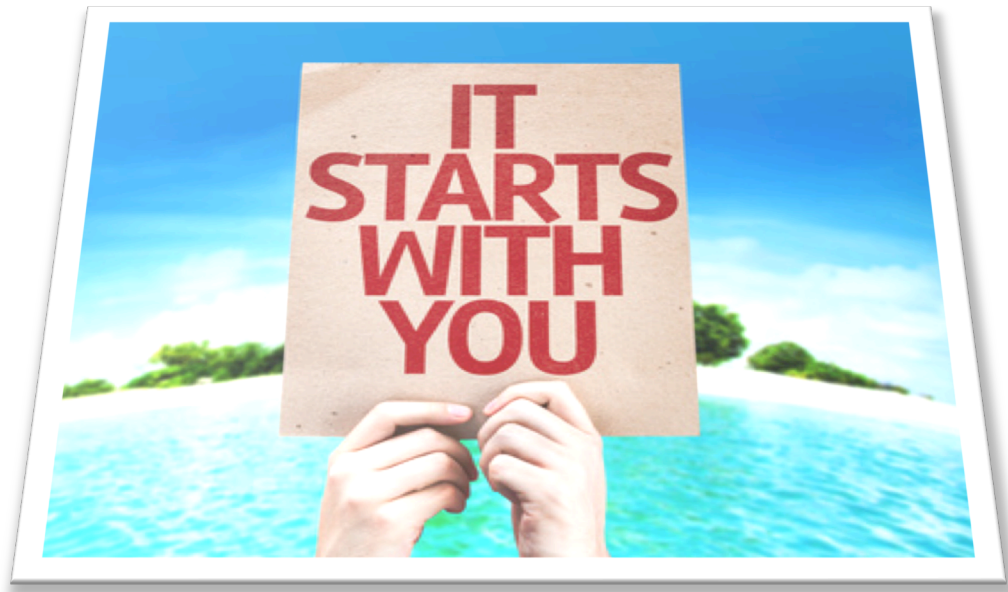


The Miracle Well

# Are You Vibrating Self Love?



## Self Love – Are You Taking Care of Yourself?

Self Love and taking care of yourself is the most important thing you can be doing with your time. Why? Well, to put it simply it, if you are not valuing yourself and, if you are feeling unworthy for any reason, you may be attracting low vibration experiences into your life. These can create a negative feedback loop between your belief systems and what is manifesting out into your reality.

And if you are not feeling empowered from within and are predominately experiencing a lack of inner peace you may be out of alignment with your true self (Source/your Spirit within). A lack of self-love and care not only degrades your psychological state but also your physical state – and when your “cup” is empty you are unable to give to yourself or help others.

So the bottom line is strengthen your self-love muscle and learn to connect to and follow the guidance of your true self. You are part of the Universal energy “Source” that creates life and you have access to all the knowledge, power and wisdom that it contains. Nothing less. The added bonus to expanding yourself and growing through self love and awareness is your change of state – you will actually be operating at a higher vibration which has a ripple affect on everyone and everything on this planet.

**Here are some questions you can begin to ask yourself:**

**Self-Awareness** – One of the first things to do is to become mindful of your behaviour. In every moment notice any patterns that may not be in your best interests.

Write down anything you are aware of about yourself below and keep building on this list as you progress ...

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**Self Care** – Making sure you are receiving what your body, mind and soul need to nourish the self and recharge energy. For example; rest, nutrition, exercise, pampering, relaxation and fun.

Write down some things you can do to nurture yourself and make it part of your day or week ...

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**Protect Yourself** - Are you maintaining your boundaries or do you find yourself constantly allowing toxic people into your life? Can you say NO or do you try to please others above your own needs?

Can you list some areas in your life where you may be doing this?

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**Self-Acceptance** – Accepting yourself just as you are without needing the approval of others. You know you are worthwhile just by the fact that you exist.

**Self-Compassion** – Being kind, gentle, and unconditionally loving with yourself no matter what, in every situation. Basically extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering.

