

# GUIDE TO SELF LOVE MASTERY



## Introduction

Hi, I'm Dawn Lee, Transformational Coach, Spiritual mentor and catalyst for radical self-love. Thanks for downloading this guide. I'm sure you're about to discover lots more about self-love that you've thought of before that will be helpful on your journey back to truly loving yourself.

There's so much more to self-love than the usual self-love affirmations, mantras and rituals around loving yourself that you may have already tried. Although these can be very powerful and will help, truly loving yourself goes much deeper.

Unfortunately many of us have been deeply conditioned into believing that we're unlovable at our core. Because we've believed it so intensely for so long we've continued to bring into our field what we've taken as evidence that supports this belief, when in fact the opposite is true.

Loving yourself is a way of life, it's living from love and recognising at the deepest level that more than anyone in our life, we deserve our own love.

We are the key to having the kind of love and life that we want and we truly deserve but we have to get that on the inside before we can get it on the outside.

Ok, let's get started and discover the guide to mastering self-love.

## **You Are You're Next Great Love.**

That's right; you're the one you're looking for! And there's nothing you need do or be, or change about yourself to be your greatest love. The change is not of you, it's in you. It's what you believe and as a result what you think.

***“We can't hate ourselves. We can only hate the thoughts we have about ourselves. It's our thoughts then that need to change, not us.”***

Self-love isn't just nice to have, it necessary. If we don't have self-love we are constantly seeking love and validation outside of ourselves, often with disastrous consequences.

If we don't love ourselves we fail to set boundaries, and we open ourselves up to all kinds of destructive behaviours. We also attract those who don't love themselves (or us) either. And as you probably already know that can be disastrous.

Somewhere along the line we've convinced ourselves that we can only approval of ourselves if others approve of us first. Not so. In fact the opposite is true.

**When we approve of ourselves FIRST others follow our lead.** They recognise that we know our value and we don't settle for less and quite simply they have no other option but to treat us according to how we treat ourselves.

And if they don't, we love ourselves enough to let them move out of our lives as we open the space back up for someone who will love us to emerge.

We don't concern ourselves with chasing or trying to win others over. We don't need approval; we know that we are always enough and that what others think of us is none of our business.

Without our own love we get stuck on a painful path of forever chasing love and never truly being able to experience it. And we feel empty, and alone, even when in a relationship.

**When we love ourselves we already feel full and complete as we are.**

We don't need others to complete us. We are selective of who we attract and let stay in our lives. We know our own worth, value our own heart, and as such we become a magnet for those who will love us the way we've always wanted to be loved.

Loving yourself isn't something you do, it's more a state that you put you're in. It's the state of **being loving**.

## Ways We Withhold Our Own Love

The ways that we withhold our own love comes in many guises. You might not be aware of just often you are withholding love from yourself.

Below is a list of some of the common ways we fail to love ourselves. You may have a few more of your own that spring to mind.

But just see how many you resonate with:

- Constantly criticising ourselves
- Mistreating our bodies with food and alcohol
- Choosing to believe we are unlovable
- Afraid to charge a fair price for our services
- Creating illness and pain in our bodies
- Procrastinating over things that we know would benefit us
- Living in chaos and disorder
- Attracting selfish, cruel and unreliable partners/lovers
- Creating debt and burdens

So think about the ways in which you withhold love from yourself, and how often. And consider that

every time you are withholding love you are enforcing the belief that you don't deserve it.

**Now notice that with each way you withhold love from yourself, to give it to yourself is to do the opposite.**

- Constantly encourage ourselves
- Treat our bodies well with what we put into them
- Choose to believe we are lovable
- See our value and charge a fair price for our services
- Create healthy and strength in our bodies
- Take action on the things that we know would benefit us
- Live in peace and order
- Attracting caring, loving, reliable partners/lovers
- Create financial freedom and live debt free

So what's one thing you can do right now to begin the change of moving away from being un-loving towards being loving?

**We Are So Much More Than Our Body**

No matter how much you identify with it **YOUR BODY IS NOT WHO YOU ARE.** For as long as you're fixated on your physical form you'll be disconnected from the real essence and awesomeness that lives within you.

And you'll never be satisfied with yourself.

