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I hope this touches your heart and helps you deepen into treasuring yourself more than ever!

The complete 160-page workbook may be purchased at:

<http://www.loveandspirit.org/book1.html>

THE RADICAL SELF-LOVE WORKBOOK

Tools for Your Total Transformation



Sage Taylor Kingsley-Goddard

Creator of
The LoveLife!™ Training

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In some cases, the people in the stories are composites.
Some names have been changed to protect the privacy of the individuals.

The Radical Self-Love Workbook is Book 1 of the three-book *LoveLife!* series.
Sign up for the author’s free newsletter at **LoveandSpirit.org** to be notified of the release of Book 2: *Creating the Life – and Love – of Your Dreams*.
You also may order additional copies of this book as well as CD and downloadable audios of all the Inner Journey™ meditations, and find out about LoveLife!™ trainings, seminars and retreats at LoveandSpirit.org.

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Chapter 1

Radical Self-Love Is the Key

Loving yourself is the greatest work you will do in this life.
- Daphne Rose Kingma

What do you think of when you hear the word "self-love"? For many of us, the very notion of loving ourselves conjures up uncomfortable associations: words like "selfish," "self-centered," "vain," "narcissistic," perhaps even guilt-ridden images of masturbation may vie in our psyches with other concepts, or inner voices, that place self-love in a more positive light. Throughout this book, when I refer to self-love, I am not talking about being conceited, feeling superior, cockily thinking you don't need to change one bit, obsessing about your looks, or behaving inconsiderately. I *am* talking about loving yourself with the same compassion, with the same courtesy and commitment that you extend to other people you love. As Jesus said, "Love thy neighbor as thyself." That means self-love and love of others need to be equal in measure.

*Genuine self-love sweetly fills your cup of happiness,
enabling you to offer from a full place,
empowering you to give and receive love in balance,
enlightening you to feel joy,
no matter what is happening outside of you.*

Some people find the phrases "self-care," "self-respect," "self-acceptance," or "self-esteem" more palatable, and these are certainly important aspects of self-love. I am consciously choosing to use the term "self-love" (or "loving yourself") -and I want you to cultivate greater inner peace with this phrase -- because there is absolutely nothing wrong -- and everything right - with loving yourself. Words have power, and reclaiming these words will greatly increase your inner ability to truly love YOU.

So if self-love is neither selfishness, nor vanity, and if it encompasses self-care, self-respect and self-esteem but is greater than these, how can we define it?

*Self-Love Is:
Deeply loving all of yourself, Body, Mind, Heart and Spirit,
with 100% unconditional acceptance, respect and appreciation,
no matter what.*

This definition of self-love implies that you take good care of your physical, mental, emotional and spiritual needs, and that you esteem, treasure and celebrate yourself, always and in all ways. True self-love does not depend upon whether others are loving you or validating you, or how.

True self-love arises from within your heart and soul because love is your true essence.

Let's look at this definition in detail:

"Deeply loving" - Feeling depths of emotion for yourself, such as compassion, tenderness, and passion, as deeply as you feel for any loved one.

"all of yourself" - Holistically, your entire being as a whole package, as well as all your separate parts

"Body" - Loving all of your body, its form and function, just as you are, even parts that are unhealthy, disabled or not aesthetically pleasing by external standards. Note: You can simultaneously have goals for improving your appearance while you love yourself as you are today, just as you do when you are "in love" with someone else. For example, you may support your partner's desire to lose some weight, but you love him or her today -- with the padding. "Love looks not with the eyes, but with the heart," said Shakespeare. The outer appearance does not diminish the inner love, when love is unconditional.

Loving your body also means appreciating your animal nature; honoring and expressing your sexuality in a way that is healthy and pleasurable for you; eating healthy foods both consciously and with gratitude; listening to your body, and getting ample sleep, down time, touch, and movement.

"Mind" - Motivational speaker, author and entrepreneur Les Brown says: "Love yourself unconditionally, just as you love those closest to you, despite their faults." Loving your mind means *appreciating your own personality*, with all your quirks and challenges as well as your attributes, your intellectual abilities and your tendencies, whatever level of "success" or external validation you have for being who you are. Loving your mind also means having an *intellectually stimulating lifestyle*, giving yourself enriching cultural experiences (music, art, literature, et al.), being a lifelong learner, and training your mental self to be more positive, focused and peaceful.

Your mind is the most amazing computer on Earth, one which is not even limited to the brain as we used to believe, but which is embedded in every cell of your body and even extends outward into a field of consciousness. We all have heard statements attesting that most people use only 5 or 10% of their mental capacity. You can learn how to get more of your mind to work for you and help you create the life of your dreams. Throughout this book, you will learn how to think more positive thoughts. You will explore many ways to meditate and quiet the constant chatter of "monkey mind." *Radical Self-Love* integrates decades of discoveries and clinical application in the field of consciousness and mind-body healing, showing you how to "*mind your mind*" and use the power of intention and positive thinking to improve every area of your life.

"Heart" - Loving your heart means holding your emotions with tenderness and grace, even the unpleasant ones such as sadness, anger and fear. Forgiving yourself and others. Filling your heart with divine love, feeling yourself filled and overflowing with love from your own heart. Chapter 4 is dedicated to heart healing, loving your emotional self, and living from the heart. Heart-centered practices infuse this entire book, illuminating your self-love process by eliminating fear and returning you to your true essence: love, light and happiness.

