

love
your
self

12 SELF-LOVE PRACTICES

that keep you grounded, centered and focused

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Are You 'Hard' On Yourself?

Life keeps most of us very busy. We are bombarded with information. It seems to be difficult to find a quiet space – inside and outside of ourselves.

Do you like to do and be it all? A successful career woman, receptive partner and wife, amazing lover, fabulous mother to our own children or other projects, perfect gardener, great friend, effective colleague at work, a shining presence in your community and radiant leader for a charity project.....

No wonder that many of us feel overwhelmed, burned out, stressed, depressed and sad.

When too much energy is focused outside of ourselves, it is easy to forget our heart- and soul connection.

We toughen up as women.

We get 'hard':
our bodies stiffen, our minds shut down, our emotions get stuffed.

We get 'hard' on ourselves:
any record of being a failure and not enough gets easily activated.

And when we get hard and forget to love ourselves, our entire world has to suffer with us.



Welcome to this Sanctuary of SELF-LOVE



Let this be your time

- to pause and be still
- to breathe, and breathe again deeply
- to soften and feel your body
- to feel all emotions
- to connect to your heart
- to re-set your inner software
- to delete old files that are not serving you anymore

3 Different Areas of Hardness

The INSIDE:

- What we tell ourselves
- What we feel
- What we believe
- Parental, Societal and Religious Programming

The OUTSIDE:

- Neglecting the physical body
- Lack of self-care – time for yourself
- Not enough sleep
- Unhealthy Diet

The BEYOND:

- Disconnection to our Essence, the Expanded Self
- Disconnection to our Heart, the Center of Love
- Disconnection to our Soul, our compass



Hardness - The INSIDE GAME:

What you tell yourself:

Imagine you could record all of your chatter all day long. Any judgment and opinion you pass, sometimes of others, often about yourself. All of the assumptions you make. I believe we all would be shocked by it. We can be so critical with ourselves, questioning our thoughts, words and actions constantly.

What you feel:

How do you feel about yourself? Is it positive and uplifting or rather small and disempowering. Do you allow yourself to feel? Feelings and emotions can show you how connected you are to your life energy and divine source, or disconnected. It is also said that feelings are a very important component in the Law of Attraction physics. Do you feel lack or abundance? Can you feel your self-worth?



What you believe:

A tricky area. It is one thing to know what you believe consciously. And then there is the vast field of unconscious beliefs and patterns. You could put out positive energies and don't understand why much of what you truly wish to create - a fulfilled life and business - are not happening yet.

Parental, Societal and Religious Programming:

Another huge area of influence. We all have heard or read: you must work hard. When you use words like that you create that specific reality. Have you ever made time to investigate what kind of programs you run? What is it that parents told you about money, life and work? What people and groups do you hang out with? What beliefs do you hold around your religious or spiritual choice?

Hardness - The OUTSIDE GAME:

Neglecting the physical body:

O boy, a good one. It is so easy to take our bodies for granted when they function well and without any pain. When there is not enough regular exercise or attention, it creates a chemical imbalance and can create moody states. When did you tell your body the first or the last time 'You love her'? Do you feel grateful for this amazing 'vessel and instrument' that shares your ideas and beingness in the world?

Lack of Self-Care - time for yourself:

Self-Care is amazing. It includes taking time off. Breathing and breathing deeply (important for women). Being present e.g. when you take a shower, if this your only time for self-care. Get a massage regularly. Get acupuncture, see a chiropractor, meditate, go for a walk, sit and read an inspiring book. Create a date with and for yourself: you could write, journal, go see art, create art. Look for anything that inspires you and more important that fills you up.

Not enough Sleep:

A huge topic, especially for women that do too much or have moved into perimenopause and full menopause. Not enough sleep makes the body sluggish and the brain/mind foggy. Often we turn to caffeine, have yet another latte, espresso or caffeinated drink which blows the adrenal gland. We toughen up to make it through the day.

Unhealthy Diet:

It is so easy to fall for all things sweet, yummy, pre-made. Especially if time is an issue. Do you make time for your lunch or dinner? Or do you eat on the go? Do you eat while sitting in a conference or an unpleasant conversation. Healthy foods in my world definitely include all non-GMO (and organically) grown vegetables and fruits, seeds, nuts and certain grains. Whatever you eat, enjoy it. Make time for it. Best case make time to digest it.