There's no such thing as the perfect frame. Even the few among us whose bodies we perceive to be perfect, will still always find something they don't like. The only unwavering truth about bodies is that they are all different, and they come in all shapes and sizes.

Now if you've got a couple of things you don't like about your body that's totally fine, because guess what? **You don't need perfect to love yourself, far from it.**

Your body is the sacred, outer shell in which your soul travels. It lives for you. It allows you go in life where you want to go. It's the only house your soul has to live in; it is precious beyond what you currently believe.

You don't need a new body. What you need is a willingness to see the insanity in hating a part of your precious self. And also a willingness to let this hate go.

Hating on ourselves is incredibly toxic because our bodies are listening to and absorbing the vibration of our words and thoughts.

And every hateful thought adds to a negative vibration that we carry around in every cell of our body.

This vibration hurts from the inside out, because it affects not just our physical body but it actually begin to show up in our external world.

### **We manifest our own self-hatred.**

We're more than just a physical being. We're a divine combination of physical and spiritual, and as such we have a magic within us that has the power to create our world, our way.

All the judgements we cast on ourselves we start projecting onto others and we see all things we don't like about us in them. And we invite more conflict and chaos into our lives.

**“We have to learn to love and honor our body appreciate it for all that it does, all that its put up with, all that’s endured, carried, and seen us through.”**

Start sending messages of love to your body. See and appreciated how valuable it really is.

Think about it for a second. How valuable are your legs to you? Would you give them up? Would you sell them for \$1 million dollars? No, then can see how precious and valuable they are to you, no matter what their shape?

Sure, there are bit you don't like. That goes for most of us. If you want to get disliking over those bits here's a tip. **Stop looking!** Just noticec how ficused you always are on what you don't like and how it feels inside you.

Start focusing on the parts of your body that you do like and soon the parts you don't like will lose power over you and after a while you won't even see them.

And you might even surprise yourself by finding that you come to appreciate them just as they are.

When we shift your focus away from what we don't like or want we free up our focus to put it onto what we do like.

What we focus on expands. Meaning where we put our energy is what we see more of and generate more feelings around. So if we focus on the bad that's what we feel more of, bad. Likewise if we focus more on the good we feel good.

**And isn't that precisely what we want, to feel good?**

We need to learn to be more loving to ourselves regardless. Just like you wouldn't tell a small child she is unlovable, because of the shape of her nose, or her legs or the features on her face neither should we be telling ourselves that.

We need to love ourselves regardless; because whatever our body looks like, when we send it hate we're creating more vibrations of hate which we then carry around within us, no wonder we suffer - talk about cutting off the nose to spite the face!!

You only have to notice how you feel inside when you send hate vibes to your body. You feel tense, empty, agitated, down, sad even. These are all low level vibrations that create an internal discomfort which, acting through the body, is your soul's signal that you are so far out of alignment with your true nature, which is love.

So turn your hate around and instead practice sending love from within.

Here's an example, let's say you hate your nose. Instead of agonising over it instead try this:

**“Hey nose, so you're not perfect but there you are. I can either hate you and constantly feel bad or I can see that I'm not you and I**

**can be grateful for the fact that without you I  
couldn't smell the scent of my favourite  
flowers, the aroma of freshly baked bread, or  
the sweet smell of my son's hair as I kiss his  
head. I choose to feel good, so I accept you  
and I send you love."**

Feels totally different than not accepting your nose, doesn't it?! You don't have to convince yourself your nose is perfect, it's not and it doesn't need to be. You just have to decide you're willing to see beyond your physical form and choose to feel good.

Every time you look in the mirror know that your body is not who you are. Now take a deep breath and send it some love.

## **The Child That Lives Within**

Within us all lives the child we were. The baby, who like all babies, was worthy and perfect when born.

Worth is constant. It cannot change. There is no invisible line that a child crosses that takes it from worthy to unworthy.

It's simply a believe that forms in reaction to something that happens that has the child internalizing the story that there is something wrong with who they are and as a result they now aren't lovable.

Stop for a moment and consider yourself as a small child of 3 years old. Close your eyes and see yourself. See your face, see how beautiful, how innocent and sweet you are.

