



*Self love will save your soul, it is the key to true healing and happiness!*

When you fall in love with yourself for the first time, it is like coming home. As a parent, I feel this is the most important thing you can ever teach your children. Sadly most of us struggle with this, especially woman today. For myself finding self love was the beginning of my beautiful journey and vital to my spiritual growth! Discovering that happiness and love doesn't come from outside of you, this is found inside of you. When you discover this, it is freedom! You don't need someone else to complete you. You are already whole. Often we leave very little space in the heart for the self. In my practice I see commonly an abundance of extra energy around the heart chakra.

Especially in Empaths, who carry around the emotional baggage, worries, burdens, stress and energy of others. Learning to let go of what is not yours to carry will literally make you feel lighter and making space for your own self love and healing!



*Perhaps I myself am the enemy that must be loved. -Carl Jung*

Self forgiveness will help you achieve freedom and happiness. We are often more hard on ourselves, than others. Holding high expectations for the self based on years of worldly expectations and conditioning. Forgiving others as well, holding onto negative energy towards others and situations only are toxic to your soul and your body and overtime may manifest into pain and disease.

"To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself. when you are born a lotus flower, be a beautiful lotus flower, don't try to be a magnolia flower. If you crave acceptance and recognition and try to change yourself to fit what other people want you to be, you will suffer all your life. True happiness and true power lie in understanding yourself, accepting yourself, having confidence in yourself." -Thich Nhat Hanh

We have many masks, shadow selves, altered ego's, developed here on earth over time, products of fear, shame and guilt. It's time to remove the mask, become comfortable in your own skin, become completely raw, stop pretending to be happy and start living a life that genuinely makes you proud of yourself.



ACCEPT YOURSELF!! BE YOUR WONDERFUL AUTHENTIC SELF!



Learn something new, it's never too late. Connect with your desires, you have deep in your soul, a passion that burns inside, go after it, let such energy you feel within, be the light that guides you. Stop trying to be someone your not, embrace yourself, date yourself, indulge, give yourself a compliment, take yourself out, dress up, reflect on what you love and what you are passionate about. Create extra space within just for YOU! Hug yourself, allow yourself to fully embrace all the love you feel! Forgive yourself, believe in yourself! Build yourself up! Protect yourself! Talk to yourself as if you were speaking to someone you love, with kindness.

# Awareness

Being mindful to your thoughts, becoming the witness, can bring awareness and help identify negative thought patterns. Listen and identify your self talk narrative, choose to not believe the negativity chatter. The negative narrative, the Ego's damaging thoughts. "You're not good enough", "You're not smart enough".



Let me ask you, would you ever tell your best friend this? Would you tell your child or anyone you loved, that they simply suck at life, and are not enough! I'd hope not! Then why is it so easy to tell ourselves such? It's because at some point in our lives we decided we were lacking, we felt we didn't live up to our parents or the world's standards. We compare our lives to others, our looks, talents and possessions. We have FOMO (fear of missing out) we want that perfect Facebook family, or look like the hoochie model on Instagram. We want that perfect parents, child, house, job... it never ends!

The Ego has taken over!

We need to connect again to our soul, our true self, learn to love and accept who we truly are, no masks, no worldly standards, just be you! Fill yourself with all the love from God, and take the time to feel the energy. Be proud of yourself, acknowledging all the mountains you've climbed and how far you've come, how strong you've become. Know yourself, know the difference between ego and spirit, soften your ego and allow your soul to shine outwards! Be confident in who you are, trust your intuition, search within to discover your gifts and purpose and be content with your path and journey, love the body that you are in, you were perfectly made, work with what ya got!!

Trust that you are exactly where you are meant to be at this present moment, you are enough, you have enough. Have gratitude for all of it, and allow yourself freedom to let go all that does not serve your soul and purpose.



Practice mindfulness breaking the egos negative thought patterns. Pause and stop to see the beauty in all that is around you! For 15

seconds, let go all expectations you have of yourself. Notice the details, using all of your senses.

