

Self-Love Exercise

Call yourself by name, and say inwardly:

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 dear 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 thoughtful. 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.

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

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, go into your heart and stand up for yourself. Don't allow yourself to be bullied by critical thoughts. Say from the conviction of your 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."

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. You know what you want them to say. Say it to yourself. It will deeply nourish you.

Continue speaking these loving words until you become relaxed and receptive to them in your heart. Let them soak in and nurture 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 relaxed, safe, and loved.

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 somebody who cares deeply for you is saying these words.
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 homeless." Just say, "I am good.")
4. Don't get stuck in details. You want this to flow. Talk from your heart, not your mind. The heart has no need for details or proof.
5. If the negative self-talk is so strong that it's hard to get past it, then use other Divine Mother Tools like the Go Command or the Break Command. You may even need a personal healing session from a trained Divine Mother Healing practitioner.
6. Record yourself speaking the words of self-love. Play it any time. It is especially effective when heard before going to sleep at night and when awakening in the morning.
7. Begin by using the Creating the Flow of Love Exercise to get the love flowing between you and Divine Mother. Then shift into saying to yourself, "I love you _____ [your name]" and continue with the Self-Love Exercise.

About the 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 also 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 have even learned to criticize yourself and that hurts more. Somewhere inside, you know it is false, and you want to hear the Truth. This exercise empowers you in the Truth of your innate goodness, which is your God-ness, so that you can live the power of that in daily life.

Why Should I Use It?

It is important to love yourself. Too much self-criticism damages your physical body. Your system responds to every thought you have by expanding or contracting. Negative self-talk contracts your system. This contraction is damaging—it blocks your life force. It is time to end the negative self-talk. Self-love expands your system, increasing the flow of your life force, giving you greater health, vitality, and self-confidence.

How Do I Use It?

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

When Do I Use This Exercise?

A great time to use this exercise is at night while in bed before going to sleep. When you are under the covers and settling down, it's an intimate time to talk to yourself. You are more receptive to love when your body is relaxing and your mind is becoming quiet.

Other times to use this exercise are after meditation or prayer, when awakening in the morning, or while enjoying nature. Use it on occasions when you need self-confidence, like when preparing for a business presentation, audition, speech, interview, hosting a party, or anytime you are nervous.

How Do I Benefit from This Exercise?

As you speak kindly and lovingly to yourself, you start to soften and accept that you are worthy of love and you are lovable. You comfort your heart, healing the pain of criticism and rejection. Over time your life will change. As you consistently practice, you will no longer let yourself or anyone else belittle you.

When you increase self-appreciation, you attract friends, lovers, co-workers, and life partners who love and appreciate you.

Practicing this exercise reminds you of who you really are: a good person with good intentions. You begin to step out of fear and remember that you are a Divine Being in a physical form, full of Light and Love.

Suggestions for Using the Self-Love Exercise

If you fall into self-criticism, dissolve those negative words with statements of self-love and self-value to change the vibration the criticism has created.

Practice telling yourself all the things you wish other people would notice in you. This helps you feel deeply loved, not only by you, but by God and the universe. Acknowledging your good qualities will help you step into them in daily life. You will have a new sense of confidence coming from your new feelings of self-worth, initiated by the nice things you say to yourself.

Call yourself and leave a message on your own voice mail. Say positive things like "I love you. You are great. You are the best, etc." Leave it on your voice mail and listen to it every day.

Keep going with this exercise! You can never hear enough about how good you are. It is something private, beautiful, and very healing that you can give to yourself.