

Self-Love Challenge

SELF CARE ASSESSMENT

Self-care is self-love taking action.

We cannot transcend our needs until we love them.
In other words, in order to go to the next level of our evolution, we must learn to love our needs.

Once we learn to truly love our needs, i.e. what it is to be human/our humanity, our needs will become tools rather than "chores".

From a spiritual perspective, one cannot transcend the Earth realm until they have learnt how to fully love and embrace being human.

Therefore, prioritising our basic human needs is actually a spiritual act.

There are many ways to care for yourself, all important in their own right. Often we confuse self love/self-care as selfishness, having been taught through religion to think that self-sacrifice is honourable and self-love things are selfish. But the truth is self-care is your divine responsibility, and actually one of the most selfless things you can do, for the more you fill your cup up, the more you will have to give to others.

Sleep & Rest

The more sleep we can get the better, for it helps us to process what we learn whilst awake. However, it is recommended that you do not get more than 8 -9 consistent hours sleep (except on rare occasions if you really need extra). Some people function well with 6 hours sleep at night, plus a nap in the afternoon. Everyone is different, so it's about finding what works best for you. Do you feel you get enough sleep? When you wake up in the morning, do you feel well rested?

What hours do you normally fall asleep and go to bed? Many people believe they feel better going to bed with the rhythms of the sun, e.g. rising at sunrise and going to bed early. Have you experimented with going to sleep at different times to see what makes you feel best?

SELF CARE ASSESSMENT

What gets in the way of you having a good nights sleep?

What have you done about improving it?

Do you have electronics in your bedroom?

Many EMF radiation experts recommend to keep electronic devices outside of the bedroom so that the signals do not interfere with your sleep cycle. It is especially important not to charge your phone near your bed (phones give off a lot of radiation whilst charging). Experts also recommend putting your phone on flight mode at night. this way you reduce your EMF exposure as you sleep but still hear your alarm in the morning. EMF experts also recommend to avoid keeping your phone on your body (throughout the day).

It is also recommended to avoid using technology during the hour before you go to sleep, as well as using only candle light at night, as this prepares your eyes a and body to rest and "switch off".Some people also use plants, crystals and EMF protection devices to clear energetic pollution from their bedroom and home.

Are there any actions would you like to take to reduce your EMF exposure and improve the sleep you get?

Because of the magnetic pull of the Earth, it is recommended that you sleep with your head facing East, and if you live in the Southern Hemisphere, that you never sleep with your head pointing South.What direction do you sleep in?

Have you tried sleeping in other directions to see how it affects your sleep?

SELF CARE ASSESSMENT

Healthy Nutrition

We need food to earn and store energy, and must learn to love what we eat. Although it is important that we put high vibrational food into our body, it is also important how we eat it. For example, taking a moment to show gratitude for our food (and if you are eating meat, saying thanks to the spirit of the animal) is a powerful way to bless your food, and yourself.

We are what we eat: the things we eat literally feed every cell in our body. To become enlightened means to be able to hold light in our body, this is why we should eat lots of vegetables, fruits and seeds, for plants know how to draw light from the sun via photosynthesis.

Pay attention to the things you eat this week, list them all below and note next to each one how it made you feel in your body (do you feel heavy, angry, sad, ashamed or energised & positive)

SELF CARE ASSESSMENT

How do you feel about what you recorded on the previous page?

Reflecting on what you recorded on the previous page, what do you think this reveals about you?

SELF CARE ASSESSMENT

Eating high vibrational/nutrient rich food may seem like a simple thing to do, yet for most people it is not easy to do. Many of us learn unhealthy eating habits as children, for example, if we were lonely or sad as a child and didn't have an outlet to express ourselves, many of us learnt to treat food like a friend and use food to numb our feelings (e.g. eating lots of heavy carbohydrates to give us the feeling of being full). Sugar also happens to be one of the most addictive substances known to man.

