



## *7 Rituals to Return to Self-Love to Honor Your Body and Rock Your Life*

Here are 7 rituals you can use to express self-love on a daily basis:

- 1. RITUAL ONE: Share your shame.** Speak up and share what's going on. When you keep a negative aspect of your food relationship or body shame to yourself, you keep the shame intact and it becomes a secret. When you share the truth about what is going on with your body and in your food relationship, you are able to realize you're not alone and you can then start to create positive change.
- 2. RITUAL TWO: Interrupt your patterns.** Become aware. Take time to reflect and note any unhealthy patterns. One way to interrupt your patterns is to place one hand on your heart and one on your stomach. Breathe and invite your higher power to assist you and bring your awareness inside. What wants to be expressed and released?
- 3. RITUAL THREE: Appreciate other bodies.** If you compare your body to someone else's, someone has to lose. A power practice, especially if you feel jealously, is to switch your mindset to appreciation. Embrace the wisdom that all body shapes and sizes are beautiful. This will empower you to be kind to your body. From this place of empowerment, magic and healing happens.

4. **RITUAL FOUR: Massage the love in.** Use a lush fragrant body cream that makes you feel special. Slow down and feel the love pour out of your hands, as you gently caress every part of your body.
5. **RITUAL FIVE: Chant this Mantra each and every day.** Dear Divine, infuse every cell of my being with divine love, white light, wisdom, and healing. I ask for all toxic thoughts, shame, and self-loathing to be replaced with self-love, compassion, and acceptance. I receive this gift and healing. I am whole. I am complete. I am a beautiful, radiant, and divine woman.
6. **RITUAL SIX: Write your body a beautiful love letter.** Create a sacred space and use special paper to write a love letter to yourself. Before you begin, take a moment to tune into your soul. Then allow the words to pour from your being. You may surprise yourself with what wants to be expressed.
7. **RITUAL SEVEN: Shine the light.** We have all experienced frustration with our bodies despite their limitless capacity to hold dear our hearts and souls. They are doing their best to thrive. We have trillions of cells with alive consciousness and each one responds to our individual thoughts and feelings. A power practice is to shine the light into each of those cells by practicing gratitude. This practice silences worry and opens our hearts. If you want to heal a problem in your body, lose weight or increase your energy then practice focusing on the parts of your body that are working well and send loving thoughts throughout your body. Each time you engage in gratitude you will become the recipient of glowing health, increased revenue, and additional love.

**When it comes to self-love, the first step is to realize that it is simply a daily practice: with one kind whisper to yourself everyday, your vitality, confidence and shining light will start to grow.**