

Self-Love Exercise

What is the Self-Love Exercise?

This exercise reminds you of who you really are. You are a Divine Being, infinitely loved and infinitely worthy to be loved. The Truth needs to be spoken so that you can live it. When you make statements that acknowledge your value, you start living in the dignity of your True Self. This exercise unites you with your True Self which is your Divine Self.

The heart is craving to hear the Truth about you. Others do not acknowledge you enough. You must acknowledge yourself. The Self-Love Exercise gives you the strength to accept the Truth of your goodness and to stop accepting the lies. We live in a climate of criticism. People have criticized you for years, and you have accepted that criticism, even though it hurts you. You have even learned to criticize yourself and that hurts you more. Somewhere inside, you know it is false. You need to hear the Truth. This exercise empowers you in the Truth of your innate goodness, which is your Godness, so that you can live the power of that in daily life.

Comment from Divine Mother:

"It is important to love yourself. There is too much self-criticism. It damages your body. Your system responds to every thought you have. It expands or contracts. Negative self-talk contracts your system. Self-love expands your system. This contraction is damaging, it blocks the life force that naturally wants to flow to give you vitality and health. We must end the negative self-talk. I will help you."

How do I use This Exercise?

This exercise is deceptively simple. Though it is simple to practice, it has a great power to change your everyday life.

You must soften and let your heart talk. Your heart knows the Truth of who you are. Bring your attention to your heart area, allowing the words to come from there.

Call yourself by name, and say inwardly to yourself:

I love you, (your name). You are beautiful. I love you with all my heart. You are perfect in my eyes. You are wonderful. I love everything about you. You are good. You are wise. You are precious to me.

You are _____ *Continue with more compliments. Engage your heart; speak to yourself from your heart. Say what you want to hear, for example: You are kind. You are loving. You are capable. You are smart. You are strong. You are generous. You are fun to be with. You are forgiving. You are honest. You care about people. You are creative. You are graceful. You are worthy. You are joyful. You are brilliant. You are radiant with Light. You are courageous.*

Each person may wish to hear something different; tailor your words to what is meaningful to you.

Often negative or self-critical thoughts come up during the practice. If this happens to you, go into your heart and stand up for yourself. Don't allow yourself to be bullied by your self-critical thoughts. Say from the power of the heart, "That's not true. I am good. I am honest. I am kind. I am loving." or other appropriate words. Your heart is where your courage is. Speak from the heart and the critical mind will back off. Don't accept any criticism or argument from the intellect/ego/mind. If it persists, say, "In the name of God, I command you to go into the Light."

Don't qualify what you are saying by adding "I am loveable when I am nice to people". Or, "I am good some of the time." Love all parts of yourself without qualification.

Continue speaking to yourself lovingly, complimenting yourself by saying the things that you wish your partner, family member, employer, or best friend, would say to you.

Continue speaking these loving words until you are completely relaxed and receptive to them in your heart. Let them soak in and nourish your whole being.

Notice the good feeling that is generated. Sink into it, melt into it, and let it embrace you. Become the good feeling you have created.

As you melt and let go, you become softened and expanded. Continue the process until you feel completely relaxed, safe, and loved.

When do I use this exercise?

We suggest using this exercise at night while in bed before going to sleep. When you are under the covers, settling down, it is an intimate time to talk to yourself. The body is relaxing, the mind is becoming quiet. You are receptive to Love.

Other times to use the exercise are: after meditation or prayer, upon awakening in the morning or while enjoying nature. Use it at times when you need self-confidence, like when preparing for a business presentation, an audition, a speech, or an interview.

How do I benefit from doing this exercise?

As you speak kindly and lovingly to yourself, you will start to soften and accept that you are worthy of Love, that you are lovable. You will comfort your heart which has suffered the pain of criticism and rejection. Your life will change. As you consistently practice, you will no longer let yourself or anyone else belittle you. You increase in self-confidence. You will attract to yourself people who love and appreciate you.

Practicing this exercise reminds you of who you really are: A good person with good intentions. You will start to remember that you are a Divine Being in a physical form. You begin living from your Divine Self, not the small fearful self.

Tips for Getting Started

If you're having difficulty with this exercise:

1. Pretend Divine Mother is saying the words to you, she loves you unconditionally.

2. Pretend it is somebody who cares deeply for you talking to you.
3. What you are saying does not have to make logical sense. You don't have to give reasons to prove what you are saying. (For example: "I'm good because I gave money to the church.")
4. Don't get stuck in details. You want this to flow. We are talking from the heart, not the mind, so we don't need details or proof. We are talking to the Real You which is bigger than your mind.
5. If the negative self-talk is so strong you can't get past it, then you need to use other Divine Mother tools like the "Go" Command or the "Break" Command. You may even need a personal healing session from Connie or one of her trained practitioners.
6. Make a recording of your voice speaking the words of self-love. Play it before going to sleep at night and as you awaken in the morning. These time periods are very powerful moments when your awareness is receptive to positive suggestions.

Experiences of Using the Self Love Exercise

I had been using the Self-Love Exercise for a couple of months when my husband called me an insulting name. I looked at him and said, "I am a good person. I am a loving person. I am kind. I am a good mother." It stopped him in his tracks. He said nothing, and never spoke to me like that again. I learned that when I stand up for myself, people stop belittling me.

When I tell myself all the things I wish other people would notice in me, it makes me feel so deeply loved, not necessarily by myself, but by God and the universe. Acknowledging my good qualities helps me step into them in daily life. I have a new sense of confidence coming from my new feelings of self-worth, initiated by the nice things I am saying to myself at night.

I had trouble saying the loving things to myself when I first tried this exercise. So at first, I pretended that it was my lover saying these beautiful things to me. It felt really good, and eventually, I was able to say the words to myself.

Now, whenever I feel rejected or criticized, I automatically talk to myself, saying, "You are a good person. You deserve to be loved." I say other things to remind me that I am worthy. My self-confidence has grown tremendously, and my bouts with unworthiness have diminished significantly from using this Self-Love Exercise.

I was abused in many ways as a child. My self-esteem has been very low. At first, it was hard for me to do the Self-Love Exercise and I kept contradicting my statements with voices from my past. Now, I am feeling stronger and more self-confident with the help of the Self-Love Exercise and the Transformational Prayer techniques.