"Spirit" - Loving your spirit means viewing yourself as a miraculously unique spiritual being, as pure divine energy, an eternal soul, a spark of God. Honoring your spirituality through practices that nourish your soul such as meditation, prayer, service and spiritual community. Chapter 3 presents many

wonderful ways to connect more deeply with that aspect of the divine that is greater than us, as well as with your own intuitive, divine nature.

"with 100% unconditional acceptance, respect and appreciation, no matter what" - There are no exceptions, no times when you cease loving yourself, regardless of how well you, or others, think you did.

Therapists and bestselling authors Gay & Kathlyn Hendricks say:

"True self-love is an ongoing celebration of who you are, no matter how well you perform."

When we are centered in the judgmental ego, we have a tendency to puff ourselves up and feel superior to others and happy when we "do well." We call this feeling proud or self-righteous. But the flip side of this way of living is to feel inferior and depressed when we fail to live up to inner or outer expectations. Our self-esteem crashes. Up and down we go. Dr. John DeMartini, author, inspirational speaker and researcher interviewed in *The Secret*, calls this "self-wrongeous." Both are illusions. Cultivating a deep, heartfelt compassion toward yourself and an unshakable knowingness that you are worthy will help you live from your true center instead of your ego.

And now, allow me to present a more poetic definition of self-love. As you read it, imagine you are living your life in this way, and notice how this makes you feel. Breathe it in. Enjoy.

Self-Love Is . . .

Eskimo-kissing a rose
Holding my inner child in compassion
Nourishing my Body, Mind, Heart and Spirit
Listening to my inner voice
Rubbing love in with the lotion
Being my own cheerleader: You glow, girl! (boy)
Past: Seeing how far I've already come
Present: Accepting me for who I am today
Creating my ideal life and stepping into it
Future: Setting reasonable, healthy goals for self-improvement
Patting myself on the back (or wherever it feels good)
Laughing with, not at, myself
Touching and being touched with love
Allowing myself to just BE
Belly breathing
Making silly faces
Blowing bubbles
Filling myself with the joy, peace and love all around me
Gazing in my own eyes and seeing my beauty
Letting my light SHINE
Celebrating ... me!
Embracing myself and life to the fullest
Massaging Mother Earth with my toes
Owning my "stuff" then letting it go
Forgiving myself and everyone else, because life is for giving
Speaking my truth
Feeling... healing... and dealing with my emotions
Dancing sweet medicine with Heaven and Earth
Giving thanks for all things great and small
Letting my inner kid out
Caressing and blessing
Listening to the silence
Replenishing my spring
Making a joyful noise
Tasting a snowflake
Standing tall
Sitting with dignity
Cocreating come-unity
Treehugging
Moonbathing
Cloudtickling
Taking a nice nap
Stretching
Breathing in peace, out release
Remembering: I AM LOVE.
Drinking in the sunrise as my coffee
Awakening

The Importance of Self-Love

So why is it so important to learn to love yourself more?

*Self-love is the foundation, not only for a life of love,
but for a love of life!*

Love yourself first and everything falls into line. – Lucille Ball

Let him that would move the world, first move himself. – Socrates

Whether you are a young person just discovering your aspirations and beginning to build your life, an established adult with responsibilities such as a career, children, pets, a home, or an elder reflecting upon your life so far and determining how to best use your remaining time in this Earthwalk, I can tell you that your ultimate happiness will not derive from anything outside of yourself.

The Great Lie

Our society drives us to focus on outer success, as measured by grades, beauty, money, power and career achievement, and teaches us that this will bring us happiness. Yet this is the greatest lie of all, in fact, I call it The Great Lie, because true, lasting happiness can only come from within.

Self-love = Inner Happiness = Love of Life

With healthy self-love bubbling from within, the youth makes choices that support the true self as well as the planet. The adult navigates gracefully through midlife, refocusing the inner navigational system based on meaningful values and sustainable joy. And the elder discovers deep peace and satisfaction for a life well lived, for love's legacy. All of us can discover and rededicate ourselves to our true purpose, can make a positive difference in this world, can inspire others, and can enjoy life to the fullest -- by learning to love ourselves, life and others with total compassion and passion.

People with this kind of radiance are rare. When you meet a person who genuinely loves himself or herself in a healthy way, who is in love with life, your first conscious thought will usually be: "Wow, that is the happiest person I have met in a long time." Recently, my husband and I were attending a Native American Pow-Wow in Hawaii, and a young woman I'd just met told us she was thinking, "These are the happiest two people I've ever met. What's their secret?"

We cannot fully give and receive love with another person until we really feel lovable, i.e. we love ourselves.

Our secret is that we both learned to truly love ourselves, life, and Spirit, first, foremost and deeply, and from this radiant state of BEING LOVE, we magnetically attracted one another, as well as many wonderful experiences.

Self-Love is the Key to Finding Lasting Soulmate Love & Having Happier Relationships

I am here to tell you that my husband and I are not happy because we are in love with our soulmate; we are in love with our soulmate because we are happy. If finding lasting love with your soulmate is a goal for you, I invite you to do the complete LoveLife! program through this book trilogy. (See Resources at the back, or LoveandSpirit.org for additional resources that can help you while you do the program, including HypnoCoaching and healing sessions, audio meditation programs and workshops.) You have made an excellent choice beginning with *LoveLife! Book 1: Radical Self-Love*. This book will help you help yourself to experience a bountiful love of life, and the subsequent books will empower you to create a life of love. Loving yourself more fully will improve all your other relationships as well, and enhance your prosperity and success.

