



Say Hello to Your Angel Self

Working on connecting with your Angel Self should be done daily, nourish yourself, with organic healthy foods, drink plenty of water, exercise, relaxation times, proper sleep routine, social time with the ones you love, if you are lucky enough to be in a relationship have some romance time, have some upbeat, happy time too. Self-care is key to activate self-love so try adding some of these activities into your daily life:

My coach and friend Abigail Rebecca gave me this new word, Beditation.

BEDITATION:

It is a great way to start the day. Keeping your eyes closed either sit up cross legged or sit on the edge of your bed, connect in with your body and scan it to see how it feels after your great night sleep (if this was not the case, tell your mind it was). Take note of any areas that have stress and send your Bright Divine Light to those areas. Connect to your breath, focus between your brows, take a full breath in, then allow it to exhale. Simply following your breath for the next two full breaths, the aim is to slow down the breath. On your next inhale, say quietly to yourself, "Here" and on the exhale, say "Now". Repeat for 4- 5 minutes staying focused, my mind is calm, my body is calm, my energy is calm. Any time you get distracted simply come back to the breath.

BREATH FOR INNER PEACE & A WIN WIN Day!!

Keeping your eyes closed, on the in breath say to your mind "I intend Inner Peace". Hold the breath. Exhale. Hold the breath. Do this three times. On the next inhale, I intend a Win Win Day and repeat as above.





AFFIRM TO YOURSELF HOW AMAZING YOU ARE:

This exercise may be difficult at first. Stick with it. If you are not able to look at yourself in a mirror and tell yourself “I Love You” how can you possibly expect yourself to talk with your clients, talk on stage or anything else you dream of doing.

Louise Hay is the Queen of Mirror Work. You can find some of her videos on YouTube. I love doing this work and every morning I look myself in the eyes and tell myself “Wow, looking good this morning, Lorraine. Using my intuition, I tell separate parts of me “I love you Womb”. Repeat 3 times looking at yourself in the eyes. Any parts of your body that you are unable to see, look into your eyes and FEEL the love you have for that part of you. “I love you nose”. Repeat 3 times looking at your nose. Start with a part of you that you like and work to the other areas that you have judged in the past. End with a deep inhale and allow your Angel self to shine.

This is the build up to the point de resistance, getting fully naked in front of a full size mirror, rub some oil over your body, repeating to yourself, “I am beautiful, perfect and love what I see in me”. Keeping your focus on your reflection. Do this for 1-10 minutes. Build it up over time. At the end take a deep breath and allow your Angel Self to shine and sparkle.

WRITE A LOVE LETTER TO YOURSELF

What are all the things you love about yourself? What compliments have been given to you by others and you do not quite believe them? What are the achievements you are proud of? What do you pledge to change from this moment on to enhance the love for you?

Get a Valentine’s Card for yourself, make one yourself or buy a card with a Love Phrase that you want to say to yourself. Or get some lovely note paper to write on. The handwritten word is more





empowering than writing with a keyboard. It makes it more personal and it allows you to do free flowing writing without going back to look and having the urge to correct spelling etc.

What are the compliments you would love to see in writing. I am enough. I am beautiful and courageous. I matter. I love money and money loves me. Put it in an envelope and address it to yourself. Decorate it. Place it on your alter or in your sacred drawer.

Whenever you are drawn to read it, create a Revealing Ceremony. Light a candle. Wrap up in your favourite blanket, take your time opening your letter. Hold it to your heart and get excited about reading the words. This would be a wonderful ceremony if you were to add it along with the Moon Cycles. It is really powerful.

Initially you may find this difficult. Acknowledge any negative feelings or resistance. Ask yourself Why am I feeling this? Where in my body am I feeling this? Journal your answers, get it all down on paper. Be gentle, firm, and truthful with yourself. Eventually you will be in a place where you can write your love letter.

