

## Simple tools to love yourself

Do what you love and love what you do

- ONE** This exercise is to focus the breath to reduce the mental mind chatter creating peace. Breathe in and hold the breath for three counts, then exhale. Empty your stomach fully of breath by pushing your stomach with your hand towards your spine. On each out breath say aloud a big *sighing sound Ahhhh*. Repeat this three times making a loud *sighing sound Ahhhh* and each time you do this, feel yourself going deeper down into your chair and focus inside your stomach. Now begin to follow your breath in through your nostrils down to your belly and back up and out through your nostrils. Continue this focused *witness breath* until you feel quiet and continue to touch your body somewhere you are holding tension and breathe into that area. With this exercise you are connecting to your inner self in a physical and spiritual manner, building trust with the inner you.
- TWO** When you half close your eyes, you can see the flecks of life-force energy vibrating and jumping around in the air we breathe. This life-force contains pure love from Source. In this exercise you imagine you are breathing in that pure love and becoming it. *Love's Breath*. Speaking aloud the following words as you focus your breath. Repeat for several breaths for each round of new words.  
On the IN breath — *I breathe in Love's breath*.  
On the OUT— *I breathe out Love's breath*.  
Next on the IN breath— *I am Love's breath IN*  
On the OUT breath— *I am love's breath OUT*  
Next on the IN breath— *I am LOVE in*  
On the OUT breath— *I am LOVE out*. Then IN- *I am love*. Out- *I am love*. Repeat for several rounds. Then sit quietly in the love vibration you have created within and around yourself. Feeling fully that you are Love and in harmony and peace.
- THREE** When we speak our intention to ourselves aloud, we take the sound in through the ears into the pineal gland and the inner eye. Reinforcing our intention to create what we speak. It is a very powerful resonant tone. Speak aloud with the belief that it is. Begin your focused breathing pattern. This exercise helps to connect to your Higher Self, the unlimited self, the most expansive potential of yourself. Speak the words of this Mantra aloud. Imagine a higher self.  
*I am LOVE, my higher self is LOVE, I and my higher self are ONE*.  
Repeat a minimum of 21 times. Sit quietly and enjoy the sensation of love that you have built with your belief of yourself and the Universe as love.
- FOUR** Once again begin the witness breath for several rounds of breathing and focusing. Then saying the words of this Mantra aloud as you continue consciously breathing In and Out.  
*I am in the UNIVERSE*, - imagine yourself out in the Cosmos with the stars and planets.  
*The UNIVERSE is in my body*. Now imagine the stars and planets floating around in every cell and fiber of your physical body.  
*I and the UNIVERSE are ONE*. See yourself, all aspects of self, joining and merging with the universe. Repeat this Mantra 21 times.
- FIVE** The final Mantra. Allow yourself to say this one after you have done one of the earlier exercises. Mantra *I am, that I am*. Repeat 21 times.