Breathe in the beauty in yourself and all around you! Calm your mind so that you can receive all profound knowledge and infinite wisdom, from the highest divine energy. Let go of who you think you are suppose to be, and simply love who you are.

## Unleash Your Soul

The awareness of ones "self", is the quiet whisper that you hear telling you not to give up. The living energy that is and always has lived within all of us, that entered our physical body. This is your Soul!

Now that you've met... its important to know the difference between the soul and the ego. You need to observe yourself, your thoughts deeply to be able to identify the difference. Doing so without the baggage of the past, the expectations of the world and the conditioned thoughts of the Ego.

It is in stillness, the present moment, free of brain chatter, that you will be able to connect.

The left side of the brain is considered the seat of the Ego, the left brain function is logical, opinionated and with resonance, where as the the right brain connects to creativity, imagination, intuition and spirituality.

Beyond the physical body is our inner being, our spirit, our soul, the higher consciousness, it is infinite, has no shelf life as the mind and body do. This living energy that gives us life, expands beyond the physical body, And makes up your aura. This energy never dies, and I believe has lived many earthly lives.

Many of us overtime have been so conditioned to ideas and beliefs of the ego and of the views and opinions of the world! Conditioned by the world standards of which man has set and based on the beliefs of man.



Let the voice you choose to hear be that of your soul... be the awareness of your thoughts, the witness and let the words you speak and the life you live, reflect this.

Quiet the ego, so that in the stillness you will be able to hear and receive universal wisdom and knowledge from the Divine source. The soul is directly connected to the Divine source, the universe and to your souls purpose. Therefore the soul does not feel shame, guilt or fear. The ego develops here on earth around 6-7 years old, the ego's development is created by your experiences here on earth.



## THE EGO

Our Ego is the result and reflection of the world. It's desire is to be accepted, to fit in to what is socially acceptable. It's the voice of fear, worry and pessimism. It's worth is based on material gain and worldly successes. Living too much from the ego is imprisonment to the soul. The ego is never satisfied, it is conditioned, always seeking more.

Recognizing the ego takes some honest self reflection. Everyone has an ego, it's the part that makes us human.

The EGO wants:

Strives to be perfect, always right and without error.

Is kind, giving and without need.

Desires to be attractive, successful, without failure.

Wants to be unique, intuitive and without the mundane.

Seeks knowledge, competent and without ignorance.

Needs to be certain, safe but without doubt.

Wants to be free, excited with no limitations.

Seeks power, authority, without weakness.



## THE SOUL

The soul or our spirit is an extension of the Divine creator. The word spirit means the breath of life. The spiritual energy to which lives in the shell of the physical body. It has no gender. It is the living life energy that is the eternal light within all of us and connects us to everything. Set your soul free. It is the I AM, the only thing about you that never changes.

In the Bible Moses asked the burning bush, that spoke to him, who are you, and the voice answered, I AM THAT I AM, in translation, God. For myself, this amazes me, we all can connect to this I AM, our soul is the I AM, it's not the body nor the mind, it is the I AM , that will always be, infinite, never aging nor changing.

The SOUL desires::

Seeks serenity, forgiveness, bringing virtue into the world.  
Acceptance and love for the self, loving unconditionally and  
bringing kindness into the world.  
Inspires, bringing hope into the world.

Creative and mindful, bringing insight and wisdom into the world.

Objective and perceptive, bringing loving detachment and  
impermanence into the world.

Courageous and security, bravely and confidently spreading its  
light to the world.

Abundance and joy, bringing vision to the world.

Humble and benevolent, bringing strength into the world.

Balanced and togetherness bringing peace into the world.

Awakened and aware, creating unity, and demolition of what  
separates.

FREE YOUR SOUL!! Let your soul your higher consciousness become  
the awareness,

## SOUL HYGIENE



### *Cleanse and Clear*

Take a spiritual shower or take a bath in epsom salt, you may even add some of your crystals that are safe for water. We cleanse the physical, but our soul needs to be cleansed too, we carry and take on so much day to day. We clothe the human body... let's make a habit of after putting on your clothes in the morning visualize putting on a bubble of white light protection too!

