



Self-Love
The Ultimate State of Freedom
Master Class Series

SESSION 1

**INTRODUCTION TO SELF-LOVE:
WELCOME BACK TO YOURSELF**

WORKSHEET

1. MAKE A STATEMENT OF CHOICE TO LOVE YOURSELF – warts and all, in short, every part of you! This is a foundation for moving forward. You have a team of helpers in spirit: Ascended Masters, guides, angels. They watch over you and guide you even if you do not know it. Call them in. (You may notice the energy starting to zing!). Ask them to help you on this very important journey. Perhaps you would like to say to them that you would like to end these 8 weeks with a new relationship with yourself, a relationship of acceptance, understanding, compassion, allowing, kindness and yes, LOVE!

2. REFLECTION Give yourself about 10 minutes for this. Consider deeply, why you are struggling in your life? How does it reflect your own lack of self-love? For example, you may be in a relationship in which you receive very little acknowledgement, generosity, attention. How does that reflect your relationship with yourself? The problem area could also be around family, your health, your work environment, your work, your looks or weight. Now consider further. If you were loving of yourself would these change?

3. A RITUAL TO LOVE YOURSELF You can make this very sacred. You are going to anoint yourself, which means giving yourself time to allow a cleansing of yourself. Make the bathroom a special environment for this ritual: flowers, candles, music, essential oils, a beautiful thick towel to dry yourself. Have a bath or shower. (A bath is best because you can take your time). As you wash your skin imagine you are washing out blocked energies of lack of love: memories, experiences. Bring in soothing, healing love. When you drain the water out whilst you are still sitting in the bath, imagine all the blocks to your love of self running out with the water. When you dry yourself do it with great tenderness and love.

4. MEDITATIONS There are 2 short meditations for this week. Please do one every day. They will raise your frequency and open you to self-love.