

Self-Love

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Body Meditation
Practice Guidebook

Barry Selby

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OVERVIEW

Do you feel life is flat and unfulfilling?

Do you feel your relationships suck?

Do you look at others and judge them as better than you?

Do you feel out of sorts with yourself?

Do you look at yourself in the mirror and judge your appearance?

Do you feel others don't appreciate you?

Do you feel that the world isn't fair?

Do you catch your reflection out in the world and shrink inside?

The quickest path to change how you feel is within you. You have the power to change how you feel with some simple meditation practices.



This Self-Love Body Meditation Practice will change your experience with all the above, and more. This journey may well elevate your life and your world-view.

Welcome to your heart! Welcome to your own love.

*“If you’re searching for that one person that will change
your life, take a look in the mirror.”*

Unknown

Experiencing self-love and body love is something many ignore and miss. For many the idea of self-love is considered a selfish or egotistical act, a waste of time. For some practicing self-love is bordering on what they deem as narcissistic. And loving one’s body is deemed as just as bad.

You already know that exploring and expanding your support of yourself through self-love is one of the most effective steps you can take to lift yourself up, and to really take to heart your self-support and ownership of your life.

Choosing to focus on loving yourself is a truly caring act for yourself. I bow to your courage and your willingness to support yourself this way.

Practicing self-love in a deep way will change your life, and open your heart in magnificent ways. You will discover greater connection, greater self-support, greater self-trust, greater intimacy, greater attraction in your life.

Practicing body-love brings an integration of you and your body in a way that will change how you are perceived and received in the world.

Healing past emotional wounds, eliminating negative thoughts and beliefs can also occur. This is one of the simplest yet most profound exercises, so don't be surprised when your life transforms.

Self love is an often overlooked strategy, as for most people, results and actions need to be taken "out there" somewhere.

Laid out in this guidebook are two separate practices, one focused on self-love, and the other a deeper cut, focused on body-love.

Each has a particular impact, and you will discover how your life will transform when you do each practice. Let's talk about self-love first.

All of your relationships, whether family, romantic, social, business or any other, all include one factor - you! You are the common denominator in all these relationships. Turning inward and changing your relationship with yourself will have positive repercussions. Self-love will facilitate this.

Fully immersing yourself in this practice will actually transform every single one of those relationships. Your family relationships will improve, your business relationships will improve, your social friendships will improve, and your romantic relationship (if you have one) will improve as well. And if you are single, you may discover yourself attracting romantic attention. I presume that might work for you?

When you grow more open to love yourself, you will find that loving others becomes easier, forgiveness becomes more natural as well, and judgment becomes less common.

*“And in the midst of feeling completely alone,
I began to be grateful that at least I was in good company”*

Cole Read

Caveat - some of your relationships may not improve. Your self-support, self-love and self-care may trigger these people. Perhaps they don't love themselves, and your demonstration upsets them. Perhaps they are only around you for that they can control or get from you. These are not relationships you really want to continue. The good news is these relationships will also transform, even if the transformation is that they leave.

By choosing to love yourself, you are demonstrating, to yourself, you are a courageous and caring person. In this guidebook, you will find the recommended preparation, practices and post-practice self-care to facilitate your journey. Everything will be explained.

Doing this practice is a great step in the direction of your dreams.



Making a commitment to do this practice for at least 30 days will change your life in amazing ways.

I highly encourage you to take this commitment to heart and do this daily practice for at least 30 days as it will transform your relationship with the world. It is best to do 30 days contiguously in a row, however if you miss a day, keep going. If you feel any guilt or have a sense that you missed out, I suggest you start over at Day 1 again.

This practice is all FOR you. If you do this practice every day and it begins to transform your life experience, would you really want to stop after 30 days? I suspect you would want to keep transforming your life experience, and to have all your relationships keep improving.

If that's so, keep going!

Here's the Self-Love practice.

PREPARATION

*“Work on being in love with the person in the mirror who
has been through so much but is still standing”*

Unknown

Items you will need/want

- A large mirror - ideally wall or door mounted, not handheld
- Privacy - this is for you, not for anyone else, so take time alone.
- Lighting - have enough light to see yourself in the mirror, if you want candles to set the mood, go for it.
- Time availability - at least five minutes, ideally more
- No distractions - turn off television, mute phone, mute computer, etc.

Breathing

During this time, it is helpful and comforting to maintain conscious, consistent and calm breathing. Maintaining your breath will assist you in staying present, grounded, connected and in the meditation practice.

