

Self-love isn't selfish, its sovereignty. It isn't a secret to happiness and it doesn't require you to obey a law in order to obtain it. Self-love can be seen as a necessary alchemical ongoing process for your self-illumination within life itself. Think of yourself as a plant and the water is self-love. There are many metaphors that come from that analogy. But, keep it simple- to continue this existence, you need water. On one hand, you are unaware of the many self-love daily doses. Example, your body is always working with homeostasis. That means, you are wired for the body to balance, heal, protect, and live in harmony. And on the other hand, you are more aware of the thoughts, memories, stories, actions, circumstances, habits, afflictions, addictions, responsibilities, instant gratifications, rewards, beliefs, knowledge, and awareness attributed to self-love. So, how do you become a master of it? I'll give you another analogy...it's like riding a bike. You learn it, you practice it, and you never forget, even if you get rusty or out of shape. And...remember your body is already always doing it. Below is a list. You can print this out or make your own. I made this as a tool for you. And when you work with me, this is a print-out our session. May you continue to be and know self-love...DiTina Jade *Mind and Matter DJ*

I see beauty in the mirror...I feel my beauty without a mirror.

I see my beauty without reflection of others or from others.

I can answer: "What am I? Who am I?"

I blink and feel my eyes and eyelids...I inhale and feel the oxygen pressing my nose...I know my tongue- how it lays and when it presses the roof of my mouth.

I look at the bottom of my favorite shoes- and notice how they are worn.

Know and live that self-love is my birthright.

I take certain actions: massage, body-work, got that mole checked on my back, chiropractic care, exercise, breath work, yoga, tai chi, martial arts, read, take a class, meditate, go to or create a ceremony.

I laugh at myself. I smile with myself. I can tell myself to lighten up.

I can ask for help and I know I can help myself.

I don't shame/blame/guilt myself for having shame/blame/guilt/anger/fear/doubt/feelings. I know that having feelings doesn't make me a victim, weak, or in control. I have gained emotional intelligence.

I tame my ego- I don't kill it or ignore it.

I recognize patterns of my life through a time-line and bigger picture lens. I reflect on life and have clarity of what I have learned, unlearned, relearned.

I am mindful and purposeful and caring of what I feed my body and my mind. As well as how it's processed and expelled.

I know sometimes the things I can't see, like pheromones, are around me, and am aware of myself enough to witness.

I take time to process, be still, be quiet, solidify, and integrate.

I cleanse my body, energy field, and home regularly.

I can be with nature- no matter where I live.

I've re-discovered my body's pleasure zones as an act of play and curiosity with the wisdom of a sage. Now I can share with others. Dance. Interact. Communicate. Give. Receive. I can unite with others without my past or poison haunting me.

External validation and stimulation does not implant in me anymore or I no longer feed off it. Including watching something to fall asleep or zone-out or release. I choose what I participate in, let in, or let out. I am my own body and being. And I learned I don't have to force everything to go through love. That's how I learned self-forgiveness as well- no force or obligation required.

I do daily work to maintain my free-will within the domination and control game.