I know that you, too, can live life as my husband and I do, as an ecstatic dance of love. *I also know that prosperity is your birthright. I know that joy is your true nature, and that love is your divine essence, your mission, and your destiny.* And I promise you: If you do the practices in this book, we will get there together.

Now that you have a clearer understanding of self-love and its importance, and how it can help you boost your happiness and improve your relationships, you may be wondering: Why do so few people truly love themselves deeply and unconditionally? Let's take a look at this.

It is Natural for Us to Love Ourselves

Treasure yourself.
- Traditional parting in the East

I believe it is natural for us to love ourselves, as well as others. But we live in a culture that oppresses and represses our natural capacity to treasure ourselves. We are all born with joy, in a state of grace, yet over the years, we have lost that joie du vie, that effervescent ebullience, that confidence of self-expression and unbridled emotion we had in childhood. The psychologist calls it "dissociation," the shaman calls it "soul loss," but somewhere, perhaps in school, in church or at home, we received messages that told us "You are not good enough," "You'll never amount to anything," or "Why can't you be more like your sister or brother?" Let's take a careful look at that process that led us astray, from natural self-love and happiness to self-loathing, and how to heal it.

The Roots of Self-Loathing

Babies are born with an innate ability to smile and laugh, to move, to receive love, and to connect through touch, with love. When someone hands them something they want, they do not push it away, as so many of us do when we sabotage ourselves, in relationship, in health and weight, in career. They receive their heart's desire eagerly. They are in touch with their emotions and with Spirit.

In some cultures, babies are considered so holy they are treated as sacred arrivals from the heavens. In Bali, Indonesia, for example, people believe that babies are still coming into their bodies for the first six months, and their feet are not

allowed to touch the ground for six months. At this time, a big ceremony is held in which a circle of friends and family members bless the baby and give the child their name, placing their feet in the center of the community, welcoming them to life on Earth amidst blessings of flowers, food and other offerings.

As preschoolers, we are still pretty good at asking for what we want and expressing ourselves. We learn social skills, how to respect others, how to share. But then the pendulum swings too far when, in our school years, we are often overly criticized (or even abused) by teachers, parents, ministers or other authority figures. We lose our ebullient natural joy of living and faith in our abilities, and we begin to censor and criticize ourselves.

"Here comes the Judge." His gavel is made of "shoulds." The outer criticism has become an inner poison of self-loathing, with thoughts such as "I'm not good enough," "I'm terrible at (math, art, public speaking, etc.)," "It's not safe to be me," and "I'll never be as (fill in the blank) as my brother/sister" cut us off from our self-love and joy.

*So often times it happens, that we live our lives in chains,
And we never even knew we had the key. – The Eagles*

Sexuality and Body Image

Then, as a teenager, most of us are extremely judgmental of ourselves, and actually hate our bodies. I remember being absolutely certain that I was ugly, too smart, too flat-chested, and too skinny, for many years. Then, brainwashed by media images of what a female "should" look like, my inner barrage of negativity made me believe I was fat. I became bulimic, even though I was at a normal, healthy weight. When I look at old photos of myself in my tweens and teens, I am amazed that I was so pretty! I did not see pretty when I looked in the mirror. Most women in our culture have unhealthy relationships with our bodies (and with food) because we compare ourselves to the women and girls on the covers of the magazines. No one looks like that, not even those women, thanks to computer photo editing! We need to learn to love ourselves just the way we are, and when we do this, it becomes natural for our bodies to take on a healthy shape and weight.

Both men and women usually experience a lot of self-loathing related to dating and early sexual experiences. (You may also call it "low self-esteem" or "low self-worth.") We are constantly looking for that external validation, and even the "popular, beautiful people" often feel tremendous self-hate on the inside. You will learn many ways to love your body more in Chapter 7. Now, as an adult, you probably no longer beat yourself up when you look in the mirror, but you probably don't celebrate yourself, either. When is the last time you said "I love you!" to yourself in the mirror, blew a kiss to yourself, or hugged yourself? I thought so.

We live in a culture that has bombarded us with a paradoxical plethora of self-loathing images and ideas, from being convinced that our natural scents are disgusting (and thus in need of millions of dollars worth of "personal hygiene" products), to being shamed for menstruating, masturbating or even being sexual. Many of us have learned to equate food with love, or created extra weight for protection from intimacy. We get the message that we are selfish if we stand up for our own needs, especially if we are female, because women who clearly state what they want are considered "bitches." We feel unsafe if we're too attractive (rape

victims are told they were "asking for it"); girls and women are still stereotyped as being either helpless victims or wicked witches in the media. Women are still socialized to give, give, and give and to make the man in our life the center of our existence.

And men? Men are still socialized to see women as madonnas or whores, and are stereotyped as violent, macho or tough. I know of many loving men who feel personal guilt for being male, as if they are indirectly responsible for the rape, domestic violence and other crimes committed by a minority of other men. This inappropriate guilt impedes their capacity to love themselves and to experience intimacy and enjoy the masculinity of their sexuality. Men are estranged from their emotions and told real men don't cry. And they are so defined by their socio-economic status that the mid-life crisis hits them particularly hard, especially if they are not "keeping up with the Joneses" or hit a career slump or financial loss.

