



# LEARNING HOW TO LOVE YOU!

SOME HELPFUL IDEAS TO COMPLETE SELF-LOVE



# 10 Top Tips on Learning to Love YOU!

In every workshop, or receiving a message from spirit and any interaction along my spiritual journey there is always one message or suggestion given to me to help me improve. It is how to learn to love myself and put myself first. Each day is a lesson I am grateful and learn something new about myself and those very close to me. I learn how to be more alive, powerful, and knowledgeable.



Most of all I have to learn to be patient. But though all of these hard lessons I have also learnt to look back at how far I have come and so I thought to share just a few helpful hints or steps that helped me to get to this wonderful place in my life. A place where I feel loved, safe, and secure. Every day, at some part I will always be able to feel joy and happiness. I really do love my life and want to share with you in case a few or one might stick and help you.

## **TIP 1: From now on I want you to say, "Other people's opinions about me is none of my business!"**

Oh boy did I struggle with this. The people pleaser, the empath I am always worried about what others thought about me. I have had to simply had to learn that you cannot make everyone happy. I had to stop wasting my valuable time worrying about what other people thought about me and what they expected from me. I will always try to do my best and be a kind and loving person, but I needed to learn when to say – other people's opinions about me is not my business. Not everyone is going to like you or what you stand for or how you work. It really helped me to switch off at night and sleep better.

## **TIP 2: I am allowed to make mistakes – that is how you learn**

No one is perfect. Everyone makes mistakes, so why do we allow the pressure to be perfect build each day. We need to really take a good look at our life and see that we need to let this belief go. We make mistakes so we can learn and grown from them. I am constantly growing and changing in my life and my mistakes help me. If I look back at the young girl of 20, I could pass on a lot of advice, but that would have stopped me from being where I am today, happy, healthy, and loved. So now I embrace mistakes. I say thank you and I really learn from them.

When you look back at your life and what you class as your "mistakes" what did you take away from them. Have they made you a better person and put you on a better path. When one door closed another better one always opens, and this happens a lot with mistakes.

### **TIP 3: No one is as good as you. Stop looking and comparing yourself to others**

Yes it is great to look at others and it incites that bit of competition, as long as it is healthy. As humans are made this way. Another great thing to recognise about being human is that we are all different, just like snowflakes there are not two people identical in all ways. We are unique and individual so when you compare yourself to others you are not honouring your own unique self. Focus on you. See all the amazing things about you and lift yourself up to feel amazing.

### **TIP 4: Let go of the toxic people around you**

We all have them. People that say they are telling us negative things to help us, really just to make themselves feel good. We do not need negative people in our lives. Look at the people you are allowing into your space and really see if they are for your highest good. Remember you need to love yourself and care for self. This means removing yourself from toxic or negative situations or people. A huge ah ha I had was the people around me that loved to gossip about others. I soon learnt that when I wasn't around I was the subject of their talk.

### **TIP 5: Look at your FEAR**

False evidence appearing real. Fears, we all have them. Take the time to look at what makes you really afraid and see if you can really look at the situations or issues. I am sure that half or more than half of your fears on your list will not even happen. We don't want to allow our fear to run our lives, we want to understand them and why we have this fear before it turns into anxiety.

Remember being afraid is a normal human thing. Nothing to be embarrassed by it but do not allow your fear to upset you. If you have a fear of spiders or snakes, maybe book in a course to help you over come this fear, or better yet look more closely at the fear. Where did it come from or maybe from who?

If you have a fear of being alone, or not being loved, this may need more guidance or help from your angels or Earth angels such as counsellors here to help us. Again sit with this fear. Breath in deep, you are safe and always loved and no thoughts, memories or ideas are silly. Take the time to really look at what it is that you are afraid of and if you can find a way to move forward. There is so much help around us, spiritually and right here surrounding us. Please never think you are alone.