Hardness - The BEYOND:

Disconnection to our Essence: the Expanded Self

We harden when we forget our Essence. I call it the Expanded Self. A Self that knows from the heart and harvests from life's experiences. Each one of us has his/her own unique essence that shows up with a certain body type, ethnicity, height, weight. Our Essence is vast and unlimited. When we lose that, we often feel small, unworthy, worthless, not-deserving.

Disconnection from our Heart:

If we don't feel our angst, fears and grief, the heart starts to suffer. Disease can manifest. When we only live life from the head (brain/mind), the heart - our power center which connects the heaven (spiritual love) with the earth (physical love) - we lose connection to empathy and compassion.

Here is another fascinating fact that many don't know: according to the Hearsh Math Institute the heart, like the brain, generates a powerful electromagnetic field, McCraty explains in *The Energetic Heart*. "The heart generates the largest electromagnetic field in the body. The electrical field as measured in an electrocardiogram (ECG) is about 60 times greater in amplitude than the brain waves recorded in an electroencephalogram (EEG)."



Disconnection to our Soul

We can easily get lost with this one, too. Officially nobody knows where the soul lives. We can read much about it and still our 'soul-consciousness' can be a lofty experience. When we lose that connection, we often live, think and feel in terms of separation and not unity. We are in the ME experience versus a WE experience. We might believe that we are only the body and there is nothing else after this life.

Some of the negative Mantras people tell themselves



- I am not enough
- I am a failure
- I am ugly
- I am stupid
- I am a loser
- it does not matter
- I can't make a difference
- Nothing good will ever come from me
- Look what everybody else has achieved
- I can't – I won't – I shouldn't – I could not
- I don't care – Indifference
- why would anybody care
- No

Self-Love Practices

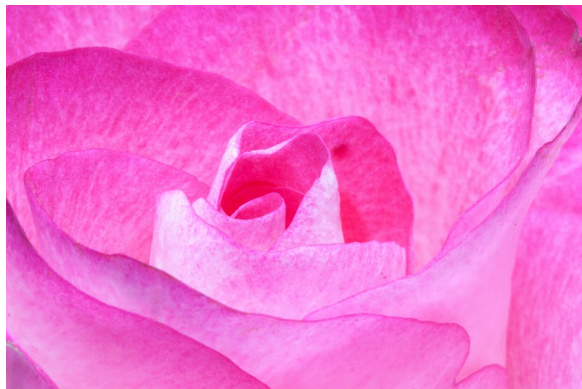
- 1.Awareness
- 2.Soften Often
- 3.Breathe
- 4.Ground Yourself
- 5.See Beauty
- 6.Become mindful
- 7.Practice good Self-Care
- 8.Learn to set Boundaries
- 9.Laugh and Play a lot
- 10.Make Friends with your Gremlins
- 11.Forgive yourself
- 12.Self-Responsibility

1.Awareness

This includes Body and Emotional Awareness. Notice your Body and how you feel. If you can, stop 'doing' when hardness shows up.

Body Awareness Meditation

Gift yourself 2-5 minutes of YOU time. Close your eyes. Put your feet on the floor that always grounds naturally. Sit. Breathe. Notice your body. Notice how you feel in your body. Is there an area that aches? A place that is tense? Drop our shoulders, open your jaw and gentle move it from one side to the other. Become aware of your breath. How does it flow in and lifts your belly and how does it feel to breathe out. See if you have to adjust your position to feel more comfortable. Shake your upper body gently. Be with your body. Be the body. Be IN your body.



2.Soften Often

Here is my favorite tool that is so easy and done in seconds. I have had a tendency to tense my belly and stomach area when I get stressed and everything hardens in that area. I would literally hold my muscles and forget to breathe. When you harden your belly, it can influence your flow and creativity.

Softening Meditation

Bring your hands to your belly. Place them gently on your 2. Energy Center. This is the place where your uterus, ovaries, bladder – your female organs live. It is also called your center of creativity. Breathe into your belly. Hold yourself gently like you are holding a little baby. This simple and easy movement often releases emotions. Tears might show up. Let it be, let them flow and continue to soften. Soften your mouth. Soften your breath. Become aware of any holding pattern.