Lack of Self-Love Triggers Crisis, Addiction or Ennui

Self-loathing or inadequate self-love can snowball over the years and result in crisis. The rates of depression, drug and alcohol addiction, mental/ emotional illness, obesity and eating disorders, suicide, and domestic violence are astronomical in our nation today. The solution to all of these problems is, of course, reducing self-loathing and increasing self-love.

But sometimes the effects of self-loathing are not so visible or dramatic. It can manifest as a subtle loss of excitement in life, a general sense of ennui, like "Is this it? Is this all life has for me?" As Thoreau said, "Most men live lives of quiet desperation."

Many of us go through this during the infamous "midlife crisis," although it can happen any time. Like in the Talking Heads song, we wake up declaring, "This is not my beautiful wife. This is not my beautiful house." We feel out of place in our own lives. But I'm going to show you how to really *fill the hole in your soul*. Buying a new car or dress, getting a new lover, drinking, shopping or binge eating won't do it. I'm going to give you proven techniques for filling yourself up with love, spirit and happiness. And the vibrant, expansive, central core of love and inner peace that you subsequently and continually develop will strengthen and uplift you, no matter what is going on in your life externally.

Even if you are not going through a major life crisis or a mid-life crisis, you may be suffering from other symptoms of insufficient self-love such as:

- * Unhealthy, unsatisfying relationship patterns such as avoiding intimacy or choosing wrong love partners;
- * Physical health problems;
- * Weight or food issues;
- * Negative self-talk;
- * Career dissatisfaction;
- * Financial challenges, excessive debt;
- * Spiritual disconnection;
- * Isolation, no sense of community;
- * Creative drought.

Like an insidious weed, self-loathing needs to be eradicated at its root or it will spring back when you least expect it. Some of us have been greatly impacted by these self-loathing concepts, whether at home, in school, in the media, or from our

religion. Others have taken huge strides to transcend them. Even conscious people like you may still have some sources of self-loathing or negative thinking still operating in your life, often at the subconscious level. The very fact that you are reading this book indicates that you are aware of this problem, and that you are willing to take your power to love yourself back -- into your own hands. The *Radical Self-Love* program will help you exorcise the inner self-beratement demons which have caused you to make unhealthy choices and feel "less than" for decades. You will get out of your own way and shine!

Of course even for people with a healthy degree of self-love, life still has its ups and downs. We still have moments of sadness, confusion, disconnection, anger and fear. We still have losses. We still wonder ... and wander off track sometimes. But we have a rock-solid center of peace and contentment that carries us through life gracefully and gratefully, even when times are tough. This is because we know that *every experience in life is just an opportunity to recognize, give and receive love in action*. We have a faith that everything truly does happen for a reason, and that every emergency can be an "emerge and see"! We know -- and, more importantly, we *feel* -- that we are love. And we remember and reconnect with our "inner in-loveness," which enhances our relationship as well as transforms life's lemons into lemonade, shining with happiness, no matter what. And, frankly, when you love yourself unconditionally, and you love life completely, you will experience far more ups than downs!

Self-Love Is Radical

I celebrate myself, and sing myself. – Walt Whitman

When one of America's greatest poets first shared that line with the world in *Leaves of Grass* in 1900, people were outraged! They called him a lunatic, a sinner, and worse. He had a very hard time getting published initially. That line, in particular, sparked a firestorm of protest. "Who does he think he is?" But Whitman was not saying, "I'm better than the rest of you bums." He was declaring his joy at being alive, he was recognizing his own uniqueness, he was expressing his voice, his gift; he was rejoicing (re-joy-sing).

That sentiment sings in my breast whenever I remember a special moment in Hawaii. We had just moved to the Big Island, where we lived for two years, and the four of us went out in a sea kayak for the first time. We were soon surrounded by a pod of about 30 dolphins. That was amazing and memorable in itself, but the "celebrate myself" moment came when a tiny baby dolphin, the length from my fingertip to my elbow, jumped out of the water, embodying such joy, my heart leapt from my chest! This baby dolphin did the most amazing thing: Each time it jumped out, when it reached the height of its arc, it did a full-body shimmy, crying with its entire body "I'm alive!!!!!! Wheeeeeee!!!!!!" To me, this ineffable jubilation at just BEING ALIVE, BEING WHO YOU ARE is what that baby dolphin danced, Whitman penned, and you get to rediscover by doing the program in this book.

When Poet Laureate Maya Angelou read her poem "On the Pulse of Morning" at Bill Clinton's presidential inauguration on Jan. 19, 1993, a reporter asked Angelou's son: "What was it like growing up in your mother's shadow?"

Her son smiled, shook his head and replied, "You don't understand."

I didn't. *I grew up in her light.*"

As Angelou said in that beautiful poem, "You, created only a little lower than the angels, have crouched too long in the bruising darkness." Isn't it time for you to live your Light? Isn't it time for you to heal, empower and inspire others even more, by becoming the lightworker you came here to be?

You may be wondering why this book and program are called *RADICAL Self-Love*. We have looked at how negative judgment of yourself can stem from inner or outer sources. Many of our outer sources may consider it radical for us to love ourselves, and the part of us that has internalized this shame, this squelching and dimming of our light, may also feel uncomfortable with the idea of self-love. The word "radical" means "fundamental, foundational" as well as "extreme, progressive, revolutionary, complete, sweeping." (*Roget's Super Thesaurus*, Writer's Digest Books, Ohio, 1998) So you, dear one, have taken a powerful and courageous step, pushing through fear and inertia to fundamental, revolutionary wholeness, just by getting this book.