Simply allow your breath to enter and exit your lungs gently and slowly. It will help you stay present, which is an important resource place in which to reside.

If you wish, as another way to keep yourself present and focused, you may want to explore a different breathing style. This technique I call square breathing is very simple, and it will require you to be present, so it will assist your mirror practice.

As the name suggests, this breathing technique is made up of four distinct elements. They are as follows:

- Breathe in
- Hold at full
- Let Breath Flow out
- Hold on empty

Each of the four elements lasts for 4 seconds, or if you feel comfortable you can make it 5 seconds for each element. The benefit of doing this form of breathing, beside keeping you present, is you will find that you will drop into a deeper meditation state.

Whichever breathing form you choose, you are reminded to breathe calmly throughout the meditation practice. When you are saying “I love you” and when you are being present with yourself, keep breathing. It sounds silly perhaps to remind you, however this meditation can stir up emotions and discomfort, and you might notice your breath catching, or you holding your breath. If you do, just keep breathing. And yes, have fun with this.

I will remind you to breathe calmly throughout the meditation practice.

Let's begin

SELF-LOVE MEDITATION PRACTICE

“It is not love that should be depicted as blind, but self-love.”

Voltaire

Use this meditation practice both morning and evening.

The intention of this meditation practice is to make visible and conscious, the act of self-love. This portion of the meditation practice is also included on the audio tracks to guide you.

Before you begin, place your hands over your heart, and look into your own eyes.

Breathe calmly, deeply, slowly

Feel your breath expanding and contracting your chest

Feel your heart's warmth beneath your hands

Feel your love that resides there filling your hands and extending beyond them

Feel your love filling your being, and shining forth from your eyes

Look in your own eyes

Breathe

Maintain eye contact with that beautiful being in the mirror

Breathe

Feel your love pouring forth from your eyes

Breathe

Out loud, say to that beautiful being in the mirror “I love you”

Let that love flow back to you.

Feel that love coming from those eyes in the mirror

As it fills you up as well.

Allow the love to flow through you.

Into the mirror, into the person there looking back at you.

And then from the mirror back to yourself.

Out loud, say to that beautiful being in the mirror “I love you”

Breathe and receive

Let this message land inside of you

Breathe and receive

Feel the love you sent expanding inside of you

Breathe and receive

Feel that loving warmth expand and fill your body

Breathe

If you feel emotions rising, let them rise

Breathe

If you feel tears falling, let them fall

Breathe

Repeat for at least five minutes.

MORNING COMPLETION

Repeat the above meditation for at least five minutes. After you complete, finish with these completion steps:

With your hands over your heart, close your eyes. Bring your awareness inside, to your heart.

Feel the fullness of all your love filling you up in your heart, in your body, in your head, and flowing around you.

Feel the fullness of all your love expanding beyond your body, beyond your being

Feel your radiance and warmth expanding, let it fill the room you are standing in

Feel your love and radiance expand beneath the floor, rooting deep into the earth, grounding you.

Feel your love and radiance expand above the ceiling, climbing high into the heavens, connecting to the Universe, God, Spirit or the Greater Love that you follow or believe in.

Feel your love and radiance expand out beyond the walls, to touch and lift all the people you love, all the places you love, all the people you have met, and all the people you will meet.

Now let's make this personal!

Look ahead through your day, and send your love energy you have been basking in out into the world, ahead of you. Let your love lay the path for you to walk. Let it touch all those you will meet today, both intentionally and randomly. Let your love infuse and surround any meetings, events, experiences and connections that you will or may have today. Feel your upcoming day as blessed by your participation in it. Make your day amazing.

DAYTIME REMINDER

During today you will continue to have access to this resource state. If you feel off-center in a conversation, or by yourself, or a meeting or conversation doesn't feel aligned, remember you can simply stop for a second, close your eyes (if safe to do so, not while walking or driving for example!), place your hand on your heart, and inwardly remind yourself "I love you." And then continue on as before.

You will notice that this connection, this touchstone will have immediate reflections in your inner state, your posture may shift, your mental thoughts may change, and your body feeling may lighten.

The more you do the mirror practice, the more immediate this resource takes effect.

EVENING COMPLETION

Repeat the earlier meditation practice in the evening, again for at least five minutes.

Once complete, with your hands over your heart, close your eyes. Bring your awareness inside, to your heart.

Feel the fullness of all your love filling you up in your heart, in your body, in your head, and flowing around you.

Feel the fullness of all your love expanding beyond your body, beyond your being, out into the world.