If you wish you can bring one hand to your belly and one to your heart and tell yourself: “You are so loved, you are so welcome, you are so safe.”

3.Breathe

There have been scientific studies that people who don't breathe deeply in stressful situations, live in fight, flight or freeze reactions. They 'react' from the primal place of survival, and don't 'respond' from a place of well-being and trust. Women because of our Body Structure often breathe shallow which can mean we do not supply our bodies and brain with lifegiving air – prana – chi.

Breath Meditation

Dear One, close your eyes and bring your awareness to your breath. Notice how it flows in and out effortlessly. Hear the sound the air makes when it flows in through your mouth or nose and out. Make it a conscious experience. Breathe in for the count of 5, hold for 5, slowly breathe out for 5, hold for 5. When we start counting, our mind stops chattering and the focus is with our breath. Notice how just a few deep breaths start to fill you up, invigorate you, energize you. Take time to consciously breathe as often as possible. This can be done while standing in line, waiting on the phone, meditating, falling asleep.

4. Ground Yourself

Grounding is a must for everybody, especially women. With so many EMFs (electromagnetic fields), negativity, stress and constant bombardment of information filling our living spaces, we naturally loose our ground. Add to it the asphalt and concrete that we live in. It used to be enough to ground once a day e.g. in the morning, now we are invited to ground everytime we lose our footing. I love grounding.

Grounding Meditation

Gift yourself 5 minutes or more. If you can step onto a lawn, perfect - otherwise imagine that the soles of your feet are touching the earth. Notice how your feet are touching the floor. Ask the earth if you can ground into her. Then imagine an energetic grounding cord from your tailbone or root chakra dropping into the earth, move through the different layers of our planet until your cord reaches the core of the earth. There imagine you can gently anchor or hook yourself into mother earth. Tug a little to make sure you are really grounded. Repeat as often as needed.



5. See Beauty

It is so easy to get carried away with so much negativity all around us. We can easily lose focus of the goodness of life and that people are inherently good.

Beauty Awareness Practice

When you get hard and disconnected from the power of Self-Love, pause and literally look up and find something beautiful. The world is filled with inspiration and beauty. Notice the air caressing your skin. Look up to the sky. See the stars. Watch a bird fly or sing. Listen to nature sounds. Notice a flower growing through asphalt or concrete. See the beauty in people. Admire their uniqueness, the color or silkyness of their hair. Their sparkling eyes. Their amazing smile. Make them smile. Notice one thing that shifts your focus and you start creating an uplifted sensation or vibration inside of you.

6. Become mindful

Start with yourself. Have you recognized yourself today? Appreciated yourself? Are you compassionate with yourself if you did not sleep well or have a 'hard' day? Mindfulness is a daily practice, it's like a muscle you need to train. When you are mindful with yourself, you know more easily what you need and want. You create a clear field surrounding you. Then shift your focus to other people. How are you treating them? Enjoy each and every journey to the fullest. This is your life afterall. Love yourself deeply.



7.Practice good Self-Care



O what a delight it is to treat yourself to something yummy like a massage, a day off, a meditation, a nature walk. Self-Care is totally underrated in our society as if something is wrong with you when you make time for yourself.

Our bodies are the vessel and we all have to service our cars from time to time. Ideas and inspiration show up more readily when we create space and time. When we empty ourselves.

A chiropractor or osteopath will discover areas where you and your spine is twisted and re-align you. An accupuncturist can help you find stagnant areas and create a flow of life energy again. Tai Chi or Qi Gong can help center you and reduce stress. An activity like sailing, surfing, hiking, mountain biking releases toxins in the body and uplifts the spirit. Discover what supports you. Then start with baby steps, so you really implement it. And when it is your time off, enjoy enjoy enjoy. Stop the incessant thoughts, drop into YOU time. Put yourself first. When you are full and happy, it affects everybody.

8. Learn to set Boundaries

One excellent way to love yourself is to know where you have your boundaries. You could see your boundary start where your auric field ends which has an oval shape and has about one yard radius around you.

So many people (often because they are so disconnected from their heart) know nothing about physical boundaries, so they constantly step into your field. I am pretty sure you have experienced this sensation when somebody feels way too close to you.

Set boundaries around being 'helpful'. How much are you willing to do and when is it enough? Set boundaries with your colleagues, kids, partner, friends. Boundaries can also be connected to words and what other people tell you. If anybody puts you down, create a boundary. Tell them they have crossed your boundary.

