

Conscious Being

Exercise Three: Self-Love

The journey to consciously knowing your original perfection and wholeness begins with a decision. It begins with a desire and a willingness to know, beyond a shadow of a doubt, that *love is who you are*. There is a world of difference between looking for love on the outside, and discovering your inner essence, which *is* love. Once it is discovered, you can live your life as an authentic example of that love. Your mind might think it's a nice idea to know yourself as love. However, it takes a sincere commitment to overcome the inner resistances you inevitably encounter on this journey. You need to clear out everything that is counter to that. It takes enormous courage and stamina to dismantle the inner obstacles that have prevented you from seeing yourself as love.

Releasing Statement

I now release my fears and blockages to love.

Affirming Statement

I am the love that I've been looking for.

Simple Meditation Practice

This module's meditation is a lying meditation. Set the timer for 10 minutes and find a comfortable place to lie down. The intention of this meditation is to simply rest and notice any physical sensations, thoughts, or feelings that are present. See if you can "tap into" a deeper spiritual place within yourself. Just notice. What thoughts or feelings are present? Is there a "place" within you beyond thoughts and feelings? As always, once the timer has sounded, simply write about your experience.

1. True Love Exploration: Write answers to the following questions, or discuss with a partner if you are in a group:

- What coping strategies did you learn that are no longer working for you?

- In what ways can you acknowledge the brilliance they once were?

- At what point did you forget the truth of who and what you are?

- At what point did you separate from your perfection and wholeness?

- When did you start to seek outside of yourself for love?

Now, read through what you wrote. Set a timer for four minutes. Meditate for the four minutes on what you wrote. Really sit with how your answers feel in your body. Notice any thoughts, physical sensations, and emotions that show up. Once the timer sounds, spend a few minutes writing what came up for you during the silence.

2. Romantic Partner Process: Write answers to the following questions, or discuss with a partner if you are in a group:

- If you are single, what qualities are you looking for in a partner?

- If you meet someone who has those qualities, what do you believe they will give you?

- In what ways might you already possess those qualities within yourself?

- What would it take for you to recognize that?

- What to you is the difference between *seeking* love and *being* love?

- What would it be like to share love with a romantic partner rather than seeking love from them? What might that create?

The invitation is to shift your focus from *seeking* these qualities from another person to *bringing* these qualities into the world. Life is a great experiment, and this is an opportunity to practice giving *to* the world what you are seeking *from* the world.

3. **Undoing Technique:** Make a list of all your perceived inner obstacles.

Then, consider the following questions relating to the perceived blocks.

- Where did they come from?

- What would it take for you to become *willing* to release them?

- What would happen if you did?

- How can you become more fully available to yourself?

- How can you be more fully available to the love that is already present within you?

If you're in a group, get with a partner, and read your list to your partner. Have your partner just listen, no questions or feedback. Set a timer for 5 minutes, and then have your partner ask you, "What would it take to let all that go?" If you're alone, read your list aloud and ask yourself, "What would it take to let all that go?"

Questions for journaling and further reflection:

1. What inner obstacles have prevented you from seeing yourself as love?
2. What negative self-limiting beliefs are blocking you?
3. What heartache, hurt or trauma are you holding onto?
4. What old survival mechanisms are holding you back?
5. What does it mean to you to live beyond your stories?
6. What would it take for you to simply choose to be a loving human being?
7. How can you find your way back to being love when you have forgotten?
8. From where or whom can you get support for dismantling your old identity?
9. Have you lived open-heartedly?
10. What do you need to release?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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