

For Self Love and the Ability to Recognize our Gifts, Talents, Beauty, and Magnificence

"I am grateful for the sweet empowering sound of intentional chant and mantra. I give thanks for the melodies and words that help to clear the inner chatter to allow us to receive guidance and inspiration. Deep gratitude for the consistent response provided by the Universe to these statements and songs of clarity."

Love is the essential element of the multiverse, the stuff from which all life flows. It is in each thought, each breath. It propels us into the next moment. It reveals the truth of our being whether we see it or not. The more we remember and acknowledge and appreciate this existence of Love the more it reveals to us. We are made of Love...

We are taught in this culture to be careful about self-love... Narcissism, conceit, selfish...words that sting and carry the judgment of others...words that interfere with our own recognition of our specialness, our essential place and presence in the expression of the world at this time.

In these quickening times of change and remembering and clearing, we are being called home to the power of self love. Anything that has happened thus far on our unique journey is being called and clarified and released to bring us right back to the place of our beginning. In this incarnate truth we are now being called to name and celebrate our unique expression of the divine that we are. It is time to deeply appreciate all the perceived flaws and inabilities and choices and results and hurts and pains and mistakes...

Every moment has been essential to mold us into the powerful expression that we are. Therefore, celebrate it. In the celebration we release the judgment and accept what is. From there it is easy to invite higher vibration experiences in, for we will simply attract them. Self love is a recognition of who we are. It is a moment by moment acceptance that we are indeed, very special. The frequency of each of us creates the music that builds the symphony of life. Our creation is no accident. Our creation is an opportunity for the divine to experience itself as us, and vice versa.

It is time to see ourselves with new eyes, eyes that see only beauty. If there are elements that you want to change, then do so with respect, honor, and love. We are all destined for the same reunion with truth. We move at our own pace, as determined by free will. Enjoy the ride and see the truth in each experience. Nothing we have ever done warrants removing love from our eyes for ourselves. So, with every breath, with every thought, with every word, with every action, love your whole self. Watch your outside world change as you call your truth into expression. The magnet of love is irresistible. Use it excessively on yourself now to clear away misconceptions that are no longer valid.

This week:

- See yourself with loving eyes. Purposely look for the areas of your self you have judged. Then flood them with love and acceptance and celebration. Own the beauty of each and give gratitude for the gift it gives.
- Spend time in the mirror looking closely at the physical incarnation that you are. Every element is a manifestation of an experience and a subsequent choice turned into belief. Unloved, discarded by judgment, parts of ourselves simply do as they are told energetically. Feed love and nurture and water the "flaws" back into acceptance and celebration and beauty.
- Monitor your thoughts for ones that are "unloving" towards you. Replace them and say the new one often.
- Make a list of what you love about yourself. Make a list of what you don't love. Turn this second list into things you love. Then speak them all out loud every day this week. Prepare to transform.
- Say, "I love you, (your name)", a lot. Hear the words and let them in. Speak them to your child self. Feel them. Open your heart to them. Be grateful for you...smile at the thought of you...

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Taken from the E-Book, [Weekly Gratitudes](#)