Use the violet flames technique, face out mirrors when you sense negativity, protect your energy! Sage yourself, practice mindfulness and meditation, music or wear crystal gemstones that promote self love like rose quartz, confidence stones like citrine or protective stone like tourmaline.

# I Am

## AFFIRMATIONS ARE A LOVING GIFT TO THE SELF

They should not just be spoken, they must be believed to be effective. I suggest choosing an affirmation that correlates with your need and focus your truest intentions on your affirmation, maybe even take one affirmation a week, or you may find it may take a month before you connect and take on your positive words!

Say your affirmation with meaning, visualize it, seek to fully embrace and understand the meaning of it and before moving on to the next, exams how your affirmation has made a positive impact, maybe keep a journal! If it's self love that you are working on for example, choose to be honest with your affirmations, for



example, "I love myself", you should, but... do you?

Since you must be able to believe the affirmations for them to actually work, your affirmations should be realistic, and obtainable. Replacing negative thoughts with positive

thoughts is great for everyone, but let's not stop with just our thoughts, take action, don't just speak it, believe it and become it!

## Affirmations for the 7 Chakras

**Root Chakra** -I am grateful for all the challenges that helped me to grow.I am grounded and stable.I trust myself.

**Sacral Chakra** -I allow nurturance and comfortI am a creative beingI allow my feelings to move through me and release the need to numb them.

**Solar Plexus Chakra** -I am free from the need to be in control of everything in my life. I am in control of how I respond to situations, and the rest I surrender. I set boundaries as an act of self-care and self-respect.

**Heart Chakra** -I forgive myself.I love and accept myselfI am open to receiving loveI am worthyI am enough

**Throat Chakra** -I will use my voice and speak my truthI choose to pause, and remain silentI am an empathetic listener I willingly release all fears and negativity that block me from speaking my truth

**Third Eye Chakra** -I trust my intuitionI am connected to my higher selfI am open to receive divine wisdom

**Crown Chakra** -I am supported in discovering my soul's purpose.I trust in my journey, God is in me, above me, below me, and around me at all times.

## Heart Chakra Gemstones



Heart Chakra Stones can comfort the broken hearted, encourage self love and forgiveness. Softens and comforts the soul in trying times. Carry or wear these stone when you need loving protective energy. Wear a heart chakra stone that falls on the heart to keep you feeling the love throughout the day.

### AMAZONITE



Known as the “hope” stone, it is an excellent manifestation tool.

This gem helps you to overcome setbacks, obstacles and challenges that present themselves along your life’s journey. It works by clearing away fears, doubts, and worries and replacing lower vibrational energy with positivity, optimism and hope

## ROSE QUARTZ

This pink quartz is common and easy to find member of the quartz family, I feel the energy of this stone is soft, loving and comforting. Sweet and soft as it's pink color, this stone's energy is unconditional love, as well as promotes compassion, self love, forgiveness for self and others. Helps ease and heal the heart from grief and emotional pain. You can also sleep peacefully with



Rose Quartz under your pillow

## MALACHITE



Malachite is the guardian of the heart. It's a strong vibrational green stone that gives you a feeling of security and provides a protected motherly love absorbing negative energy and assisting in healing in abuse recovery. This stone is a great stone for starting over bringing a fresh new vibrant energy!



## RHODOLITE



AKA the rescue stone is one of the most powerful heart chakra stones. Its calm balancing vibration, seeks truth, empathy, understanding and acceptance. It's peaceful with strong resonance of forgiveness, and encourages compassion.

## GREEN AVENTURINE



The great healer. It has a soothing energy, good for those who suffer from anxiety, fear, or restlessness. It will help you feel more at home in your world, preventing a wandering eye that leads to a constant search for happiness that can never be fully fulfilled. Aventurine clears negative energy, shields you from energy vampires and regulates our ability to communicate and form emotional bonds helping improve relationships with others. Aventurine is powerful heart chakra stone. It will fill your heart with love, optimism and happiness. It's vibes bring love to yourself and open your heart to receive love.