## **TIP 6: Trust yourself and your ideas**

How amazing are you! Stop allowing yourself to doubt your choices or ideas. Trust your intuition or gut instinct and remember your emotions your feelings are valid. You know yourself better than another person in the world, so trust that you know what is best for you.

## **TIP 7: Enjoy your life. Take the opportunity to live in the moment and create the life you want and desire**

You are the only one really holding yourself back. Act.Allow the dreams and goals to come.They will be different for everyone, so allow yourself to dream. Talk about your goals and then take the steps toward creating or doing them. The timing will always be perfect for you so please live each day with zest and do not let anything hold you back.

## **TIP 8: See the beauty all around you**

Just as you take the time to be grateful in your world stop and really see the beauty. As they say, "Stop to smell the roses" and see the beauty in all the simple things that surround you each day. It will raise your vibration and make you happy. It will help you find your own joy and happiness along the way.

## **TIP 9: Be kind to you!**

So many people are cruel in this world. So many people like to make other people feel bad to build themselves up. So please do not allow yourself to fall into this trap. Only speak and think kindly about yourself. See yourself as the beautiful, kind, honest and loving person that others do. Look at all the things you have done, created and been a part of and make sure you celebrate all of your wins.

## **TIP 10: Do not judge yourself harshly**

Allow yourself to step into this new phase of your life. Loving self. Put yourself first and do not feel any guilt about it. Find the time for you to be kind to yourself for your own mental health.It is ok to let go, let down the guard, work on yourself. It is ok to treat yourself, so you feel special and loved. It is ok to have a day off in nature or any place that brings you joy. It is ok for you to express your emotions and feel pain, sadness, or loss. You are human and our emotions are what helps to connect us with us. The more you release the more you will learn about yourself.



## Fall in love with YOU!

I have added in one very important exercise to help you with this romance with self. Some affirmation to say throughout out the month (hoping you will create some of your own to say forever) and I have a meditation that I would love for you to listen to and feel amazing about yourself and your choices. No more guilt. No more am I good enough. No more am I a bad person, do I deserve this! This is the year to shine. We love to shine, and it come from our heart.

So have fun with this and learn what is best for you. It won't happen overnight, but with small subtle ways it will show up in your life in a positive way. Enjoy and love yourself then you will start to put out this vibration or frequency and attract the right situations and people in your life so you can really enjoy your life being happy, safe, joyful, and loved.

Lousie Hay was a beautiful woman. She has helped many of us move forward in this area. She helped me greatly in this area. I am going to suggest for the next month you do what I call "Mirror Work".

Now you can use Mirror Work to fall into a wonderful relationship with self, and then you will start to use Mirror work on your own spiritual journey. You use Mirror Work to see your own energy or soul. To see past lives, loved ones and spiritual helpers. Mirror work has to start somewhere so this month we are starting with falling in love with you. So feeling comfortable looking within the mirror is a great way to start.



## How to do Mirror Work

Please try to keep doing this exercise over the next 4 weeks until the next workshop lesson is sent out to you via the newsletter. Just as Louise Hay did in her mirror work exercises we will use affirmations, we will write down our thoughts, so get that awesome journal ready! It can be on paper, in your phone, just make sure to write down your thoughts and everything you are most grateful for. It really does work!

We are rewiring your brain to stop with the negative thoughts that instantly pop into our head into amazing positive and wonderful thoughts. You will find when you are half way though you will have a smile on your face, a skip in your step and your ideas and inspiration on how to move forward will just come to you.... make sure you write them down!

Now as you would expect the first step is the hardest. So you won't fail please do the following. Ask yourself or your best friend/s what is your best feature. What they like about you as a person. Now write this down and have it handy the first day of the mirror exercise. Please make sure that your first day you are not rushed as you will have to settle in with making yourself be kind to you.

As you are standing or sitting in front of the mirror I would like you to close your eyes and take in 3 deep calming breaths. You are centring yourself, you are making your physical body calm down, and you are most likely spreading out your energy right now you calm down with 3 deep breaths.