Feel your radiance and warmth expanding, let it fill the room you are standing in, and let it expand beyond the walls.

Feel your fullness of love expand beneath the floor, rooting deep into the earth, grounding you.

Feel your love and radiance expand above the ceiling, climbing high into the heavens, connecting to the Universe, God, Spirit or the Greater Love that you follow or believe in.

Feel your love and radiance expand out beyond the walls, to touch and lift all the people you love, all the places you love, all the people you have met, and all the people you will meet.

Now let's make this more personal again!

Look back at your day, and send your love energy to all the meetings, conversations, connections, etc that occurred during the day. Whether these experiences were great or perhaps challenging, send your love to them all. Feel the day as being blessed by your participation in it. Give thanks for an amazing day.

If you feel called, you are invited to journal your experiences, listing anything you are grateful for.

Feel your joyful flow connecting you to all beings, all people, all friends, all that you care about.

BODY LOVE - A DEEPER OPTION

After you have been practicing your daily mirror self-love reflections for a while, you may notice some resistance or feelings of stuck-ness or even judgments about your body, about your own self-image. You may have memories and traumas from the past that you feel hold you and your body back. In fact, you may feel that your body doesn't deserve appreciation for a whole litany of reasons. This is a lie. You and your body not only deserve love, both are worthy of all the love there is. If you are challenged by this, this deeper option is especially for you.

This deeper practice may stir up painful feelings and deeper emotions, so know that at each step of the process, you can stop. There is no pressure or "have to" about this. I do encourage you, however, to take each day at a time, and to build this inner self-love muscle. Each day is a win, and the more you do, the better you will feel.

I promise you, if you go through this deeper body-love meditation practice every day, twice a day, for thirty days, amazing and miraculous results will be yours.

If you want to take this on, and resolve and transform your self-image challenges and feel comfortable and confident in your body, this deeper option will help you have what you want.

If you carry judgments or have issues with your body, with how you look, how you stand, or how you move, this is the next level of self-love that will release you from these challenges. You will discover and explore a new level of compassion and caring for yourself. You are likely to even fall in love with yourself at a whole new level.

This deeper meditation practice will transform your self-view and world-view. It is powerful and profound, and at the same time deceptively simple. And of course, the results you get are directly reflective of the effort and commitment you put in.

The instructions are very simple.

As before, prepare your space:

- A FULL LENGTH mirror - ideally wall or door mounted
- Privacy - this is especially for you, not for anyone else, so take this time to be alone.
- Lighting - have enough light to see yourself in the mirror, but softer if you prefer. If you want candles to set the mood, go for it.
- Time availability - at least five minutes, ideally more
- No distractions - turn off television, mute phone, mute computer, etc.

The change you will include for this is you will be doing the meditation practice while being unclothed. Yes, you will be naked. Another reason to ensure you have privacy for this round.

And why you need a full length mirror.

Yes, this may feel like a stretch, however you are doing this in private, alone, so it is the perfect time to take a good look at yourself, love and embrace yourself, and appreciate your body with all its unique qualities and aspects.

Whatever part (or parts) of your body you have judged, you will be focusing your love and healing energy to that part or parts.

THE DEEPER MEDITATION PRACTICE

As before, practice this for at least five minutes in the morning and in the evening. Use the same meditation wording and breathing for this deeper level.

Look into the mirror while standing naked in front of the mirror, breathe calmly, and tell yourself you love yourself.

This time, as well as looking in your own eyes, take conscious time to look at your body, from head to toe, openly and unabashedly. Notice where your gaze may skip or avoid part of your body, or perhaps your gaze lingers and judges. Notice where you carry resentment or judgment against a part of your body.

Do you hold judgement about your nose? Or your chin? Do you judge your arms as not muscular, or toned, or slim as you wish? Do you judge your hips as too big? Perhaps you have judged your hair or lack of it? Perhaps you have felt your legs weren't as strong or shapely as you had wished? Or your stomach was not flat as it was supposed to be?

You may have judgements about what your body has done, or didn't do. Or perhaps there is much guilt and judgement about what was done to your body, by someone else.

As I mentioned, this is a deeper practice, and it is worth the journey for the freedom it brings.

I recommend noticing your breathing, taking time to breathe really slowly and calmly during this time, and being intentionally gentle with yourself.

This focus of love and energy is likely to stir up deep seated memories and feelings. Let them and any related emotions surface. All the while breathe calmly, and tell those previously judged or unloved parts of your body “I love you” while looking at them in the mirror.

If you feel it helps, you can place a hand or both hands on that place while you send love and talk to it in the mirror.