However, it is extremely important that we eat as healthy as possible if we truly wish to reach our full potential. Trying to change your diet overnight or "next Monday" is not practical and can lead to disappointment and a sense of defeat. However, giving ourselves 3-6 months to slowly improve our diet in a way that feels good and easy, is very achievable. The trick is to simply not give up, and accept that you can't always be perfect, but if you can try to have as many small wins every day, that it will make a big difference over time.

What rough plan could you make to slowly transform your diet slowly over the next 3-6 months? Include what you can replace the "naughty" things with.

SELF CARE ASSESSMENT

Lots of Purified Water

The quality of the water we drink also impacts us as greatly. Water is incredibly soluble, which means it absorbs energy/vibration very easily. The tap water we drink is not only laced with many toxic chemicals, such as like Fluoride (which is scientifically proven to calcify the pineal gland/third eye), by the time it reaches your tap it is traumatised from having been sent through many dark high pressure pipes. If your only option is tap water, it has been shown that letting the cup of water sit still on the counter for a few minutes helps to let the frantic/disturbed energy of the water to settle and calm itself before you consume it. Saying a prayer to bless the water has also been scientifically shown to have a positive impact on the water (check out the work of Masaru Emoto). It is also highly recommended to get a quality water filter for not only your drinking water, but also for your whole house. Plastic has also been shown to weaken and lower the vibration of water, therefore it is recommended to contain your water in glass or metal.

What kind of water do you drink?

Is there a way you can upgrade the quality of the water you drink? If so, what actions could you take to get the ball rolling?

It is recommended that men consume about 3 litres of water per day, and women consume at least 2 litre of water per day. How much water do you drink?

If you feel the need to drink more water, what actions could you take to help remind yourself and create this habit?

It is also recommended that you allow yourself to swim in the natural bodies of water of the Earth regularly - e.g. the ocean, rivers or lakes, for this will cleanse and revitalise your energetic field. How often do you swim in natural bodies of water and what actions could you take to increase this?

SELF CARE ASSESSMENT

(Walking, Exercise, Yoga, Dance, etc)

They say a strong body is a strong spirit, for the more energetic flow you have in your body, the more life force energy you can run through you body.

How much exercise do you get on the average day and in the average week?

Does your body feel deeply satisfied with this or do you feel like you need more?

What would be your ideal daily and weekly exercise ritual?

What simple but achievable actions could you take to achieve this ideal?

SELF CARE ASSESSMENT

Earthing

It is essential that we get regular physical contact with the Earth, for the Earth is like a battery, and when we have physical contact (with our bare feet) it recharges our electromagnetic field by syncing us up with the Earths. Unfortunately in our modern age, many people are not getting enough contact with the Earth so they can recharge their batteries. Since the 1950s many shoe soles are now made from rubber, which are an insulators -meaning that Earth energies cannot pass through into our feet. On top of that, many of us now spend a great portion of our time indoors and connected to electronics, which makes the need to ground/Earth ourselves more important than ever. The more immersed in Earth's elements you can get, the better.

How often do your bare feet touch the Earth and why?

Studies have shown that it takes about 2 hours of being outside and physically connected to the Earth for your body's electromagnetic field to fully recharge and sync up with the Earth. Do you get at least two hours of physical contact with the Earth every week? Why?

What action steps would you like to take to maximise the amount of time and contact you get with the Earth?

Sunlight

In recent times we have been conditioned to fear the sun, having been led to believe that the sun causes skin cancer. But many new studies are showing this is simply not the case. Although it is important not to over-expose our skin, many of the UV blocking ingredients in sunscreen have been scientifically linked to causes skin cancer, which would explain the rise in numbers of skin cancer since we began using sunscreens.

It is vital that we get a sufficient amount of sunlight, not just for the sake of getting enough vitamin D, but also because the sunlight contains important codes of information that are essential for our evolution and the activation of our DNA.

How much sunlight do you get on the average day and week?

What actions can you take to increase the amount of sun you get, without over-exposing your skin? (take your skin tone and climate into consideration)

SELF CARE ASSESSMENT

Emotional Self-Care

What do you do to care for yourself when you are experiencing negative emotions?