Breathe in through your nose and push the breath all the way down into your chest. Feel your belly expand and then press the breath all the way down through your body and as you exhale feel it moving through your body and out through your feet. You are simply relaxing, and allowing your energy, your aura to expand.

While you are there, invite your Angels in to surround you in a feeling of peace and love. You can even ask for a warm hug if you like. Now you can start with your eyes closed or open them. Allow them to feel relaxed. Some people like to go a little crossed eyed, but most when starting out I say to just focus in on your eye. Your beautiful eyes. The eyes are the mirror to your soul, your energy.

Now smile. That's right. Look how it lights up your whole face. Now I want you to look at your eyes once more and in your mind I would like you to say the nice thing, or feature that your friends or you wrote down about you. Keep saying it in your mind, or out loud if you are comfortable and feel how that will make your energy within your body change. You may feel a tingle or just feel lighter. Brighter or happier.

Now I want you to say. I really like you. You have gotten some great habits, features, or you are really good at ..... You finish the sentence. Now this can be over quickly, or you may struggle the first couple of times. It is ok everyone is different. When I was taught to do this by my beautiful Nanna it took me ages for me to feel like I was ok in saying these nice things about myself, and I had a huge body image problem as I was always over weight. My nanna told me what lovely lips I had. Two perfect points on my upper lip so my lipstick will always look nice. I used her words a lot of the time in that first week, and then I really started to look at my features and discovered that I did like my nose. My eyes sparkled and I had great skin for a teenager.

This is where your journal or notes will help you keep track. You want to spend time looking at the mirror, breathing deeply and finding positive loving affirmation as you look at yourself. Start out with, "Hey I like you" - by the end of month you will be looking at yourself and saying, "hey I love you!" "You are looking fine" "I so love the way....." .

The list goes on. As you feel more and more comfortable with the mirror, the words, the emotions, the thoughts will come with ease as well. Saying affirmations is powerful. It is magic. You will see instantly how you feel just by watching your face and body. It is ok to feel uncomfortable, I would be surprised if you didn't feel uncomfortable during the first week, but over time you will become amazing at this work.

What you are doing is connecting with your subconscious. It is ok to receive positive and loving words and affirmations. You are allowed to show emotions and like what you see. When you do this each day, for just a few minutes you will feel the shift. You will know that the healing is happening, as when you say your words, thoughts and or affirmations you will start to feel good about them. You won't think you are lying or forcing yourself too.

You will know that they are true. Words are so very powerful, and it is fun to discover so much good about yourself. You are developing not only that love connection, but self confidence you can take out into the world. You are also learning to love and accept yourself and this will show in your energy, in your life. You will find happiness, safety, and peace with self.

I am hoping that by half way through the month you are voicing your thoughts and affirmations out loud. This will make the magic happen even faster. You just watch. Now the secret is to watch that mirror. You might be saying those powerful words but see a little bit of tension or emotion come through in your body or face. Please work with me here. This is you saying that you need to address whatever the subject was that you spoke about. Emotions are our friends and in spiritual work you need to be attached to emotions and have a good understanding on what and how your body will work with you.

This is when you have to sit down and ask yourself "Why" did I have a reaction to that, what is it that upsets me. This is called loving yourself and healing. Your inner child might just pop through your mirror to assist. So please I know it is hard to start, but do not give up. It can be as little as 2 to 5 minutes each day, but I am sure that you will start to do this as a regular part of your day and you will become aware that your body and your emotions are your best friend. Helping you to see with way you react and then ask the healing questions to move forward.

You will start to become less surprised to actually see yourself. You will not be as critical, and you will start to fall in love and express that to yourself. You will even be able to say, "I love you" and mean it. You will start to see your reflection as a part of your world. Your friend. So keep up with the "Hello Good looking", "Today is a great day" and "You nailed it" remarks throughout the day. The more you use your mirror to help you heal and fall in love with self the more you will love life.

Love Kathy



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