

LOVING YOURSELF TO PEACE.

LOVING YOURSELF 100%

* **Spiritual Wholeness** is the concept of embracing all of who you are. The "light" and the "dark" qualities. Loving ourselves in every capacity.

* **Staying in your own business.** There are three kinds of business -- mine, yours and God's. Anything that's out of my control, your control, and everyone else's control -- that's God's business. The effect of being outside of your own business is separation. THOUGHTS are one way to leave your business (predicting the future or making up how someone's feeling).

* **A Return to Wholeness.** Fortunately, the world is wired in a way to help us become "whole again." There are countless opportunities to recognize those parts of our selves that we have not yet fully embraced. The world and the people around us are constant reflections of our internal world. Until we become conscious of this truth, stress, pain, and suffering are certain because we judge, resist, or hate something outside ourselves, we are unconsciously judging, resisting, disliking, or hating a part of our own humanity. That separation results in pain.

Three Paths to Wholeness

1. Embracing your "light" and "dark". Using the two lists on p. 286-287, say "I am _____" and insert each word from the list - one at a time -- and BE with each Quality. Write down three ways you express that quality, at least in some way. Compassionately recognizing each of these qualities is the key. Also, recognizing the GIFT of each quality is freeing and liberating.

2. Inquiry. Using our "reactions" to uncover other blindspots. Judge Your Neighbor, write it down, ask four questions and turn it around.

3. Loving Yourself. Learning to love ourselves in the a) difficult moments, b) the ordinary moments and c) the celebration moments. Generally, it's toughest to love ourselves in the difficult moments. ***Whatever emotional state you hate experiencing the most, or RESIST the MOST, is the state you need to LOVE YOURSELF in the MOST.***

What ways do YOU express love to others? (GROUP DISCUSSION)

- * appreciating actions
- * acknowledging
- * trusting
- * respecting
- * being willing to help

- * being patient
- * listening deeply
- * accepting them for who they are
- * seeing them for who they are
- * touching and caressing
- * expressing the joy you have by being around them
- * saying "I love you"
- * doing the little things
- * being true to ourselves
- * letting love flow freely
- * being genuinely interested in what they are saying
- * let them be themselves -- without judgment
- * affection
- * Flowers
- * appreciation of who they are
- * being responsive to their needs
- * doing something they enjoy
- * make them feel good about themselves
- * offer help or support
- * encourage them to be their best
- * hugs and kisses
- * notes of affection
- * show gratitude
- * admire them through my eyes
- * compliment them
- * listen fully
- * Surprises
- * gifts
- * celebrate their accomplishments
- * let them know I'm thinking about them
- * forgive them when they don't follow through with their promises
- * say I love you or I miss you
- * spend time with them

What ways do you KNOW others LOVE YOU? How do others express their love to you? (GROUP DISCUSSION)

- * they make food for me
- * they make time for me
- * small things - making fruit smoothie
- * smiles, hugs, kisses
- * want the best for you
- * expressing appreciation
- * accepting who I am - the good, the bad and the feelings
- * receiving their wisdom

- * sharing resources
- * quality time
- * listening to others
- * caring
- * connecting to what's important to them
- * hearing from people - phone/email
- * little random acts of kindness
- * being reminded by them, that I have the joy stick - empowering them
- * they help me feel inspired and alive
- * not telling you how to do something, but encouraging
- * supported
- * feeling listened to or understood
- * sharing openly
- * asking for help
- * When they stand up for me
- * When they do me a favor without self-interest
- * When they offer honest feedback for my own good, not to hurt
- * when they offer moral or practical support
- * When they make time for me out of their busy schedule
- * When they buy me a gift for no particular reason
- * When they include me in their important life events
- * When they are considerate of my feelings
- * When they let me mess up and don't judge
- * When they hold me and my dreams high
- * When I feel warm, safe and peaceful in their presence
- * When they acknowledge me for something well done
- * When they are present for me
- * When they remember my birthday or special day
- * When they gaze at me lovingly
- * When they respect my time
- * When they cook me dinner or treat me to a special meal
- * When they want the best for me
- * When they follow through on their promises
- * When they believe in me
- * When they share their deepest, most vulnerable part of themselves with me

What ways do you express love to YOURSELF (GROUP DISCUSSION next week)

- * self care - eating, exercise, massages
- * reading, growing, learning
- * not taking self so seriously
- * hot baths
- * reading
- * indulging my senses with fragrances

- * Buying Jimmy Choo shoes and Prada purse :-)
- * Taking a nap in the afternoon
- * Working out
- * Going to the Crossings with girlfriends -- massage/spa/connect time
- * Slowing down - eliminating hurry
- * Imagining the best case scenario
- * Assume brilliance and best in everyone
- * bubble baths
- * stop and meditate
- * curling up to read a good book
- * Looking after my health
- * Making time to do the things I like
- * Allowing myself to be imperfect
- * Responding to my needs
- * Treating myself to good food or nice clothes
- * Giving myself rest
- * Having supportive inner dialogue
- * Allowing myself to pursue my dreams
- * Pampering myself
- * Awareness without judgment of self
- * Listening to CD's that nurture me
- * Responding to Spirit's Guidance
- * Being gentle with myself
- * Appreciating all aspects of myself (including my shadow)
- * Asking myself a powerful question
- * Finding the blessing in everything
- * Honoring my integrity

Expanding Unconditional Love to Yourself

- 1. Simple Acts of Kindness** - including acknowledgment and appreciation
- 2. Being Responsive** - like you would respond to a dear friend
- 3. Expanding Awareness** - consciousness is love
- 4. Accepting Our Humanity** - What parts of your humanity have you resisted accepting? What beliefs or ideals have you attached to?
- 5. Forgiveness** - Where have you not fully forgiven?
- 6. Loving Yourself** - a) *difficult moments* b) ordinary moments c) celebration moments

HOMEWORK:

1. Identify **one area -- or emotional state -- that you hate experiencing, or resist the most**. Consciously focus on loving yourself in these moments.
2. Practice really **LOVING YOURSELF**, even more deeply, over the coming week. Use any or all from above, or make up your own. Be sure to "take in" and RECEIVE that love you generously dish out to yourselves. Come prepared to talk about what really touched you during the week.
3. What are "**5 ordinary moments**" where you could practice loving yourself more fully. Write them down. Then practice "loving yourself" in these moments over the coming week.
- 4 What are "**5 DIFFICULT moments**" where you could practice loving yourself more fully. Write them down. Then practice "loving yourself" in these moments over the coming week.