You may feel numb while doing it, or perhaps some upset or suppressed feelings may arise. Any and all of this is OK. The action of focusing self-love and loving on these places in your body will bring to the surface hidden or forgotten feelings. And any stored energy, emotion or judgment is up for review and release as well.

If you feel numb, keep going, as that numbness is a protective wall to keep that part of you safe. Love is the key that will open the door and set you free.

If you feel negative emotions coming up while you do this meditation practice, love them too. Love is a powerful healing agent, and when applied with compassion and care, it can work miracles.

Take on this meditation practice, and commit to a full month, and you will discover a level of energy and wholeness you didn't know you could have.

Your self-image will transform, and you will view yourself through new eyes. Old hurts and emotional wounds may be completely released too. Your body may even change to be more in alignment however that is for you.

This may change your life perhaps more than the regular mirror meditation practice.

Do the practice and see for yourself.

WRAP-UP

“To fall in love with yourself is the first secret to happiness”

Robert Morley



Repeat either meditation practice (regular or deep) every morning and every evening for a minimum of 30 days.

You may notice some interesting side-effects and results from building this self-love meditation practice:

- You don't settle for less than you deserve.
- You excuse yourself from situations, environments and relationships that don't support you.
- You find your body becomes healthier, more comfortable.
- You take better care of yourself.
- You gain more respect and regard from others.
- You don't need respect or regard from others.

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- You are more attractive to the world.
- You are no longer dependent on others' love or appreciation.

I invite your feedback and would love to hear from you when you complete the 30 days. I would also love to hear from you with any questions or suggestions you may have. If you are up for it, send an email with the subject - Self-Love Practice - to barry@barryselby.com, and share your thoughts, experiences and suggestions.

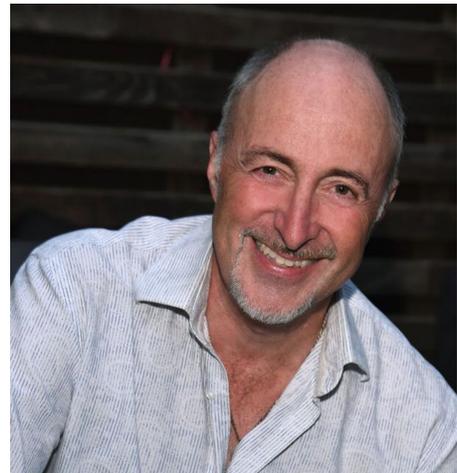
If you feel having a voice guiding you with the mirror work would be more effective and powerful, I have just the thing. I created the formal guided self-love meditation practice which includes two guided audio meditations, one for the morning and one for the evening. Find it here - BarrySelby.com/selflove

If you feel you want to go deeper, perhaps some issues have surfaced that you know would benefit from counsel and support, I invite you to take advantage of me. I mean, book a complimentary consult and take advantage of my time. This is my gift to you. Book your complimentary clarity conversation here - BarrySelby.com/chat

In case you didn't know, I am a best-selling author, and my first book - *50 Ways To Love Your Lover* - provides fifty powerful principles that will help you improve any and all relationships, including romantic ones. Check that out here - 50WaysToLoveYourLover.com

BIO

Barry Selby is a passionate champion for the divine feminine, helping strong successful women create balance in love, life and business. He helps women own and express their feminine magnificence and majesty, in love, and in the world.



As a Relationship Attraction Expert, Barry is affectionately known as the Love Doctor to his friends and clients. With over 30 years of training and experience, including a Master's Degree in Spiritual Psychology and 17 years as a spiritual counselor, he has helped thousands learn to love themselves and live in wholeness.

His #1 best-selling book, [50 Ways To Love Your Lover](#), helps singles and couples embody powerful principles for passionate and richly rewarding relationships. He is an in-demand inspirational speaker standing for love, healthy romance and deeply passionate relationship.

His heartfelt joy is inspiring successful single women to embrace and own their authentic feminine power, and attract their true equal in loving relationship.

He brings deep compassion, gentle masculine presence, and wise guidance to assist his clients in their journey to true love.

From his clients:

“Barry epitomizes the perfect blend of practical, spiritual, tangible and the intangible in relation to coaching. He comes from a gentle, loving, and friendly spirit that really speaks to women and allowed me to open up to him in a way as if I’ve known him forever.”

"The inner core of my work with Barry has made all the difference in my approach to dating and relationship. He’s contributed to my growth and development on several levels. Mostly, just getting his perspective as a conscious man has been very valuable"

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