Psychologist Gay Hendricks, Ph.D., tells us:

"Learning to love yourself is a breakthrough that can make every area of life better. In working with more than 20,000 people during the last two decades... I can tell you that learning to love yourself is the most powerful therapeutic technique I know of."

I completely concur. Every one of my clients and students shared inadequate self-love as their core issue, regardless of what they came to me to improve about their lives. Insufficient self-love is the one universal wound.

Self-Love Is the Key to a Joyful Life

Now you know that self-love is not only the most powerful therapeutic technique there is; it is the very key to a joyful life. *Self-love is the very key that opens the door to happiness, love and success.* For everyone.

If you're still not 100% convinced that IT'S NECESSARY FOR YOU TO LOVE YOURSELF, if you are still feeling a wee bit squeamish about it, I'd like you to consider these words of wisdom:

Self-love is not opposed to other people. You cannot really love yourself and do yourself a favor without doing other people a favor, and vice-versa.

- American psychiatrist Dr. Karl Meninger (1893-1990)

Do you have a hard time saying no and setting limits with other people? You are not alone. Many of us, especially women, feel so guilty when we put ourselves first that we don't take care of ourselves well enough. Instead of exercising, we help our children with their homework. Instead of having time alone, we spend another night with our spouse or family. Instead of doing our own creative projects, we are constantly "the support person" for someone else's visions and dreams. When you learn to truly balance your health needs with the needs of others, it will become easier for you to say "No" when you need to, and "Yes!" when you need to -- and feel peaceful as you do so.

We need to fill our spring so we can give from a full place.

Sufi mystic and poet Rumi spoke of this as well:

*"If I love myself, I love you.
If I love you, I love myself."*

And on the precious, uniqueness of the self:

*"The whole world we travel with our thoughts,
Finding nowhere anyone as precious as one's own self."*
- from the Samyutta Nikaya, translated by Gil Fronsdal

Convinced? Good. Now it's time to walk the talk and build that self-love muscle!



Exercise #1: ♥ Dedicating your Love Journal

Materials: Journal, binder, folder or notebook
Pen(s) or marker(s)
Candle and matches or lighter
Optional: Other art supplies
Time: 15 minutes or more

1. *Collect your supplies:* Buy a special journal, binder, folder or notebook for your homelove. This will be your Love Journal (a.k.a. your "LJ"), into which you will record your observations, experiences and desires. Your Love Journal is the ideal place to write it all down, plus whatever else you feel guided to write in there. The only guideline ("rule" is one of those four-letter words!) is that everything in your LJ should relate to love, healing, or Spirit in some way.

Next, set aside a pen or marker that you enjoy writing with, as well as a nice candle and matches or a lighter. Your candle can be white, pink, green or whatever color feels good to your heart.

2. *Pray from your heart.* In a quiet, private place, light your candle and call upon your loving guides/God~dess to bless and guide your self-love program.

Here's one suggested prayer:

*As above, so below, as below, so above.
Be with me now, all Spirits of Love!*

Or pray in your own way, to Jesus, your angels, ancestors, or whomever you call upon for divine help. Take the time you need to talk to God, pouring out your request for help, from your whole heart. And feel the comfort of knowing that your prayer is already answered.

3. *Optional: Decorate your Love Journal.* You may wish to decorate your Love Journal to please your eye and soul.

4. *Dedicate it.* Dedicate your LJ as your heart guides you, perhaps to yourself, to self-love, to Love, to your loving guides, to living love... Here are some suggested dedications you may wish to use or modify:

*I dedicate this, my Love Journal,
to the spirit of Love,
to the love of Spirit,
to myself,
and to all that I love.*

OR

*I dedicate this Love Journal
to loving myself
my life
and others
more fully, freely and joyfully
each and every day.*



Exercise #2: ♥ The Self-Love Quiz

Materials: Your Love Journal
Something to write with
Time: About 30 minutes

To begin your Radical Self-Love program, let's start by finding out how much healthy self-love you already have, and in which areas you could use a boost. I recommend that you take this quiz at the beginning and end of the book, and about every six months thereafter, so you can continue to self-assess and enhance your capacity to love yourself and your life.

The power of this quiz is that it will not only give you a clear picture of how much you are already loving yourself, it will also help you *pinpoint in which areas you most need to enhance your self-love and inner happiness*. Once you have scored the test, you can use your results to customize your use of this book and program to focus on the self-love tools and chapters that will most benefit you right now.

Directions: Number in your Love Journal 1-60. For each question, you will record a # from 1 to 3, to reflect how much the statement is true for you. Base your response on how true it is for you now and over the past few months. Some questions will ask you to consider your general tendencies, which may extend farther into the past. Do your best to answer all the questions based on how you FEEL, not just what you think intellectually.

- 1 = Disagree/Mostly False - True for you only 25% of the time or less
- 2 = Somewhat True - True for you about 50% of the time, or partially true
- 3 = Agree/Mostly True - Consistently true for you, 75% or more

If you feel stuck and don't really know which number to choose for a certain item, go with the first # to pop into your head, or choose 2 for that one.



