

SELF-LOVE IS AN AWARENESS™

OVERVIEW OF THE STEPS:

- 1 **Take a deep breath.**
- 2 **Set the intention:** *"I am willing to always make a self-honoring choice with the intention of creating win/win situations for everyone who is present."*
- 3 **Moment to moment consider:**
 - *What would I like right now?*
 - *What would feel good?*
 - *How can I be happy?*
 - *What would make me happy?*
- 4 **Know that self-love is an awareness before it is an act.**
- 5 **Communicate with courage and honor.**

Self-love does not translate to not caring or considering anyone else. It is not a notion of extremes. **You do not have to choose between your happiness and another's.** You can find a happy medium, as they say, where you hold the intention of finding and coming to a win-win solution for all involved.

Self love is an awareness rather than an exact act.

Yes, it is a present moment by moment awareness of self that results in a loving, self-regarding and honoring choice. Self-love is not spending a whole bunch of money you don't have under the guise of love and compassion. Tell me, is it self-loving to take an expensive trip, yet not have the money in the bank to afford it? No, because when you return home, how is it going to feel to not have the funds to easily pay for the trip? It's going to feel pretty bad.

Yet, self-love does not feel bad. Self-love feels good. Yes, pretty simple stuff, huh? The ego likes to make it SO complicated. However, in what world would TRUE self-love feel bad? It would not.

So yes, follow your inner awareness. **It is not, as the ego or culture might inform, “bad” to prioritize and consider your needs, your desires and your intentions first.** Doing so does not translate to you being self-centered in a way where there is little or no regard for others. Therefore, it is one’s responsibility to carve the path of permission to be self-honoring and self-respecting first. And then from that place consider: **“How can I create a win/win solution, resolution for all?”** You see, this is the best and highest way to harmony all around. Everyone wins! Everyone is pleased! No one, especially YOU, is left out.

The ego would say that you are better or a good person if you forgo your needs and wishes in place of another person’s. For example, like a parent, a child, a coworker, a partner, yet, all this translates to is a bankruptcy of your inner world. **Yes, you, as you have most likely already experienced, end up feeling lost, left out and without when you fall into the habit of not regarding yourself**

So in completion, you come first and others and their desires are there for you to co-create with. Not to be ignored. But to co-create with. Your self-love and awareness is a momentary act, so I recommend being easy with grand plans.

Yes, have the intention to do well by yourself--let’s say eat healthy or create a supportive workout or vitamin regimen. But also know and see that no matter how much the ego plans, **the final decision to take action**, go to the gym, take vitamins, eat vegetables, **is taken in the PRESENT MOMENT.**

The ego makes big plans but the power, your power, is always and has always been in this single present moment. Yes? How often have we made plans yet don’t follow through? And that is because even though we planned out our week a week ago, the moment of truth, so to speak, is THIS moment. This moment is based on your power to focus on the moment. To tap in and be deeply AWARE of what would please you, what would bring you joy, in the highest sense, RIGHT NOW.

We all win when we gain mastery over our own self-awareness, because such self-awareness and the preceding action is SELF-LOVE! Yes, real, in the flesh, living, vibrating, thriving and energetic self-love.

There is no self-love list to follow and get right. Well, yes, there are suggestions of what self-love could be in books and on the internet, but the truth is that self-love is deeply personal. I

might tell you to take a 20 minute walk in nature on Monday, hike on Tuesday and enjoy a nap on Wednesday, while fitting in a tub of ice cream on Thursday, but that does not mean after completing these line items you will necessarily FEEL self-love.

Well, that's because it was MY list of suggestions and not yours.

You see, you will feel self-love as you grow willingness and patience to pause in any moment you see fit, and consider:

- *What would I like right now?*
- *What would feel good?*
- *How can I be happy?*
- *What would make me happy?*

Then you know, and once you know, you can act. **Do prioritize awareness over action.** Action without awareness feels like chaos, incompleteness and dissatisfaction. Action informed by compassion and self-awareness feels like hitting the BULLSEYE in life. And who wouldn't deeply enjoy more of that experience?

Here are 5 steps to support you in developing present minded self-awareness.

STEPS

1 Take a deep breath.

Take another deep breath.
(See also: How to Relax & Slow Down)

2 Set the intention: *"I am willing to always make a self-honoring choice with the intention of creating win/win situations for everyone who is present."*

Intention is the compass that sets us to sail in the direction of our deepest desires. There are few more honorable intentions than the one to be self-respecting, self-regarding and self-FULL. Yes, I do use the word SELF-FULL on purpose. Full of you! You in all your "you-ness" is a gift. A blessing to the world and to the world directly surrounding you. Do not dilute it.