An important and often over-looked aspect of self-care is learning to soothe yourself in healthy ways. Learning to hold yourself with compassion when you do not feel ok is a vital part of self-care, for if we do not learn how to do this, we can become completely reliant on others to soothe us or become stuck in unhealthy habits, such as binge eating junk food, alcoholism or prescription medication. Of course it is important to learn to let others support us when we need a shoulder to cry on or ear to listen to us, it is essential to learn how to soothe ourselves.

What things can you do to soothe yourself in a healthy, supportive way next time you are feeling negative emotion?

Beauty & Self Adornment

What things do you do for yourself on a daily and weekly basis to honour and care for your body and celebrate your beauty?

Ideally, what would you do for yourself on a daily and weekly basis that would make your body feel beautiful, loved, nourished and appreciated?

SELF CARE ASSESSMENT

Safe & Healthy Home Environment

(Organised, Beautiful, Clean & Clutter Free Home)

How do you feel in your home/living space?

What things do you do regularly to create a healthy, safe and harmonious home environment for yourself?

What achievable actions can you take to create your ultimate home environment?

Play & Creative Expression

Giving yourself time regularly (preferably daily) to simply play and express yourself creatively is an essential aspect of self-care and has a wide range of mental, emotional and physical benefits.

What do you currently do for play and creative expression, and how often?

Do you feel deeply satisfied with the amount of play and creative expression that you do?

If not, what achievable actions could you take to make it so?

SELF CARE ASSESSMENT

Sex

This is a controversial subject, for while some people's lives revolve around sex, others shun it almost entirely (usually after unpleasant experiences, or because of personal insecurities or religious indoctrinations that have demonised sex).

But the truth is, we have to learn how to love our need for sex and reproduction, even the darkest parts of it, for when we heal our sexuality we heal our traumas, and can then evolve to a higher level of consciousness. Ironically, one cannot transcend this human reality without first having learnt how to love it fully, in all its aspects. Sex is not a temptation from the devil or a distraction to our evolutionary journey, but a natural human need and something we came here to enjoy. Something that, when done correctly, will enable us to evolve our consciousness to the next level.

How do you feel in your body when you think of the word "sex"?

How do you feel in your body when you think of the word "intimacy"?

Do you feel sexually satisfied? Discuss.

Do you crave intimacy or do you feel satisfied with the amount you get? Discuss.

SELF CARE ASSESSMENT

Do you have sexual traumas or inner conflicts that prevent/inhibit/block you from connecting with people sexually and/or intimately? How so and why?

Are you getting help to heal and resolve these traumas or inner conflicts? Why?

SELF CARE ASSESSMENT

Create a timeline below of the therapies/methods you have tried in the past for healing your trauma/intimacy issues, noting what results you got from it, to what you are currently doing to heal yourself, and how it is helping you?

There are many kinds of therapies available, some that focus on the physical aspects, others that focus on the mental. All serve a unique function and purpose, but for those people who have more serious and severe traumas, we recommend being very cautious with seeking physical therapies for if the practitioner is inexperienced/ or incompetent, these experiences can actually cause you more trauma/inner conflicts. Therefore we recommend doing your research and carefully finding a therapist that you feel comfortable with. Talking is actually a good form of therapy, for it helps us to move the energy.

What kind of therapies would you like to try in future?

SELF CARE ASSESSMENT

It's easy for people to get turned off sex and dating, but as human beings, we simply need physical contact and connection in order to fulfil all our basic human needs. If we do not heal and learn to love our sexuality/need for connection and intimacy, then we will not be able to evolve to higher levels of consciousness. Although we recommend masturbation as a fun, natural and healthy pastime, it cannot replace our need for sex/closeness/touch/intimacy/pleasure with another. Having said that, if you feel depressed or sexually frustrated, it is much healthier, safer and more fulfilling to pleasure yourself than it is to find a partner you don't have a genuine connection/chemistry with. Everything in your outer reality is a reflection of your inner reality, therefore, if you want to attract a loving and competent sexual partner, you must first become this for yourself.