**See the little child who still lives within you. See her innocence, her worthiness, she that she is already perfect.**

Now realise that when you're hard and hurtful on yourself, when you criticise and judge yourself, tell yourself you're useless, worthless, less than and not enough. When you withhold love from yourself, who you're really withholding love from this small child.

If you want the best of yourself you're going to have to start treating this little child you with care.

Because she's not going to let you become the person you have the potential to be whilst you're treating her so badly. She's scared, and she feels vulnerable under your criticism.

And so she'll withdraw, she'll rebel, she'll refuse to move forward and let go of the fear.

**She needs you, she needs your love, your comfort, your willingness to be present to her pain and accepting of her flaws.**

She needs you to protect her, to cherish her. To stop putting her in harms way, so she can heal and feel safe.

She needs you and she is you. Are you really going to keep depriving her of the loving energy you so easily offer to others?

**Start loving her. Get a mirror, look into your own eyes say, “ (Your name) I love and accept you exactly as you are.”**

It will feel comfortable at first. So what? Keep practising, because slowly you will start to notice that it gets easier each time you do it. This is because your subconscious is beginning to accept your instructions. It's working!

## Questions To Ask About Self-love

There's much you've been believing about yourself and self-love that's gone unchallenged for too long. Let's change that.

Take a deep breath. Get still and just sit with each question. Don't answer with your mind, instead allow the answers to rise up from within and then reflect on each answer as they come.

**Don't judge yourself; just gently inquire with a curious, open, loving mind.**

- Do I feel worthy?
- Do I realise that worth has nothing to do with what I do or don't do, achieve or don't achieve?
- What could I do to help myself feel worthy?

- Do I love myself?
- Do I realise that the most important thing in my life is to love myself?
- Do I realise that I deserve love?
- Who determines my value?
- How do we become more or less valuable?
- Who taught me to believe that I'm not worthy of love?
- What if they were wrong?
- Does the person who taught me not to love myself, love themselves? If not could that be why they were unable to teach me something they themselves weren't able to do?
- How long am I willing to deprive myself of my own love, and who could I be and could my life change if I loved myself more?

## Self-Love Affirmations

Affirmations help to reprogram our conscious and subconscious mind whilst raising our vibrational frequency and realigning us with our spiritual attitude. Using self-love affirmations along with working on changing your beliefs will greatly impact your ability to stay in a loving vibration and magnetise yourself more to love.

Before saying each affirmation take in a slow, deep breath and release. As you speak the words feel the vibration of their truth in your body. Some will resonate more than others; trust your body as and when it alerts you to something that feels right for you.

1. I love and forgive myself totally for all my mistakes. I now recognize that mistakes are necessary for learning; and that's positive, not negative.
2. I now recognize that I have worth because I was created by the divine and as such I don't have to do anything to be worthy.
3. I now recognise that I am a diamond not the mud on the diamond.
4. I choose to live in the now and not hold the past against myself.
5. I now recognise that everything that has happens in my life is a teaching, a lesson, a challenge and an opportunity to grow.
6. I deserve love because my true identity is not what I do in life.
7. I now understand that I am here to learn lessons and grow in life but if I make mistakes I

am still totally loveable and unchangingly worthy.

8. I recognize that all that has happened in my life was positive because it all contained lessons I needed to learn.
9. I am the light, not the lampshade over the light.
10. I chose to recognise that I am guilt-less and sinless because all mistakes are just lessons and opportunities to grow.
11. I love me, I forgive me, I approve of me.
12. I commit from this moment on to treat myself in a gentle, spiritual manner rather than a harsh egotistical manner.
13. I choose to recognise that I deserve love and so do other people.
14. The only thing in this infinite Universe that says I do not deserve love is my negative ego. I reject it and all its false attitude and I get back to being in tune with my spiritual attitude.
15. I am the master of my life and I choose to be my own best friend instead of my own worst enemy.
16. I chose to awaken and realise it was the faulty thinking of my ego that caused me to not love myself.

