It’s time to offer our bodies some love and gratitude for all they allow us to experience.

And, in finally loving and accepting your body, you connect with energy, power, confidence and love that sends out a frequency to connect with more of that.

Loving yourself literally up levels every area of your life, and it opens the door to fully heal and to experience the life you truly desire.

To do this, I’m going to ask you to stand in front of a mirror, look yourself in the eye, and say a few things. If you’ve lived a lifetime of low self-worth, or if you’ve been taught to believe that you shouldn’t love yourself or appreciate yourself because it’s egotistical, then this can be VERY hard.

That’s okay. Breathe through it. Walk away from it (but commit to coming back). The harder it is for you, the more you need this practice.

I promise, the difference it will make in your life will be unbelievable.

To properly do the practice, first write down all the things you are grateful that you can experience because you are in the body you are in.

- What things are you grateful that you can feel?
- What things are you grateful for being able to see?
- What things are you grateful for being able to taste?
- What things are you grateful for being able to hear?
- What things are you grateful for being able to touch?
- What things are you grateful to fully experience because you are in your body?

So, to get you started, I am so grateful because I can hug my sweet little daughter and see her smile. I am so grateful to be able to walk around the Botanic Gardens here and smell the flowers, hear the birds singing, and feel the sun on my skin. I am grateful for the sound of my husband's voice and his calm presence around me.

What kinds of things are like that for you?

Put that on a list that you can keep by the mirror.

Then, look yourself in the eyes in the mirror, and start with an authentic apology to yourself.

““I am so very sorry for all the hate I've turned towards you. I learned messaging that wasn't right about you, and I'm undoing that now. I know that you are here to help me experience life fully. I know that you are sending me messages all the time to help me thrive in this world and to keep me away from negative people and situations. I am grateful for you.”

Then, start reading your list of gratitude, still looking in your eyes.

If you'd like, I have also created a short audio with the full practice. Find that on this page as well!

I hope this practice is life-changing for you! You deserve love and joy and all good things; I promise you that you do!