What action steps can you take to show the universe/yourself that you are ready to embrace, explore and fulfil your natural need for sex and physical closeness?

Breath

Breathing is one of the most powerful tools we have for healing and enlightening ourselves. The correct way to breathe is in and out through the nose (you can breathe out through the mouth if you want to release energy quickly, but for your usual breathing rate, use the nose). We are meant to breathe as slowly as possible, and breathing through the nose takes longer and hence gives our body/system more time to process the energy/life force/information of the oxygen.

Start at a pace that is comfortable for you and let it gradually slow down over time, for example, start by breathing in for a count of 4 seconds. hold your breathe for 4 seconds and then breathe out for 4 seconds. Continue this process until you can do it for a longer count.

Describe your normal breathing rate?

What actions would you like to take to improve your breathing? (e.g. would you try different forms of breathwork or set a reminder to remind yourself how to breathe)

SELF CARE ASSESSMENT

Unconditional Self-Love

True self-love is not ego, true love is great humility. Love and compassion for others cannot exist until there is a goodly supply for self. How can you feel the love of god if you do not love yourself? Are they not one and the same thing? Until you can accept yourself you lock the doorway to the expansion you yearn for. This expansion comes through the heart. Be kind to yourself...

Love requires no practice. Love is. One cannot practice is-ness. One can, however, practice the decision to love.

We must fill our own cup up with love for the same reason we must put our own life mask on first: you are no good to anyone if you are running on empty or even half full. The more full your cup is, the more you will have to share with others. When your inner well isn't full you will go looking for outside things to fill it up - this is a sign from your body to ground, nurture and replenish yourself. And ultimately, you cannot love another more than you have already learned to love yourself.

"A healthy self-love means we have no compulsion to justify to ourselves or others why we take vacations, why we sleep late, why we buy new shoes, why we spoil ourselves from time to time. We feel comfortable doing things which add quality and beauty to life." – Andrew Matthews

The path to love is found by experiencing what it is like without love, just as the path to light is to be aware of darkness. You make the supreme choice. Love is not mastered. It is allowed.

Let your prayer be an ongoing renewal. You pray by touching the deepest part of you. That longs, that needs, that is. Let it speak in its own language, more often than not without words. The longing itself is the prayer of life " I want to be with you again, god,. I want to be home"

You will not exhaust the love in the universe if you were to absorb it from now until the end of time. Love is all that exists. Love is the universal communication. It is the energy that has created the universe and is keeping it going. God is love. All matter is formed by love. It is love that beats our hearts. There is an organic love that speaks to everyone, if they could but hear. A leaf holds together for love.

Your less evolved areas have a right to be. They whisper of things past. They whisper of confusion, of fulfilment, and of the pain of the soul separated from its god and the longing for that oneness again. If you can love the part of you that you think is imperfect, then the act of transformation can begin.

When you find the light within you, you will know that you have always been at the centre of wisdom. As you probe deeper into who you really are, with your lightedness and your confusion, with your angers, longings and distortions, you will find the true living god. Then you will say: " I have known you all my life and I have called you by many different names. I have called you mother and father and child. I have called you lover. I have called you sun and flowers. I have called you my heart. But I never, until this moment, call you Myself"

The serpent in the garden of eden is not sexuality. It is doubt. As long as there is a material body you are carrying doubt. Do not despise your doubting, that is the human condition. When there is no more doubt, you do not need to be human.

SELF CARE ASSESSMENT

When you begin to blossom and glow, and dance down the street, just because you are happy, and you know the illusion is your creation, here for your own education, and you can alter it anytime you want, simply by the act of self-love, then you are free. You are preparing your pathway Home whenever you are ready to come.

Self-acceptance bypasses the need for self-forgiveness.

Give as many examples as you can of times you unconditionally accepted and loved yourself: