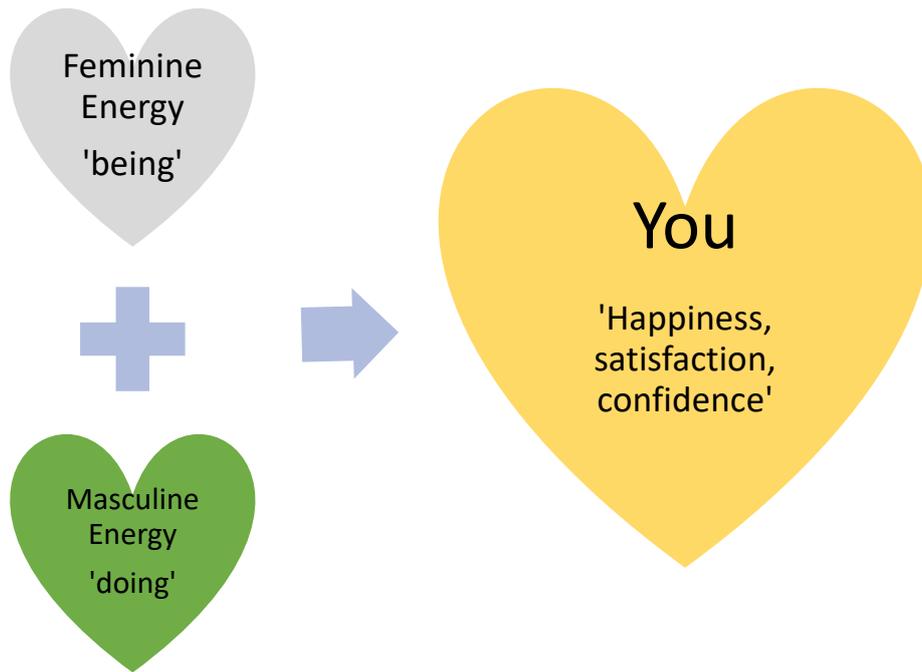

8 Days of Self Love, Self-Acceptance and Self Compassion



“YOU are focused, driven, and goal orientated. This is what my friends used to call me, and it would motivate me to be achieve even more, giving more of my time and energy, compromise on my rest for the sake of proving I am someone worth of praise, appreciation, and respect. “

By Angela Muteanu



In the following days I invite you reflect on how you use your *feminine energy* and identify if both feminine and masculine energies are in balance.

Feminine energy contributes to your subtle body by bringing light, joy, spontaneity, strong intuition, and presence.

Masculine Energy is associated with logic, focus, doing, building, skills, challenge, targets.

Enjoy the process!

Day 1 ...

...it is for Self-Love



Love is an intense feeling of deep affection.

Self-Love is a sacred desire that grows from actions that support our physical, emotional, and spiritual growth.

Chakra associated with this feeling: Heart Chakra
Crystals you can use: Green Aventurine, Rose Quartz

Take a moment at the beginning of the day to ground yourself, to enter a receptive state by using the hand position as shown above, listen to your heart and imagine yourself surrounded by green or pink light. This can be achieved while having a hot drink, travelling to work, in the office or while waiting for your drink in the queue.

Make a note of what you felt, saw, heard, or experienced.

Day 2 ...

...it is for Self-Acceptance



Acceptance is a process or a fact of being received as adequate, valid or suitable.

Self-Acceptance is defined as ‘an individual’s acceptance of all of their attributes, positive or negative’.

Chakra associated with this feeling: Heart Chakra
Crystals you can use: White Jade, Knakite

Create a daily routine or use meditation when you feel challenged, judgemental with your look or feeling anxious about places or people.

A very good friend is describing this process as “seeing life through filtered water” where there is no place for judging, low morale, unhappiness or controlling an outcome. Use the above hand gesture when you feel anxious and visualize yourself in a white light.

Make a note of what you felt, saw, heard, or experienced.

Day 3 ...

...it is for Self-Compassion



Compassion is a sympathetic pity and concern for the sufferings or misfortunes of others.

Self-Compassion 'entails being warm towards oneself when encountering pain or shortcomings, rather than ignoring them or oneself with self-criticism.

Chakra associated with this feeling: Solar Plexus
Crystals you can use: Lapis Lazuli, Pyrite

In Day 3, you might experience lack of confidence, confusion, and tiredness. It is not pleasant, but it is a sign that you succeed to connect to your body and spirit.

Spend time with yourself. Retrospection is one of the main keys in the process to embrace your feminine energy.

If you want to practice Self-Compassion, you might want to choose a peaceful place where you can use the hand gestures as shown above and focus on positive thoughts, happy places, vibrant people.



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Day 4 ...

...it is for Self-Love and Confidence



Confidence is the feeling or belief that one can have faith in or rely on someone or something.

Trust the process

Just for today, don't control the outcome. If you are working on a project, be content with your involvement and have faith that everything will work out well.

Just for today, don't expect to be seen or acknowledged by people.

Just for today, allow yourself to enjoy the present.

Believe there is an outcome, and you allow the Universe to do the job for you.

Just for today, be the guest and not the Master Mind.

Day 5 ...

...it is for Self-Acceptance and Emotional Expression



Emotional Expression is a behaviour that communicates an emotional state or attitude. It can be verbal or non-verbal and can occur with or without self-awareness.

Be ready to receive

As a woman you tend to give more than you receive. For you to enhance your Feminine Energy, you must allow yourself to receive more love and respect.

Practice 'Thank You' when receiving compliments or gifts. Refer from making a follow up comment which will provide an excuse why you shouldn't be complimented or gifted.

Words and gifts are energy, and the Universe is sending you some love and attention.

Accept the fact that you deserve any attention coming to you.



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Day 6 ...

...it is for Self-Compassion and Care



Care is the provision of what is necessary for the health, welfare, maintenance and protection of someone and something.

You need rest

Synonyms of rest in this context are: disconnect, relax.

Resting is associated with Feminine Energy.

Travel last minute, with no research about the location and enjoy the moment.

Eat in a restaurant that you didn't read all the reviews about or checked the menu and enjoy the food and energy of the place.

Surround yourself with optimism and kind souls.

Day 7 ...

...it is for Self-Love and Unconditional Love



Unconditional Love is known as affection without limitations or love without conditions.

Power is Self-Love

When you nourish your Feminine Energy and take good care of your body and emotions, you become more powerful than the person who pushes so hard that she exhausts herself to a point where she cannot experience joy or pleasure.

Just for today, carry your duties with unconditional love, finish that project at work without expecting compliments and look forward to saying 'I love you' to yourself and to the one you care for.

Day 8 ...

...it is for Self-Acceptance and Intuition



Intuition is the ability to understand something instinctively, without the need for conscious reasoning.

Trust your intuition

Embrace this quality you are born with which overtakes a skill you learned along the way.

Be aware of your attributes and follow your intuition as this will help you live your life more intentionally and resourced from within.

Keep thoughts that serve you and allow the rest to go.

