

MY REVOLUTION

REVOLUTION (meaning from Merriam-Webster dictionary)
a fundamental change in the way of thinking about or visualizing something, a change of paradigm

Being in love with someone, and loving your children, parents, siblings and pets invites a notion of a particular kind of love. Love, like this, seems to be a feeling, a sensation that washes over us, fills us up, makes us dizzy, removes obstacles, soothes us through to our bones.

So when you're asked to love yourself, to embrace the notion of self-love, how can that possibly be compared? How can it be described in a way that makes sense to the logical mind, that can be embodied and in a way that doesn't present a major challenge to the ego?

Look up 'self love' in a thesaurus and you will be given synonyms such as vanity, disdain, aloofness, pretension and smugness.

So, no doubt you'll agree that it's time to find a new meaning and a different definition, to make change and create a new paradigm for yourself in respect of **LOVING SELF**.

exercise.1

Take a look at the following words and strike through the ones that immediately cause a dis-resonance within you in respect of love of self.

Now sit with each word that remains, feel into the word, play with it, let it roll around your awareness, through your mind, body and into your heart space. Can you connect yourself to this word/these words?

Choose 1 or 2 or 3 of these words now and head to a thesaurus (www.thesaurus.com) and type in the word(s) to search.

Take it one step further, and type the word(s) into your search engine (I love Ecosia) asking for the root meaning of the word. This invites further insight, information and comfort with each word,

**APPRECIATION : DEVOTION : RESPECT : FONDNESS : CHERISH : LIKING :
TENDERNESS : APPROVE : ADMIRE : CARE : LOYAL : FAITHFUL : HONOUR
: CELEBRATE : KINDNESS : GENTLENESS : CONSIDERATION :
BELIEF : AFFECTION : ENCHANTED : ADMIRATION : DELIGHT : SERVICE**

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Harness the power and beauty of language

Find your own meaning to loving and caring for self

By now, you have begun your own exploration, diving into language to reveal meaning and provide clarity. When you harness the power of words, and the beauty that language has to offer, you enhance your capacity to elevate your inner dialogue, to shift your perspective and to consciously create a vision of yourself that feels comfortable, aligned and evolved.

START YOUR REVOLUTION!

Without thinking about this too much, complete the following sentence using one or two of the words that you have landed on, or others that you relate to more easily:

I see myself as a and person

My best friend, the person closest to me, would describe me as:

.....

exercise.2

Now, close your eyes and take 3 deep breaths in and out.

Either out loud, or in your mind, repeat the complete sentence above and sit for a moment with how it feels.

Now, picture the person you thought of above, and either out loud or in your mind repeat the sentence of how they would describe you and sit for a moment with how that feels.

Now, place your hands over your heart and have a go at some simple, kind and loving words that you feel ready and able to affirm to yourself:

for example

I am kind, I am gentle, I am caring

I am brave, I am strong, I am resilient

I am loyal, I am warm, I am considerate

I am enough, I matter, I believe in me

I respect myself, I care about myself, I value myself

I AM LOVED : I AM LOVING : I AM LOVE

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"Self-love is the air beneath the wings of all our relationships" *Elin Stebbins Waldal*

exercise.3

Stand up, take a walk around for a few minutes, have a sip or two of water or make yourself a cup of tea.

Before you sit back down, have another go at saying out loud some of those affirming statements. Say them as you walk to integrate them.

Now, go back to the original list on page one and take another look through all of the words. Has anything changed? Do you feel differently about any of them?

Are there others you would add?

Could you begin to expand upon the simple statements, and start to construct a vision of yourself, as you are, or even as you would like to be?

What is the kindest and most loving statement you could make about yourself right now?

Write it down and say it out loud. Repeat repeat, repeat.
And breathe.

In conclusion, it's not so much about the term self-love, and more about the relationship you have with yourself, the inner dialogue and the learned beliefs you carry about who you are.

As the wonderful Brené Brown says, "talk to yourself like you would talk to someone you love".

Use the new language you have discovered as part of **My Revolution** to re-imagine and re-invent how you feel towards yourself. Latch on to even one positive statement and become best friends with it, until it is time to enlarge the friendship group, until you see yourself as the unique, loved and loving individual that you truly are.

Congratulations on taking your first step to creating a new paradigm and starting a revolution. I acknowledge, honour and celebrate you for doing so. Now you are more ready to step out with light in your eyes and love in your heart, and the world will be thankful for you

Love, Rachel x

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