

YOUR PATH TO LOVE

Self-Love

Module 2

Purpose:

Learn to love, respect and connect with yourself in order to improve your well-being and move forward in achieving your relationship goals

Gain energy and commitment to yourself to heal and work through The Masculine and Feminine Integration Process (Module 3)

Agenda:

1. Understand the connection between your inner and outer reality, see how your love for yourself transforms how other people approach you on a day to day basis.
2. Bring out the best in you through recording and reflecting on the evidence of you being on the right track,
doing what you need to do for yourself,
experiencing the real impact of your transformation,
strengthening the Faith in miracles, which you are in charge of at every moment of your life
3. Create a self-support system which enables you to dive deeper and face and release the past beliefs and self sabotaging patterns and prepare yourself emotionally, spiritually and energetically for your next stage in life: living with ease, projecting your value into your relationships and your work, and enjoying every moment of your life.

We also will:

- set a 3-week Self-Love exercise routine to get you into a habit of taking care of yourself emotionally, physically and spiritually,
- learn to connect with your Future-Self and use that connection as a powerful way to keep up your motivation to move forward in your life.

Why Loving Yourself is More Important Than Being Selfless

So you came to me because something in your life wasn't quite right. You came with a question: how can I change, where do I start?

My answer to you is: through IMPLEMENTING what you already know you have to do.

When I say 'love yourself' you'd remember all those occasions when you KNEW exactly what ought to be done, and what's not, you knew the right from wrong... However... you listened, read the article or a book with so many empowering tips, with the list of healthy habits, and then what? You've put it aside and never went back to it?

And I know why. So I don't judge you. You totally lacked MOTIVATION!

Of course, if you don't understand why would you make all this effort and LOVE yourself, when it's so easy and safe, and conventional, not to, then even if you get inspired by all you can do for yourself, today won't be the day you'd start. I understand.

But... I will ask you this time to take yourself seriously, insist on your significance in this world, FEEL your VALUE, and act accordingly.

Before I ask you to complete the Exercise1 for this module I will add one thing that will sure accelerate your mojo:

It is absolutely possible for you to change!

I've worked with so many women who changed their lives through practicing self love. If you don't do anything else, but just start with appreciating, respecting, supporting your needs, with looking into what is it that YOU want, finding that beauty and love within you, giving the way only you can, allowing yourself to receive all you deserve, you WILL show up differently in the world and the world WILL respond to you differently.

It's just logical!

Another reason you can trust giving yourself 100% is that you've already tried not to. So WHY NOT take a new approach, even if it's only for the next 3 weeks, and see what happens?

With all that said, I will also give you a bullet-proof strategy to IMPLEMENT, so you won't get stuck or lost on your way. You will know exactly what to do, how to do it and you WILL experience the results.

I want you to experience the results, because the work that is ahead of us, which is diving deeper and dealing with a lot of gunk (Is it okay for me to call your fears, self-doubt and self-sabotaging behavior patterns, gunk?) that need to be released, will acquire a lot of FAITH.

So this is one more reason why we are going to pump you up: you want to build up a muscle of believing in yourself, strengthening your faith, so you can accept the MIRACLE of your HEALING. And I know you want that!

So let's the journey to YOUR BEAUTIFUL SELF begin!

Exercise 1 Motivation Accelerator

Please, take out your notebook and state 50, yes, **50 reasons** why you want to love yourself.

Keep writing your list even if you feel stuck and seem to ran out of ideas. The point is not to stop, continue writing until you finished and have all 50 reasons staring at you in your face.

You may come back to that list any time you feel like not attending to your daily routine.

When you finish writing your list check with yourself: how do I feel now?
Write it down in your notebook.

Yes! I am proud of you! Thank you! You are great!

Calculate your Current Capacity to Receive Love and Abundance

Establish where are you at right now. Rate yourself from 1 to 10 on different areas of your life.

Then rate the effort you put in from 1 to 10.

Calculate the middle number of your current state and your efforts in %.

Category	Current State	Effort	Goal
Health/Body			
Relationships			
• romantic			
• mother			
• father			
• siblings			
• children			
• colleagues			
• authorities			
• friends			
Money			
Social			
Job/Career/Mission			
Joy/Happiness			
Spirituality			

Expanding Breath Technique

Purpose: expand your current capacity to receive love, money, support and appreciation

How to do it: 3 times per day, in a friendly environment (in the nature, on the walk, alone in a safe space, surrounded by nice friendly people-hikes, concerts, so on)

Inhale and exhale deeply imagining the following:

- 1) Inhale the light (sunlight, star/moonlight/ golden sparkling heavenly light
Exhale with release, letting go of all of the energies that are not yours

Take two of those enlightening breaths

- 2) Inhale the light
Exhale and imagine filling your body with that light

Take two of those fulfilling breaths, slowly and deeply feeling the light relaxing your body and healing and energizing every little part of it. You deserve it. You are filled with light. You are the light!

- 3) light in/ expand your reach, touch all you want with your energy/ your work/people you want to reach/your soul 3 breaths

light in/ground yourself- get ready to take action 1 breath