STEPS

3 Moment to moment consider:

- *What would I like right now?*
- *What would feel good?*
- *How can I be happy?*
- *What would make me happy?*

4 Know that self-love is an awareness before it is an act.

Do be selfish ENOUGH to be aware of your likes, dislikes, desires and intentions. It does take a certain degree of selfishness to be aware of oneself. This is not bad or wrong. Do not let the ego convince you otherwise. You can be self-regarding first AND co-create a win/win solution for everyone involved. BOTH. Not either/or.

5 Communicate with courage and honor.

Oh, here is where true courage comes in, doesn't it? Some of us are self-aware all day long but lack the courage to express and share such awareness with others. **Yet, what is self-love without a MEGAPHONE?**

What is self-love that dies a quiet death inside--never known, never articulated, never paired with the melodious sound current of your voice? **Your voice, your words, are magic. They have the power to create and to un-do.** But not expressed at all, the intention withers like a beautiful bloom hit by an arctic burst of cold air.

Watch and see. Yes, watch and see the applause, affirmation and validations that string before you as you act on the willingness to pair inner-self knowing and awareness with your words. DO speak up. Do create and co-create. **It will snap together like a grand puzzle before you.**

Thrive

CosmicRemedies™

I was deeply inspired to create a series of natural healing remedies to accompany the emotional healing recipes.

The elixirs and tea infusions were carefully curated and paired together in such a way to help advance the transformative powers of the emotional recipes. Yes, please do play, create and experiment with each elixir and tea infusion as you practice the steps within the emotional recipes.

They are the perfect complement to one another, encompassing the exact same emotional and vibrational frequency. The design and formulation is the perfect partner to the inner work.

You are pure joy; never ending joy.

Raise your own frequency and vibration through these pairings with intention, ease and elation.



SelfAware Elixir™

1

MAGICAL INTENTION

See, see and see with your mind's eye the glory of your inner self, your inner light, your inner divine. Yes, it is true, self-love is not so much an exact act, but a lovely moment by moment self awareness. See into your soul's micro-movements. Is this a yes, move forward or no, sit on the sidelines for awhile? Does this choice feel like utter and complete joy or a sluggish obligation of sorts? You know, you know, yes, you know, dear one. If only you become aware. Prioritize awareness over action.

2

WHAT ESSENTIAL OILS YOU'LL NEED

- Vanilla: 6 drops
- Patchouli: 5 drops
- Passionflower: 5 drops
- Elderflower: 4 drops
- Lemongrass: 5 drops
- Cherry Fragrance Oil: 3 drops
- Lavender: 4 drops
- Carrier oil: JoJoba, 5 teaspoons

3

WHAT YOU'LL DO

- Combine your essential oil drops and carrier oil in a small bowl of choice.
- Swoosh around by tilting the bowl from side to side, or mix gently with your finger.

4

WHERE ON THE BODY TO APPLY

- Face: Allows one to face the world in pure authenticity
- Temples: Mental clarity and accuracy of knowing
- Earlobes: Hear the truth and self-regard, as spoken
- Neck: Relieves tension and muscle stress; relax and see yourself more clearly
- Upper Chest: Breathe out stress and obligation; breathe in comfort and ease
- Heart: Heart-centered intentions, desires and truths
- Stomach: The willpower and self-confidence to act on loving awareness
- Sacral / Pelvic Region: Ignites inner passion to pursue meaningful intentions
- Hands / Feet: Will take you in the direction of your loving, true self-awareness

5

MAGICAL HEALING BENEFITS OF OILS

- Vanilla: Improves mental awareness
- Patchouli: Assists you in attaining spiritual growth and mastery of yourself. Relaxes and harmonizes the mind and body. Soothes a negative mood.
- Passion Flower: Aids in the repatterning of consciousness to attain wholeness again.
- Elderflower: Facilitates transformation and the crossing of thresholds.
- Lemongrass: Powerful energetic cleanser. Relieves muscle pain and body aches by acting as a relaxation agent.
- Cherry Fragrance Oil: Symbolizes love and new beginnings.
- Lavender: Encourages compassion while soothing deep sadness. Conjures feelings of balance. Representative of the crown chakra, igniting higher purpose and spiritual connectivity.