**Self-Forgiveness** – Forgive and be easy on yourself (self compassion). Refrain from self-judgment and criticism, and extend forgiveness to yourself for “perceived” mistakes. This allows you to let go of any regret you may be holding on to. Regret depletes your energy.

## Self Love – Are You Valuing Yourself?

**Self Esteem** – Self-esteem is how you value yourself and your beliefs about who you are and what you are capable of. To enhance self esteem use personal dialogue/thoughts and affirmations that are positive and encouraging. Increase your confidence by allowing yourself to try news things without being overly self-critical. Understanding your subconscious beliefs may require the help of a practitioner, therapist or coach. With stillness/meditation you can develop your ability to tune in to your subconscious beliefs.

What are some new things you would like to try and what feelings come up when you think of doing these things? Make a list. Write down some positive affirmations about yourself in regard to this.

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**Live Intentionally** - You will accept and love yourself more, whatever is happening in your life, when you feel connected to the inner peace within (your Spirit/universal Source energy). When you operate from this state you will view your life from a higher perspective and will be living with purpose and design, giving your life a new level of context and meaning.

If you were living your ideal life what would your intention and purpose look and feel like?

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## Self Love – Do You Feel Empowered?

**Self-Empowerment** – Self-empowerment means to gain knowledge of the self and use it to empower you. Building personal empowerment involves reflecting on your personal values, skills and goals and being prepared to adjust your behaviour to expand and reach your goals.

What are your 3 highest Values? For example, Integrity, Honesty.

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Choose a goal and ask yourself if it's in alignment with your values? Use this tool often.

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**Self-Honesty** – Take time to see where you may be hiding or not being honest with yourself. Are you feeling fearful and covering it up through avoidance, bad relationships or addictions? Perhaps you are not speaking your truth to another and lying to yourself about it. Embracing self-honesty and personal integrity will lift your vibration and make you feel good about being you. Make some notes:

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**Self Trust** - Being in alignment with this state of inner peace will raise your consciousness to a higher vibration and will develop your self trust, where you will be able to make decisions based on your intuition and heart. This helps you develop a sense of control over your life and this further builds confidence and a sense of assuredness.

## Self Love Tools to begin your journey...

### Tool #1

When you are faced with a choice ask yourself “What would someone that loves him/herself do? The first thing that pops into your head is your answer – act upon it (where/when appropriate). For example, you may get a message to go outside in nature, or take a bath, watch a funny movie.

If you are new to this exercise and still developing your self-trust you can ask a further question of yourself, “Does this choice honour me?” I find this question helps to clarify the matter.

### Tool #2

Approve, love and accept yourself no matter what self-thoughts or judgments you’re having. Say out loud and often “I totally accept myself” and “I love you unconditionally”.

Do this whenever you are feeling out of alignment, anxious or in fear of some sort. Just slow down, be still, breath and visualize giving yourself a BIG hug. Say, “I love you and you are safe”. This is even more effective if you imagine comforting yourself as a small child.

### Tool #3

Reach for a Higher Vibration. When you feel like you are spiraling into self-judgment or negative self-talk, stop immediately and do something that brings you joy or excitement. Play music, stretch, call a friend, meditate, pull a face, whatever lifts you up. If negative self-talk continues, count backwards by 7 starting from 100. E.g. 100, 93, 86 etc. This will interrupt your brain as it can only handle one mental task at a time.

### Tool #4

Mirror Work. Look deep into your own eyes in the mirror each morning when you wake.

Tell yourself, “I love you [insert your name]” over and over until you really start to feel the LOVE!

### Tool #5

Clear up Resentment, Regrets and Rejection. These three states deplete your energy. Make a list of any resentments, regrets or rejections (where you felt rejected or rejected another) and then release them by reading each one out loud to yourself while asking your higher self to clear them from your system with ease and grace. Don’t judge, just accept them as gifts of growth, love and healing. Visualize breathing them out of your system and then breath in the high vibration of Love. Send love and forgiveness to yourself and to anyone involved in the matter. This will neutralize any disharmony.