

# SELF-LOVE RETREAT

## you Deserve to be LOVED

This is a sacred, holy retreat JUST FOR YOU. Plan ahead of time, giving yourself a good 4 hours of UNINTERRUPTED TIME as a love offering to yourself. YOU ARE SO WORTH IT! Plan it into your day-timer if you need to. This is holy time you're setting aside for yourself, so bravely carve out the time, even if it means saying No to others and setting aside responsibilities for an evening. YES, YOU ARE WORTH IT...

### What You Will Need:

- Cozy pyjamas, slippers +/- or a warm housecoat. Choose whatever you feel the most comfortable in
- 1 Rose
- 1 cup of sea salt or epsom salts
- Journal/pen
- 1 candle
- Your favourite music
- Ingredients to make your favourite plate of food
- A hand-held mirror

Start off your Self-Love Retreat by creating a sacred place for this love you're offering yourself. Dress in your most comfortable pyjamas or housecoat. Maybe set out a favourite table cloth or plant you love. Pour yourself a warming cup of tea. Take a few moments to just. Stop. And thank yourself. Thank yourself for going on this self-love retreat. Think of ways in the past when you've neglected your sacred healing time and all that it's cost you to ignore you and your heart, mind, body's needs.

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### Sacred Body Nourishment

Begin this quest by honouring your body temple - the vehicle that's been carrying you around all these years. Take time now to prepare yourself some loving food that you KNOW really feeds and nourishes your body. Send love into each ingredient, thanking it for its nourishment, sending out a wave of gratitude to all those who made it possible for you to have this one ingredient in your hands right now. Imagine each face, each person having a story of their own, struggles and joys they face, and send them love for the time it took to get this food to you. Do this for each ingredient as you prepare food for yourself to enjoy.

Once the food is ready, place it in a beautiful bowl or dish and sit down at the table set for you.

Take time to smell the food and savour its aroma first. How does the smell make you feel? Can you notice where aroma meets sensation within you?

Savour the colours and textures of the food with your eyes next. Notice the beauty of each colour and how your body responds to merely the sight of this food before you. Notice if your salivary glands are activated in anticipation of this deliciousness before you.

Stop. Pay attention. With each bite, make it a love offering from You to You. Receive each bite with all the love that went into it.

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### Sacred Body Care

For this next part of your DIY Self-Love Retreat, you will need either a bathtub (this is preferable if you have one) or a bowl and a shower. Fill the tub (or bowl) with hot water (just right for your body) and pour the cup of sea salt or epsom salt into the water. Allow the salts to dissolve fully. Light a candle nearby so you can see the flame from wherever you are sitting. Play some of your favourite, relaxing music.

### Sacred Bath Ritual

If you have a bathtub, gently, lovingly undress and slip into the tub. Notice as you enter the bath how the water feels against your skin. Allow your skin to adapt slowly to the warmth, as you shower your body with loving reflections and observations. Spend some time admiring each part of your heavenly body. Your feet...Oh the feet. How they're toiled and laboured for you each day since your first steps! How many steps have they made? Give thanks to each of your feet in this moment for the millions of steps they've taken for you. Spend some time massaging each one, loving all the curves and nuances that make them special and all yours.

Proceed up your body from the feet to your head, loving and admiring and thanking each and every part of what makes up your earthly body.

Meditate on the candle you've lit. Staring into its flame, allow your mind to drift into the calm abyss of nothingness. Allow your heart to open to the infinite possibilities that are available to you as a conscious, loving being.

Spend as much time as you wish here.

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### Sacred Body Care

This ritual can easily be done in the shower as well. Bring your bowl of salt water with you as you enter into your shower. In similar fashion to the bath ritual, spend a few moments with each part of your body, pouring some salt water onto it, and massaging it in, while admiring and showering your body with loving-kindness. Express all that you admire and adore about each part of your body. Give thanks for all it has allowed you to do. Give your body the gift of care and self-love and time as you lovingly nurture it to vibrant health.

### Sacred, Holy Love

By now you must be feeling somewhat relaxed and at peace? You've spent time tending to your body's nutrition needs, and given it the loving care it deserves by engaging in a water ritual. Now it's time to tend to the heart. This precious part of the self that is rarely singled out as an object deserving of our love...and it should be! Did you know that your heart began beating when you were 2 weeks in utero? It is the first organ to develop when life in human form begins, and the last organ to shut down when it's time to sail away on your next adventure. It's surely deserving of some rest and nurturing time!!

For this next piece you'll need some soft, gentle music, your candle a flower, your journal and a pen. Have a seat comfortably in your sacred space, with everything set out before you.

Take a few really deep breaths, all the way down into your belly. Allow your belly and lungs to fill completely as you give yourself this gift of breath. Know that you are supported and loved.

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Go ahead and play your relaxing music and light your candle if it went out.

Spend a few moments gazing into the beauty of the flower. Notice its petals, its colours, its textures. Allow yourself to get lost in its beauty.

Spend as much time as you wish here, contemplating the many faces of beauty or simply sitting in silence and allowing your mind to drift into love's abyss.

When you return from your journey of beauty with the flower, feel free to journal about anything thus far that has moved you during your self-love retreat.

Here are a few questions for you to ponder as you take this precious time to be with yourself:

- 1) What is your love language - how do you like others to express their love for you? (verbally, with touch, meaningful gifts, with their time, etc)
- 2) When was the last time you expressed love for yourself in your favourite language of love? (now would be a great time to do that!)
- 3) Is there anything you've done or said in the past that you have not forgiven yourself for? Go ahead and write down whatever comes to mind that still is in need of forgiveness. Then if you choose, you can write the following statement:

"I lovingly and whole-heartedly forgive myself for \_\_\_\_\_ (list here). I know and accept that I did the best I could with my awareness at the time. I bless myself and my ability to move forward from this experience as the whole, complete, aware, amazing woman I am today. And so it is."

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Go ahead and say it out loud as many times as needed so that you have a felt sense of forgiveness in your heart for the past.

Spend a few minutes (or longer if you wish) here, basking, allowing, forgiving, loving all of you. Picking up the hand-held mirror, the invitation here is to speak your words of forgiveness to yourself in the mirror.

### Sacred Love Letter

The final invitation on this sacred journey of Self-Love is to write yourself a love letter. Write down all that you love about yourself, all that you admire, all you aspire to, all you're capable of. No holding back here. This is your moment to scribe down on paper your greatness.

You may choose to bring this Self-Love retreat to a close in your own magical way, finding new and intimate rituals just for you.

May this time you've given yourself be the beginning of a lifetime of nurturing you. You are so worthy of this kind of love...

Blessed be.

