DISCOVERING YOUR SACRED LOVERS WITHIN

Week 2: Mastering Self-Love

Study Guide

What do we mean when we talk about self-love?
What are some examples of self-love?

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What happens when we're not loving toward ourselves?

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How do we learn *not* to be loving toward ourselves?
Where do obstacles to self-love come from?

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How does the love of a healthy mother affect the development of the child?

How does the love of a healthy father affect the development of the child?

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What are some of the ways that the unhealthy (shadow) mother affects a person's self-love and personal development?

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Exercise: "Being A Loving Mother"

The Loving Mother

- She feeds her child good, healthy food.
- She takes care of the child's hygiene.
- She makes sure that the child sleeps enough.
- She creates a home environment for the child that is nurturing, aesthetically pleasing, warm, clean, and stable.
- She provides fun and stimulation for the child while creating safety.
- She listens and pays attention to child.
- She mirrors and responds to the child.
- She tries to understand the child's temperament, moods, and emotional needs.
- She provides knowledge and wisdom to educate and cultivate the best qualities of the child.
- She redirects the destructive and dangerous qualities of the child into positive behavior.

Are You Being A Loving Mother To Yourself?

- Do you feed yourself good, healthy food?
- Do you take care of your body, appearance, and hygiene?
- Do you make sure to get enough sleep?
- Do you create a clean, nurturing, aesthetically pleasing home environment?
- Do you provide yourself with fun, stimulating experiences that are also safe?
- Are you aware of your own needs, desires, and the guidance of your soul?
- Do you pay attention to your own emotions and explore where they're coming from?
- Do you strive to identify and nurture your own innate talents?
- Are you aware of your own destructive patterns and working to transform them?

Behaviors of the loving mother that I do for myself	Behaviors of the loving mother that I *don't* do for myself

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Notes about your experience of the practice of "Being Your Own Loving Mother"

What are some of the ways that the unhealthy (shadow) father affects person's self-love and personal development?

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Exercise: "Being A Loving Father"

The Loving Father

- He validates the child's success, not by inflating the child but instead by giving him/her a sense of his/her own talent, strengths, and abilities.
- He teaches the child to protect him/herself from the shadow of the world without violence or vendetta.
- He teaches to trace healthy boundaries, to say no when needed, and to discriminate right from wrong.
- He teaches skills that the child needs in order to express his/her true nature. He mentors the child in areas of weakness to be successful in what he/she wants to do.
- He teaches to restrain impulsive reactions without suppressing the emotions.
- He models discipline, persistence, and tenacity in the pursuit of goals.
- He introduces the child to new horizons, and helps and mentors him/her to take risks while being cautious without succumbing to fear.
- He teaches structure: Doing daily things, chores, etc. each day consistently.
- He models respect and love for the Mother and for the values of the feminine.

Are You Being A Loving Father To Yourself?

- Do you take pride in your accomplishments and honor yourself without self-inflation?
- Do you protect yourself from the shadow of others without seeking revenge?
- Do you set boundaries and say no when it's appropriate to do so?
- Do you hone your skills and address your weak spots so you can be successful?
- Do you restrain knee-jerk reactions without suppressing your emotions?
- Do you exercise discipline, persistence, and tenacity in the pursuit of your goals?
- Do you take calculated risks without succumbing to fear?
- Do you maintain consistent structure?
- Do you practice respect and love for the Mother and the values of the feminine?

Behaviors of the loving father that I do for myself	Behaviors of the loving father that I *don't* do for myself

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Behaviors of the loving father that I do for myself (continued)	Behaviors of the loving father that I *don't* do for myself (continued)

Notes about your experience of the practice of "Being Your Own Loving Father"

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By the definition given tonight, what is your body?

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What are the three ways to love your body?

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2. _____
3. _____

What are the characteristics of self-care and self-nurturance, and what are some of the differences between self-care vs self-nurturance?

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Exercise: Feeling the Sensations of the Body

Write the sensations you felt in your body

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Write the message that you received from your body. What does it need?

Write down your acts of self-care, self-nurturance, and self-awareness for this week:

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