

## LOVING MY-SELF

This exercise came to me through another teacher and channeled information from our Star Beings, and I am sorry to say that I do not recall who that was exactly.

What I do know is that I have used this exercise for myself over the years with phenomenal results and I have recommended it to many, many students who have also reported wonderful changes in body image and learning to enjoy being *here now* on the planet at this time.

**LOVING MY-SELF** exercise is about truly dedicating some time (even if it is only 5 minutes in the morning) to remind yourself how loved you are, how valuable you are, and doing this in a way that breaks through on the *cellular level*.

For many of us, physical abuse was a part of our experience growing up. This exercise breaks through on this 'terrified' physical level. Also, for the suffering of emotional and psychological abuse, this exercise heals by integrating the most sacred part of yourself (God-connected) to this 'confused and hurt' self. What we experience from this **LOVING MY-SELF** personal time is an honest truth provided from our deep inner Soul to our Human self that has felt abused and damaged. In this **LOVE**, we return to wholeness through compassion and Source Truth.

This truth is that our beauty – our **LIGHT** – can never be diminished by another person unless we let that situation take place. When we are children, we are trying our best to get along in the world, and we must accept (many times) what comes our way. And as we mature, the adult that we become has a choice: be defined by those influences in a dysfunctional way so that WE lower our LIGHT, *or* we can choose to shine our LIGHT brighter, from inside out, and burn off all those harmful and dysfunctional perceptions and fears.

In choosing the second option – to shine **BRIGHTER** in the world – we choose the Truth that Source/God has for us at all times. We are greatly loved, we are cherished beings and we are protected. We may not always have physical safety, but we have the inner sanctum of the Great Source **LIGHT**, always. Breathe into this and soak it in, for it is not a 'changing' of you, but a true REVEALING of YOU.

May you always know, Blessed Daughter of Christ Light, and Blessed Son of Christ Light, that **you are so greatly LOVED**.

**LOVING MY-SELF** is an active ACT – an action of You loving God and God loving You. It is the never-ending Infinity symbol. The Dance of Love and Light.

*Many Blessings, Robin*

## LOVING MY-SELF exercise

This exercise is best done in the morning, before you start your day, or right before going to bed. You may want to do this in your bedroom, the intimate space that cocoons you while you sleep, or you may want to do this in front of a mirror. Whatever is comfortable so that you incorporate this easily and gently into your routine. Twice a day is fine; once a day is necessary for the break through.

This is an organic process, led by what you *feel* in your heart to say each day. Below is an example of how this exercise may be performed.

### Exercise Guidelines:

1. Take a deep breath and exhale fully. Relax.
2. Ground quickly (see your grounding cord going down through the Earth soil and attaching to solid rock in the center of the Earth). Grounding cords are from the root chakra for men and from the sacral chakra for women.
3. Bring your inner attention into your heart chakra (center of the chest) and feel LIGHT pulsating here. See this with your inner eyes.
4. Take your dominant hand and place it over your heart chakra and say softly (out loud), "I love you." Let this sink in for a few seconds.
5. Take your dominant hand and place it over the back of the palm of your other hand. Say gently (out loud), "I love you." Then, while your hand is there, stroke gently with your dominant hand over the back of the other hand and down to the fingers. Say gently (out loud), "I love you fingers and I thank you for working and moving in the direction that I ask throughout the day." Let this gratitude for your fingers sink in for a few seconds.
6. You may want to repeat on the opposite side for balance.
7. Take your dominant hand and start at your shoulder area and stroke your hand gently down your arm to your wrist. Say softly (out loud), "I love you. Thank you to my arms for holding items for me all day, for lifting (bags, babies, products, pets) and assisting me in my life." Let this gratitude sink in for a few seconds.
8. You may want to repeat on the opposite side for balance.
9. Continue for parts of the body as you are guided.
10. This exercise is 2 to 5 minutes in length.

SEE ADDITIONAL NOTES ON PAGE THREE



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### Additional Notes:

Change it up! Choose different parts of your body to honor and be grateful for each day.

- One day you might stroke your hair and be grateful for protection from the sun, or how silky your hair feels to the touch.
- One day you might talk to your legs and be grateful for the mobility in life they provide you.
- You might choose to speak to your organs and talk about how they assist you daily.
- If you have an area that gives you pain, (like knees) you can rub that area, say “I love you,” and provide thanks that it continues to work at the level that it can for you.



The main idea is to focus being in your heart when you are speaking to your body. You are seeing it as God sees your body. The beauty and service of it, and the joy of a physical life.

**An important part of this exercise is the gentle stroking of your hand to your skin.**

For some people, staying on the “I love you” section is the most important thing. At first, when we are feeling damaged and lonely on the inside, it may be difficult to say “I love you” with real conviction. Please stay with it. Daily action and love is what makes the breakthrough. Soon, your heart will soften and you will be joyfully looking for new ways to say “Thank you” to your body for all its beauty and service.

If tears come up in the process, let them fall. Your heart is healing and that heals your body self-image and increases self-esteem. We are emotional beings, and it is okay to *feel* love for yourself.

Seeing and feeling the world from a space of inner gratitude and love literally shifts your outer experiences. It is the true **REVEALING of YOU** – a **Bright LIGHT** so very needed in this world.

You are so very loved, blessed One.

*Many Blessings, Robin*