The Self-Love Quiz

1. When I look in the mirror, I see myself as attractive.
2. I am comfortable touching myself sexually.
3. I am comfortable with my sexual orientation, and I enjoy sexual touch – both giving and receiving - with appropriate partner(s).
4. I can be around happy couples and still feel complete and OK.
5. I feel guided by a higher power a lot of the time.
6. My heart is filled with love.
7. It's easy for me to choose and enjoy eating foods that are healthy for me.
8. I love to move and enjoy many forms of exercise on a regular basis.
9. I believe it's OK for me to be seen, heard and to take up space.
10. I generally feel that I am safe, whether I'm alone or with others.
11. I love myself, just the way I am.
12. I know, deep down, that I am beautiful (or handsome).
13. I love my sexual, sensual nature.
14. I know what I want in a love relationship, and my relationships are in harmony with my true self and my heart's desire.
15. I like where I live.
16. I am a happy person.
17. I am peaceful with my emotions and allow them to flow through me.
18. I am willing to live without a romantic relationship rather than settle for less than I really want.
19. My creativity flows naturally and easily. I express myself creatively.
20. I get enough sleep, rest and down time.
21. I am in love with life.
22. I accept and love myself just as I am.
23. I have healed my heart's wounds sufficiently that I am open to love.
24. I receive divine messages / follow my intuition clearly.
25. I am already whole and complete, no matter what.
26. I am a piece of God, at peace with God.
27. I make choices that support my health, wealth and happiness.
28. I absolutely know I am lovable.
29. I deserve love.
30. I know that I am always taken care of.
31. I feel that my inner male and female are balanced and act in harmony.
32. I have enough time, money and energy to enjoy my life to the fullest.
33. I wake up smiling and eager to begin my day.
34. I feel grounded, connected to the Earth, and in my body.
35. My inner thoughts are generally positive and constructive.
36. I feel connected with Spirit (God, my guides, angels, ancestors).
37. I feel grateful for all the blessings in my life, little and big.
38. I am now at a weight that is healthy for me.
39. I give thanks in some way with each meal.
40. I experience life as a series of opportunities to give and receive love.
41. I believe in miracles.

42. I'm comfortable setting limits with people, saying "No" (without feeling guilty) when appropriate, so I can meet my own needs first and foremost.
43. I take good care of myself, on all levels.
44. I thank God (or the Universe) on a daily/ongoing basis.
45. My life is so full of love, and I feel this in my heart, not just my head.
46. My inner child isn't! I play often, with abandon, and act silly.
47. I know how to calm my mind and tap into an inner peace.
48. My current home reflects harmony, peace and beauty.
49. I have enough quality friendships to feel satisfied with my social life.
50. I am living a balanced life.
51. My family relationships are mostly supportive and mutually loving.
52. I show love to myself on a regular basis through positive statements, encouraging notes/love letters to myself, buying or making myself special things, saying, "I love you!" to myself, etc.
53. I have let go - on the physical plane and in my own heart and mind – of any sexual, romantic attachments that were less than fully satisfying.
54. People who know me well usually consider me to be emotionally and psychologically healthy, upbeat and joyful.
55. I know that I am here for a reason. Everything happens for a reason.
56. I love my life.
57. When times are tough, I find my faith, which keeps me going.
58. I am successfully and prosperously living my life of purpose, fulfilling my mission, more and more all the time.
59. In my own way, I pray, meditate, do ceremony, and/or connect with my spiritual community on a regular basis.
60. I speak my truth and freely express myself to others.



Scoring:

Make a chart that looks like this, or photocopy this page so you can reuse it, as you will want to take this quiz more than once. Put the point value you recorded for each of the following questions under the appropriate category. CIRCLE ANY #1s so you can pay special attention to them later.

BODY LOVE:

Questions 1, 2, 7, 8, 10, 12, 13, 30, 34 and 38

My Subscore for Body Love = _____ out of 30

Focus on: Chapters 1, 2, 4 & 7

SELF-LOVING THOUGHTS & BELIEFS:

Questions 9, 11, 22, 25, 28, 29, 35, 45, 47 and 52

My Subscore for Beliefs = _____ out of 30

Focus on: Chapters 1, 2, 4, 8, 9, **Appendix A**

HEART HAPPINESS:

Questions 6, 16, 17, 21, 33, 37, 39, 40, 46 and 54

My Subscore for Heart Happiness = _____ out of 30

Focus on: Chapters 1, 2, 4, 5, 9

SPIRITUALITY:

Questions 5, 19, 24, 26, 36, 41, 44, 55, 57 and 59

My Subscore for Spirituality = _____ out of 30

Focus on: Chapters 1, 2, 3, 4, 5 & 9

RELATIONSHIPS & INTIMACY:

Questions 3, 4, 14, 18, 23, 42, 49, 51, 53 and 60

My Subscore for Relationships & Intimacy = _____ out of 30

Focus on: Chapters 1, 2, 4, 5, 6, 7, 9

A SUCCESSFUL, BALANCED LIFE:

Questions 15, 20, 27, 31, 32, 43, 48, 50, 56 and 58

My Subscore for A Successful, Balanced Life = _____ out of 30

Focus on: Chapters 1, 2, 4, 5, 8, 9



Now add up all six subscores to find your Grand Total.