## MOLDAVITE



One my personal favorite stones! This green glass is a tektite and is known for his high vibration and it's amazing qualities! Its a rare stone only found in Czechoslovakia, it formed from debris from a meteorite that hit over 14 million years ago. Legend says Moldavite was

the green stone in the Holy Grail and has the power to quicken one's spiritual evolution. It is expensive, and there are fake moldavite out there for cheap, buyers beware. Its color is a darker like olive green, and held up to the light its translucent. This stone is a great stone for someone who is going through a spiritual awakening it will increase your vibration, intuition, physic gifts and connection to spirit. It is know for its physic protection and strong healing properties and helps manifest positive life changes. This stone will keep your heart chakra balanced so that you will only have love and happiness to give to the most important people in your life, This stone will keep your heart chakra balanced so that you will have love and happiness to give to the most important people in your life. Even people not sensitive to the energies of stones, often feel the energy of Moldavite. Many experienced the "Moldavite Flush", some describing this as heat, tingling, pulsing sensation in their hand or a rush of energy through their body. Moldavite's high vibration energy is a powerful chakra opener, particularly at the heart and above. Sleeping with Moldavite activates the dreams. Everyone needs moldavite in their life!!

## PERIDOT



Peridot is a powerful cleansing stone, helps to refuse stress and anxiety. Clears our negative energies like resentment, jealousy, greed and bitterness. Calms you and allows you to let go of grudges and heals and opens the heart. Motivates growth, change and new possibilities.

## FUCHSITE



The happily ever after stone Fuchsite, and it's encouraging spiritual vibe connects us to our angels and guides. Directs our heart to a place where miracles can happen. It's magical energy opens your mind to and heart intelligence to manifest dreams. This rejuvenating stone promotes soul growth, cleanses negativity, enhances awareness and will help you discover the true desires of your soul. This stone is commonly found with the gemstone Ruby. Great stone to meditate with!!

## YOUR SACRED SPACE

Now let's discuss fun meditation accessories!! With meditation becoming more popular, you can easily find many functional and fun accessories to accent your home meditation space! Consider



items that will connect all of your senses as well as all of nature's elements.

Choosing lighting, colors, plants and decor that are relaxing and personal to you, enhancing your sanctuary with smells of white sage, candles or incense will also rid your space of negative

energy. Play your favorite guided meditation, music, sounds, waterfall, singing bowl or just enjoy the quietness.

Sit comfortably on a meditation poof, soft pillow or blanket. The point is to have your spine straight that the energy can better flow! Use beautiful crystals, or mala beads, all of these fun accents will assist in rising your vibration, in your personalized small sanctuary. There is no right or wrong, this is about YOU, be comfy! \*REMEMBER that practicing mindfulness does not require a specific time, place or space, so if you have no space create it within, make space in the here and now anytime and being still does not mean you have to physically be still, you can practice mindfulness, in everything you do.

## Love and Kindness Meditation

Metta meditation also called love and kindness meditation. One of most favorites, has you focus and connecting to others, as well yourself. Metta meditation brings compassion and healing into the world. I always feel so good afterwards, they are usually short and sweet. Absolutely one of my favorites. Here is an example of a expert from a live and kindness meditation.



"Bring someone to mind that is having a hard time imagine something you can do for them, give them, you can offer care, offer an act of kindness of words or compassion or a gift or a secret act of kindness, now imagine them receiving it, imagine them being uplifted, sense how this feels in you, what does it feel like to offer ease to another, how do you feel, sense your body's energy, sense your heart center...."

Mirror, Mirror on the wall... tell me no more lies of who we are...



Write 4 genuine kind compliments about yourself on the mirror. Read them daily and then practice in a real mirror.



## Self Love Tool Kit

Go to [www.mysenseofsoul.com](http://www.mysenseofsoul.com) to sign up for the Self Love Tool Kit!

