

40 Days of Self-Love

“Self Love, is the **FOUNDATION** of All Evolution.”

WEEK ONE

THE FOUNDATION; BRINGING THE
FOUR BODIES INTO ALIGNMENT

Spiritual Body Ritual

Preparation: Decide on a place in your home or just outside where you are comfortable and will not get interrupted. Make sure you have this week's meditation downloaded on your phone.

Total Time: 11 - 20 minutes

Action: Upon waking, sit comfortably in your meditation area and listen to the meditation created for this week with eyes closed. *Follow your meditation with your Daily Pages.

Key: COMMITMENT, CONSISTENCY, CURIOSITY

*“You yourself,
as much as anybody
in the entire universe,
deserve your love
and affection”
Buddha*

Mental Body Ritual

Preparation: Have a notebook that lays flat and a pencil or pen that writes on any angle, keep right next to the bed.

Total Time: 11- 20 minutes max

Action: Free write whatever comes to mind, don't stop writing to think, think as you write, write exactly what you think. No judging, editing or audience.

Key: WRITE AS IF YOU'RE GONNNA BURN IT.

Emotional Body Ritual:

Preparation: Have a journal available at all times (for this you can use your computer or phone to write/record your daily entry.) While the ritual is a expression of emotion, it is recommended you write down your experience whenever possible.

Total time: 11 minutes

Action: Focus on moments you feel appreciation for in your day. Express gratitude to the experience and how it affects you. Give gratitude to yourself for receiving the moment. Do not repeat expressions of gratitude unless you have a new perspective. Affirm 3 experiences of gratitude a day.

Key: PAY ATTENTION DURING YOUR DAY TO RECEIVE MOMENTS YOU FEEL GRATEFUL FOR.

Physical Body Ritual:

Preparation: Have a list of activities on your bathroom mirror or fridge as a reminder to move your body every day, have play-lists ready on your phone to accompany your movement.

Total time: 15-60 minutes (you know how long you are currently exercising, so you know how much to add).

Action: Any type of movement that brings you joy; yoga, walking/hiking, dancing, weight bearing, swimming just to name a few. If you haven't been active for a while please check with your doctor before starting anything new and go slow and steady.

Key: MAKE IT FUN OR YOU WON'T GET IT DONE.

Week One Checklist:

Spiritual Body: Use the audio download of this weeks meditation to sit still and connect with Source.

Mental Body: Write your Daily Pages every day after meditation.

Emotional Body: Say your gratitude prayer every day, embrace the feeling.

Physical Body: Move your body, refreshing cells every single day!

I suggest you keep track of the Foundation you build for yourself. Reach out to your partner and listen to their accomplishments and give gratitude for them. This is only 40 Days. The minimum time you could put in is only 44 minutes. You are creating a new habit, so be patient.



Four Bodies Inventory

The Physical Body

- My physical body's best feature is:
- My physical body's biggest challenge is:
- My physical body feels pain when:
- My physical body feels pleasure when:
- I am grateful for my physical body because:

The Mental Body:

- I think positive thoughts when:
- I think negative thoughts when:
- I feel creative when:
- I feel bored when:
- I am grateful for my mind because:

The Emotional Body:

- My heart is full of love when:
- My heart breaks when:
- I laugh when:
- I cry when:
- I am grateful for my heart because:

The Spiritual Body

- I feel connected to God when:
- I feel alone when:
- I express my Divinity by:
- I am of Service when:
- I am grateful for my Soul because: