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Ignite Your Intuition, Sexuality, and Gifts with the Power of Self-Love

How to Fall Madly in Love with Yourself and Your Life in One Easy Step...



The Greatest Gift

There is one gift I have had my whole life that stands out from all the rest. It isn't that I was highly psychic as a child or that I can remember my past lives. It isn't my writing or the way I use my voice for healing or teaching. It is that I have always loved myself.

Don't get me wrong. That doesn't mean I didn't have those same moments in front of the mirror in middle school or other similar experiences, it just means that they never lasted very long or struck very deeply inside of me. For in knowing all that I did as a child, the thing that stood out to me most was the holiness I felt in all things, and because I was the most intimate form of this sacredness to myself, I naturally loved myself very deeply. I even wrote messages with little drawings as soon as I could write that said, "I love my Self."

Why Self-Love?

I want to share this power and magic of self-love with you today, because it has made my life a continuous stream of beauty, miracles and true soul joy. It has informed my path and my purpose, and made mine a life of deeply experienced pleasure which has guided me even through the darkest and most difficult times with profound grace and strength. For it is self-love that was the foundation for all of the intuitive trainings of the ancient Oracles as I remember them from ancient times. If you are not able to already, self-love

will give you wings and let you fly free. It will allow you to know yourself truly, and to live in alignment with that knowing. It will give you access to your greatest soul gifts, including those of the full intuitive spectrum you are capable of experiencing. It will allow your sexuality to flourish in a way you might never have dreamed of. It will light the flame in your heart and make it grow into a wildfire of passion and beauty. You will truly fall madly in love with yourself, and your life...

For self-love isn't just love of self. It is pure love, and becoming that pure love that you already truly are. For love is our essence, our nature, the very truth of our being. When you practice self-love you become the vessel for pure love that you were meant to be, and your life reflects it. You find yourself surrounded by it, and you radiate that love wherever you go. When cultivated consistently, self-love is the state known as enlightenment.

How to Become Self-Love

While some people might think that self-love is some finish line you reach when you are never hard on yourself or self-critical and have banished every single, last negative thought from your mind, I have some good news for you...

Self-love is about radical self-acceptance. It is about the embracing of all that you are, as you are, right now. It is about honoring all of your feelings and allowing them, for they are precious and everything about you is precious, just as it is. Now here comes the one easy step to all of this...

Keep in mind, it is going to sound a bit *too* simple at first, but of course some of the best things do...

Self-Loving Action and Self-Love Time

Rather than having to take apart every thought in your head and try to make it into something different, I teach a much easier and more effective method for radical change. Ready?...Here it is:

Just take some time for yourself, every day, to do things that feel good, comforting or fun...pleasurable.

Here are some helpful guidelines:

- This requires you to find out what you like doing and what feels good in the first place, and that alone is a huge and magnificent gift. It may have been years since you really took the time to discover this.
- Once you start finding out what feels good, trust me, it gets addictive in a very positive way.
- You want this to be time that is just for you. Even if you choose to share it with someone or others, make sure you do it because that is what feels good to you.
- Make sure you don't fall into the hole of doing something that you "should do" that you hope suffices for something you *want* to do, or something you used to like to do but perhaps don't anymore.
- This is why it is especially good to *notice how the activity feels as you are doing it*. Check and make sure it feels good in your heart and body. If it doesn't, change gears and try something else.
- It doesn't matter if you take five minutes or five hours, but trying to make an hour a day for self-love time is a great way to start out if that feels right for you.
- There is no *right* activity here! For you, on any given day, it might mean anything from going to a party to curling up on the sofa with a good book. It might mean writing, painting, or being creative in some way, or watching a funny movie, shopping, or painting your toenails! (Guys? Maybe? :) It might mean being outside in nature, taking a nap, or just staring out the window. There is no good or bad, better or worse, wrong or right here...except *what feels right to you*. Because if you can find out what feels right to you once a day, you can start to rediscover what feels right to you in any situation, and to really be instructed by that in your life.
- On a good day it may be easy to come up with something that feels good or fun, but on the really hard days that might feel forced and not even self-loving to try to do. Those are the days you look for something comforting instead (remember...self-loving activity is something that feels good, *comforting*, or fun...pleasurable.)

- On those days you might not be able to think of something that would make you skip with joy, but a hot bath might be just the thing to take the edge off of the physical or emotional pain you could be feeling. Perhaps a hot cup of tea or sharing with a friend would soften things even the littlest bit, and maybe much more. After all, even crying on the floor is better with a pillow. :) Self-love is the pillow...and then it is the new life that follows.
- It may help and feel good (...remember that is the important thing here! Whether or not something feels good. That is your only guide. :) to make a list of things that feel self-loving and pleasurable that you can add to and keep somewhere you see it often.
- When something is truly self-loving and feels good at the deepest level, you will know. The things that are actually negative for you and just provide a numbing effect or passing pleasure that later causes pain for you will reveal themselves...they won't feel completely or deeply good.
- Once you start paying attention to what feels good you may find that many things you do now do in your day already feel self-loving, and that as you become more aware of it you begin enjoying them more and receiving the benefits more deeply!
- Self-love only gets richer and richer. Mine gets richer every day. So the more you do this, the more you are making the best energetic investment you possibly could, and the more it will give to you. You gotta get in there over and over again and find out what moves you and lights you up, and then follow that spark like a north star, always...

How it Works...

While this may seem too simple...(You mean I can camp out on my couch eating popcorn and watching funny movies and become an embodiment of love?)...let me show you why this is indeed the most powerful change you could make in your life...

- When you start to find out what feels good to you, your entire inner guidance system begins to reignite. You start to notice what feels good or doesn't on a regular basis as you move through life, and this begins to guide and instruct you from a deeper level of knowing and feeling.

- The ancient Oracles based their intuitive abilities as mediums and visionaries on self-love, because when you love yourself and care for yourself you come from a nourished place of self-knowing that opens you up to the deepest wisdom of your soul.
- As you take self-love time you begin to fill your own cup, and soon it is overflowing and you have so much more to give. Your life force returns as does your connection to your body, which always knows what feels good and doesn't and contains all the knowledge of the universe.
- Space opens up. Even if you only get your foot in the door by starting out with just stealing away a few minutes at a time, eventually the magnetism of that self-love space grows, and things change in your life that allow more time and space to open up for you and your self-love.
- You begin to find your own rhythm again, the one covered up by years and years of imposed outside rhythms that you thought you needed to match. Finding your own rhythm puts you back in touch with the pulse of your own being and increases your health, creativity, and juicy, yummy exuberance.
- Everything in your life begins to reflect that love and pleasure you have made room for. You magnetize the situations, relationships and opportunities that are in alignment with that joy and your true self.
- Your creativity begins to soar. You find inspiration popping up all around you all the time, and you feel confident about sharing both your long-held and newly discovered gifts.
- You start to feel beautiful, inside and out, and love your body and the way you look.
- Your abundance begins to match that delicious freedom and bounty you feel during your self-love time.
- You resensitize to pleasure in general and this, along with greater self-knowing, confidence, and excitement opens you up to enjoy your sexuality in extraordinary new ways.

Eventually self-love time will become so integrated into your life that it feels like your whole life is self-love time! And then even through the more difficult passages in life that punctuate it from time to time, you will feel more buoyed. I always say that having self-love in those times is like having a candle in an otherwise dark room, or a lighthouse in

the distance during a boat ride in a wild storm. It gives you hope, and a center to return to. Even then, self-love time creates a reservoir of energy that is available to you any time, and making space for pleasure in your life brings about immense healing and restores limitless joy.

The Only Hard Part...(And how to make it Easy...)

So I said that I was going to share with you how to fall madly in love with yourself and your life in one easy step, and just to recap, that easy step is: **to take self-love time by doing things that feel good, comforting or fun (pleasureful) every day.**

After all, doing things that feel good is *easy* because it feels fabulous! You feel connected to the entire cosmos, your own heart and the heart of the universe. Everything flows and you feel centered and on your right path. You feel creatively alive, healthy, energized and in touch with your intuition and gifts. You feel sexy, and juicy, and lit from within.

Just taking the time to feel good. Ahhhhh...so easy. Now for the only hard part...**getting yourself to do it...**

You see, we haven't been trained to prioritize ourselves or take time to do things that feel good. In fact, we've been trained to do the opposite...to focus on what needs to get done rather than what feels right to us and to please others before ever considering ourselves. What nobody says, or knows, is that when we care for ourselves and fall in love with ourselves, we still survive and much more, in fact we really do thrive. And we have so much more to give to others, not because we are taking it from our precious reserves but because it is rolling off of us in waves while we experience our joy, and embrace all the other emotions we experience as a whole, real being. The being of love that we really are. And not just love as we expect love to look...all polished and perfected. The purest love takes many, many forms and encompasses many, many experiences.

The best way to make this easier is to create a habit, and to do so by having a supportive structure and helpful reminders to keep bringing you back to your pleasure and opening to it against all the odds of past training and a world that still does not promote such activity or this way of being as important. Here are some ideas for how to do this:

- You can schedule self-love time into your datebook at first, until it is natural. Perhaps make it every day at roughly a certain time (like after breakfast, at lunchtime or before bed.)
- You can *not* schedule it. If scheduling makes you feel cramped and strange and not good, then consider just having it in mind that you will take at least a little time each day at some point to do what feels good.
- If you are a parent, or have three jobs (or one crazy one), or are just super busy then start with the “taking five minutes whenever I can each day to enjoy something fully just for me” approach.
- Keep a notebook or journal by your bed and at the end of each day write down what you did that day that was pleasurable or felt good. Make it your “Pleasure Book.” This can be a really highly effective way of keeping self-love present in your life!
- Have a buddy to do this with and connect to chat about it regularly.
- Check out the resources on my website, or take one of my courses by phone and find out how to take all of this to an entirely different level and connect with a community of like-minded spirits who are incorporating self-love into their lives. See upcoming courses here: www.jenniferposada.com/courses

A Final Love Note...

This small document doesn't even begin to say all that I would like to tell you about self-love. It is the tiniest glimmer in a universe full of stars, and suns, and moon and planets full of life and love. But it is a beginning...a glimmer can mean everything.

If you have caught hold of this glimmer, keep it near and never let it go...and it will fill your life with the most glorious, radiant light that is your own...You will shine long, brightly and beautifully...stronger and more luminous than any night.

The most important thing, whether you ever take action on any of what I shared just now or not, is that you find whatever ways you can to be gentle with yourself. To be soft on yourself, rather than hard. After all, self-love, along with being about radical self-

acceptance and being gentle with yourself, is all about what feels good, so there is no wrong way to proceed. There is only, ever, what feels right to you.

With all my heart, and all my Love,

♡ Jennifer

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