Body Love + Self-Loving Thoughts + Heart Happiness + Spirituality
+ Relationships & Intimacy + Successful, Balanced Life =

_____ = **MY SELF-LOVE GRAND TOTAL**



Understanding & Applying Your Score Results:

If your **Self-Love Grand Total** is:

Above 160: "*Icing the Cake*"

WOW! You, rare human being you, must already be enjoying life quite a bit. Anyone who scores (honestly) above 160 has a strong self-love muscle. Lucky you, you just need to do the chapters and exercises that correspond to any areas in which you need more self-love (see below), and any that call to you. Time to finesse and ice your cake of an already wonderful life. And know you deserve the best life has to offer. Go for it!

100 to 160: "*It's Getting Better All the Tiiiiiiiiime*"

This book will really help you. You already have some good tools for your physical, emotional, mental, spiritual, social health and happiness, which you are using some of the time. By concentrating on the areas you most need to work on, and increasing your consistency of choosing thoughts and behaviors that support your self-love and happiness, you will take wonderful strides toward the life and love you dream of... and become even more in love with life!

99 or lower: "*Phoenix Rising: From the Ashes, Time to Fly!*"

Radical Self-Love will TRANSFORM YOUR LIFE! I'm so glad you picked up this book. Perhaps you are healing from some major losses, or reaching out to heal many years of painful experiences. It's time to believe in yourself and know that you deserve much better in life than you have been experiencing. You have some deep healing to do, but I know you can do it! Love yourself enough to do this program, and I guarantee, you'll be looking at yourself and life in a whole new way just a few weeks from now.

Here's how to personalize your self-love program for optimum, lasting results and happiness...

For each subcategory, for example, Body Love, the following applies for your subscore:

25-30: "You've come a long way, baby!"

CONGRATULATIONS! You are already doing extremely well in this aspect of loving yourself and your life. No additional effort or work is required; just keep doing what you are already doing and using the tools and techniques you already have in place. Apply anything from the parts of this book that address this self-love subcategory if it feels empowering or inspiring to you, and keep adding to your toolbox for life and love.

17-24: "Take it to the next level."

In this area, you have a moderate amount of self-love in place with some to further develop. Be sure to read all the recommended chapters and do some or most of the practices, those that call to you as well as those that feel challenging, for that is where your maximum growth will occur. *Pay special attention to any exercises that relate to your #1 scores (mostly false).*

10-16: "I think I can, I think I can, I know I can, I know I can!"

Remember the Little Engine Who Could? These are your areas in which positive change is greatly needed. FOCUS ON THESE SUBCATEGORIES FIRST. Don't be discouraged. You can do this, I know you can. Just take a deep breath. Give yourself

a hug, or a pat on the back, because the good news is, you now see clearly, in black and white, *exactly* what you need to concentrate on to feel more love in your Body, Mind, Heart, Spirit, relationships, in your life. Tackle these one at a time, either going from the beginning of the book and working your way outward, or allowing your own inner knowingness to guide which chapters and focus areas you will focus on first. *Pay special attention to any exercises that relate to your #1 scores (mostly false).*

Summary: Take a few minutes to reflect on your scoring and make a note in your Love Journal about what you learned about yourself from this quiz. Your reflection can be holistic, area-specific by subscore, or even comment on specific questions, such as "I discovered that I need to be more comfortable with my sexuality, to develop more close friendships," or "I realized I need to show love to myself more often."

Go back to your scoring and take notes about any questions for which you scored only a 1. What steps can you take to enhance your life in this area? How can you heal this?

How do you feel after taking the quiz? Are you feeling hopeful or impatient? Excited? Overwhelmed? Peaceful? Glad you took the quiz and have a clearer direction? Did just taking the quiz give you some good ideas for how to love yourself - and your life - more? Write down any ideas in a chart, list or other form.



About Affirmations

Your focus creates your reality. - Star Wars

Each chapter will end with affirmations, empowerment statements which "make firm" and declare your new truths. They are actually truths which were already within you; you just need a reminder and to align yourself on all levels with this truth. Affirmations all consist of *positive language* only, and are written in *present tense* or, if it feels like you need to ease into the truth of the statement more gradually, in the gerund "*ing*" form.

It's also wonderfully empowering to create your own affirmations.

A Note to Beginning Users of Affirmations:

If you are not a very experienced affirmation user, I suggest you use the statements as worded herein to start. These have all been field tested and proven to work. Use the ones that call to you, that relate to the quiz questions you missed the point for, or the ones that give you an inner "Yes!" or "Ooooh, I need that one"

Affirmations have changed my life. I have used them to find my soulmate, improve my physical health, boost creativity, and heal relationships with family. My husband and I even used affirmations, the power of intention (Law of Attraction) to buy our first home -- with no down payment, bankruptcy still on the record and no paycheck income! Words are power.

"Imagination is more important than knowledge." - Albert Einstein

Exercise #3: ♥ Affirmation Use 101

Here are several effective ways to use your affirmations. The more you can see, hear, feel and KNOW the truth of these words, the more parts of you that you involve as you focus on them, the more powerful your affirmation will be, and the more quickly you will create positive change from within yourself. So, whenever you work with affirmations, imagine that what you are affirming is already true and notice how good this feels in your body and in your entire being. See it, hear it, touch it, know it, embody it. Feel the joy!

1. Read them silently, 3 to 10 times.
2. Write them over and over, filling a whole page with the affirmation.
3. Start a running list in your Love Journal of affirmations you are utilizing and how effective they are for you.
4. **POWERFUL:** *Read them aloud, three times, or until you can state or shout it quite clearly, with certainty and confidence.* You can do this with a friend, or record yourself and listen to it later. Or say them in front of a mirror, making eye contact with yourself.

If you (or your friend) hear any hesitation or a frog in your voice, if you stumble over any of the words, if your eye contact is poor, you need to either keep saying it until it's clear and strong; reword it into an "ing" or turn it into "I'm ready to..." or "I'm willing to ..." or even "I'm ready to get ready to ..." OR, if you still encounter resistance, use some of the intensive processes in Appendix A to overcome resistance to affirmations.

5. **Stick 'Em Up and Make 'Em Stick.** Affirmations, affirmations, everywhere! What wonderful words to think. Put your affirmations everywhere! Stick 'em in your desk at work and sneak a peek whenever you get a second, post them on your computer screen, in your datebook and checkbook, tape them to your bathroom mirror, put them on the fridge door. *Turn your entire environment into a learning center that supports your growth.*

Here's another creative example of using affirmations. When I had my second baby, I'd hoped for a home birth with a midwife. Alas, my insurance policy would not pay a midwife, and I had gestational diabetes and four months of bed rest. With this high-risk pregnancy, the concept of a home birth went out the window, but I used affirmations to make lemonade out of my lemons. I created many wonderful positive thoughts for a smooth, joyous "opening" (what I renamed "labor," which sounded too much like work to me) and birth, and I posted them on my hospital room walls and kept them near me. I also asked my husband and other support people to state them to me over and over. I did other things to turn my hospital room into a beautiful birthing temple, too, using lovely fabrics, flowers, statues, and aromatherapy. A didjeridoo shamanic healer even came in, and I had an INCREDIBLE natural birth right there in the hospital. I used the affirmations in hypnosis and it really reduced my pain.

6. **COOL TIP! Car Visor Affirmations.** You know those obnoxious warning statements on the visors of some cars? "WARNING! Death or injury may occur blah

blah blah"? For heaven's sake, COVER THOSE UP WITH YOUR AFFIRMATIONS! Take an index card and print an affirmation that you are currently focusing on and tape it over the warning label. Even if your car is lucky to not have these bombardments of negativity, you can still use your car visor as a good posting place for positive words of power. My car currently reminds me, whenever I'm in it: "I am a successful, published author," "I breathe in health and money" and "I am ready for the next step." Voila! Driving is both more enjoyable and therapeutic. I am on my way... in more ways than one.

OK, now that you understand affirmations and how to use them, here are some self-love affirmations to begin using today. Choose three to work with at a time, and use them until you feel they are vibrating like a constant gentle hum within you, until when you read or write them, your inner response is "Of course!" When you feel that 100% certainty, consistently, you're ready for another set of three affirmations.

The strongest forms are written in regular style. Gentler forms of some of the statements are also offered in (), to use only if you have a hard time feeling that the stronger one is true for you. Use the gentler ones if needed for 3-7 days, until you feel an inner shift, then go back to the stronger version.

You can also experiment with how you emphasize the words. *I* am love. I *am* love. I am *love*. They may generate different responses and levels of healing within you.

A Note to Experienced Users of Affirmations:

If you are already quite comfortable with affirmations, go ahead and use these, reword them as you are guided, or use them as an inspirational springboard for creating your own words of power. Just remember to be very careful no negative language creeps in! For example, "I'm going to stop criticizing myself" could be "My thoughts, feelings and actions are all supportive and self-loving." I recommend you have a friend, coach or therapist who is familiar with proper use of affirmations check your statements to ensure they are in present or "ing" form and are 100% positive before you use them. You may wish to create your own recording of your affirmations from this program and listen to it at least once a day. Many people find that hearing their empowerment statements in their own voice is particularly effective.

In Appendix A, Your Words Have Power! -- Secrets for Overcoming Resistance and Giving Your Affirmations Muscle (a.k.a Law of Attraction Graduate School), I will show you exactly how to create your own affirmations, how to give your affirmations more muscle through catalyzing clauses and subconscious hypnotic anchoring, and how to overcome inner resistance to affirmations. If you feel these would be helpful to you now, skip ahead to that chapter then come back here and then put some self-love affirmations into ACTION.

Self-Love Affirmations

I love me. (It's OK for me to love me.)

I love myself. (It's OK for me to love myself.)

From now on, it's easy for me to love myself. (It's getting easier for me to love myself.)

I love loving myself!

I love life, and life loves me.

I am absolutely lovable.

I love myself unconditionally, no matter what. (I am ready / willing to love myself unconditionally, no matter what.)

Now is the perfect time for me to love myself completely.

I am love.

I am radiant, divine love.

I am love in action.

I am loving, I am lovable, I am loved.

I accept and love myself, just as I am. (I'm getting ready to accept and love myself, just as I am.)

Love is in me. I am in Love.

I am on my highest journey to Love, right now.

I love me, I cherish me, I treasure me, I value me, I respect me.

I take good care of myself. (I'm learning how to take good care of myself.)

I am infinitely lovable just the way I am.

I am complete.

My Personal Affirmations:



In Chapter 2, you will get to build upon the strong foundation of self-love that you have just built, by committing to loving yourself and really "walking the talk" of self-love on a daily basis. Ready to go deeper? Turn the page. More radical self-love up ahead!