17. I realise that the way I think creates my reality and I have created a painful reality through my faulty thinking. I now choose to live in a self-created heaven.
18. I choose to love me as the creator loves me, unconditionally.
19. I now recognise that I don't have to be perfect to love myself.
20. I know that I am not my physical body or mind, that I am the spiritual being, the divine consciousness, the soul that lives in my body. I can never be unworthy.
21. I recognise that society has programmed with me faulty thinking and beliefs around love and self-worth and I now undo the faulty thinking and replace it with self-love.
22. I am an equal with everyone else who lives in the world.
23. I choose to be loving and firm with my inner child and provide her with tender love and guidance.
24. My worth can never increase nor decrease because of my spiritual inheritance it remains unchanging positive.
25. I reject the false attitude of the ego and I chose to get back in tune with my spiritual attitude.

26. I once and for all reject the ego's lies that I have to do, or be something else in order to deserve love and have worth.
27. I fully recognise I have always been loveable and worthy.
28. There is no invisible line that I crossed from being worthy into unworthy. I am still the beautiful baby that came into this world worthy of being loved.
29. I hereby choose to approve of myself and I have no need to seek approval from others.
30. I am a spiritual being having a human experience. I am here to grow and learn and I do not judge myself for doing what I am here to do.

\*Choose the top 5 affirmations that stand out to you the most and write them down. Now put them somewhere you can see them and are reminded to use them.

## **What would Someone Who Loved Themselves Do?**

It's often hard to know what we should do, because we are so used to do things a certain way and also our brain is afraid of the consequences of change. However there is a very powerful mind hack that will help put you in the

shoes of someone who loves themselves until you find yourself in your own loving shoes.

You mightn't imagine you loving yourself but your brain finds it easy to imagine someone else in that scenario. So anytime you're not sure about what you should do, if you have a decision to make, a person or situation that's causing you confusion, or if you just have some extra time on your hands and want to do something positive for yourself ask yourself this question:

**“What would someone who loved themselves do?”**

Because you're not asking what you should do the answer will come uninhibited because your brain doesn't associate the consequences with you.

The key is though that you have to then do what you have been instructed to. This is crucial because the more you take action the more you are actually being the person who loves themselves.

Try it. Do it for one day, then try it for an entire week, and start living your life according to this one simple question.

Before long you'll not only see miraculous results as you step into the energy of self-love but you'll genuinely begin to be the person who loves herself.

## You Deserve Your Own Love.

We all do, and its bat sh\*t crazy that we don't give it to ourselves freely. We're stuck with ourselves for life. And none of us know how long we're here for, so we might as well be making the absolute most of it.

What we fail t realises is that we are here for a purpose. And we are meant to be exactly who we are.

We chose ourselves. We chose this life; we chose this body, our parents, and even our circumstances. We chose to be who we are and to be here, in this life, in this now. We're insane to be withholding love from the very self we chose to be, it makes absolutely no sense at all.

Withholding our love keeps us small, hurting and trapped in a story of unconscious victim hood and destructive self-loathing. And yet here we are, lovable all along. Just as we've always been, and always be.

The more loving we can be with ourselves the more we grow into the person we truly want to be.

Whoever taught us not to love ourselves, (and we were taught), wasn't able to teach us any different. But that doesn't mean we're destined to keep living this story.

We have the power to give ourselves the love we never had. And see our own value, and honor your own worth. And when we do, our life will change.

**“The more loving you are to yourself,  
the more love you will attract.”**

Open yourself up to seeing the divine essence of who you really are inside. You are so much more than you've ever allowed yourself to realise. You don't have to keep living without your own love, start being more loving towards yourself right now and let love be felt within.

Once you see through the illusion that you are anything but worthy, I promise you, you will never again doubt your own love.



## Self-Love Prayer

*In the infinity of life where I am,*

*All is perfect, whole and complete.*

*I am always divinely protected and guided.*

*It is safe for me to look within myself.*

*It is safe for me to look into the past.*

*It is safe for me to enlarge my viewpoint of life.*

*I am far more than my personality- past, present or  
future.*

*I now choose to rise above my perceived  
personality problems,*

*to recognise the magnificence of my being.*

*I am totally willing to learn to love myself.*

*All is well in my world. – Louise Hay*

Are you ready to further discover your truest  
happiest most loving self? Schedule a free 20 minute  
discovery call and let's talk about where to from  
here.