Boundaries are also very helpful for women when it comes to sex, sexuality and sensuality. It is a very healthy Self-Care Tool.

9. Play and laugh a lot

Do you remember the time when you were a kid and had an endless flow of play in you? Play is another form of Self-Care. Play helps us to lighten up, lighten the load, don't take life so seriously. What play do you have in your life? If you need ideas, look around. What are your friends doing? Or somebody that you admire. Integrate something. How can you bring play to your work life? How can weekly meetings with your team be filled with play?

Now add to that laughter. Do you have a sense of humor? Do you share that with your world? What does it take for you to laugh. There is even Laughter Yoga because laughing has huge health benefits for the body.

Do you like comedies or stand-up comedy? Is there anything you could watch or read or create that makes you laugh. Laugh outloud, don't be embarrassed. Laugh at silly things. Laugh at yourself when life and you get way too serious. Laugh your way through life.



10. Make friends with your inner Gremlins

Okay, do you like to play with me? Do you know these inner voices? I sometimes like to call them gremlins. When you become aware of 'the voice' that keeps you limited and small, that even makes you feel bad or little, ashamed or embarrassed, the voice that disempowers you – pause for a moment and ask what his/her/its name is. Usually within seconds you will hear or have a name in your head. Use this name to identify 'it' in the future. This way it has become 'known', it can't hide anymore.

Then figure out for yourself, is it time to 'it' to leave, release, transform forever? Or can you find a way to communicate with 'it'. Tell it to bugger off, to be quiet, to leave. Sometimes this might have be done with great force and determination.

11. Forgiveness

Sometimes we get so hard and uncaring with ourselves because we hold memories or experiences within ourselves that we have not forgiven ourselves for. It could be something we did or another person or situation treated us poorly. Pause for a moment and think and feel. It can be as simple as cursing the driver next to you in the morning. Or having an attitude during a phone conversation, being rude to the teller at the bank, judging a colleague, making fun of somebody that is not present. And it can be much bigger. Forgiving somebody that has hurt, molested or troubled you. A situation where you felt treated unfair and unjust.

When you allow yourself to feel the energies of forgiveness, you lighten up. Holding on is like carrying a heavy backpack with you all the time. It's emotional baggage that blocks, that hinders, that slows you down.



Forgiveness Meditation

Gift yourself 10-15 minutes. Find a quiet place. Close your eyes. Connect with your breath. Come into your body fully. Ground yourself. Be still for a moment. Then imagine the person, situation, experience – notice if you can connect to the feelings or emotions the event caused you.

Feel them fully. You might cry or get angry. Express it without hurting anybody else. Forgive yourself for not knowing any better, for being little, for not having the tools you needed.

Spend as much time as you need. If you feel ready to forgive somebody else, imagine you get to call that person/situation in, notice what they look like, notice what you feel when you stand in front of them and feel it fully.

Then see if you are ready to forgive them. Sometimes you need to do deeper work with an issue before you can forgive somebody else. I offer that in my coachings. If you have moved through the passage of forgiving, notice how you feel afterwards and celebrate that!!!!

12.Be Self-Responsible

Loving yourself means taking responsibility for your action, thoughts and feelings. You create your reality and universe. Do you believe that something is happening TO you or can you open up to the fact that everything is happening FOR and THROUGH you?

Self-Responsibility is huge. It moves everybody out of victim energy back into power and authority.

It also means that you get to connect to your awareness if you co-created a difficult situation. Once you see that you can come up with action steps to heal and rectify a situation. You can forgive yourself.

Self-Responsibility is like a LOVE LETTER for the SOUL.



Final Words

Beautiful One,

I hope you enjoyed this journey defining and identifying areas of HARDNESS, so you can live a life full of awareness and SELF-LOVE.

When you love yourself, you lighten up the whole universe. You will create healthy relationships where two people come together because they wish to be together. They don't need to or come from a place of neediness.

When you love yourself, every step of the way gets easier. When you love yourself, you get to express the language of your soul.

I am sending much love and appreciation to you and your well-being.

If you feel you would like to connect on a deeper level, don't hesitate to contact me for a FREE COMPLIMENTARY CONSULTATION.

Love, Joya

