

Path to Self Acceptance

A SELF KNOWLEDGE TECHNIQUE

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What is the Path of Self Acceptance?

The Path to Self Acceptance often feels like a long and arduous one. Humans tend to make things much harder than they really need to be. In the inner energetic world, you are always in complete control of your progress and process. Your Path to Self Acceptance can be as circuitous or as straightforward as you make it. This technique is simple, powerful and designed to support you on your path to self acceptance.

Path to Self Acceptance



1. Begin Now



2. Ask Yourself...



3. Ask "Why?"



4. Chat with Your Answers



5. Begin Again!

1. Begin Now

You can procrastinate as long as you wish or you can start right now. The only tools this technique requires is a pencil and paper and some dedicated quiet time. That's it.

However, you can hunt for the perfect journal, the perfect setting or the perfect time. It is completely up to you.

Just know, you can begin when you feel you are ready.

2. Ask Yourself...

With your paper and pencil (or preferred writing tools), ask yourself:

What is my favorite food?

Write it down.

3. Ask "Why?"

Now ask yourself "Why?" Why do I like this food, why is it my favorite? What memories or stories does this favorite food of mine bring?

Write it down. Write it all down, the memory or stories this answer brings up for you. Include any details, the smell, the colors, the texture, the environment of the memory/story.

4.Chat with Your Answers

Now that you have a little more information about your favorite food, it is time to have a conversation with the memory or story in a quiet and meditative moment.

1. Create a calm space where you can be quiet. Turn the phone off, light a candle if you wish.
2. Move your body into a comfortable position. Begin breathing in a calm and rhythmic manner. Allow your eyes to close and relax, allow your body to follow.
3. Ask the memory of your favorite food to come and talk. This is as easy as thinking "The memory of my favorite food come be here, make your messages crystal clear."
4. Scan your body for any subtle or obvious shifts. Do you feel warm or cooler, or do you sense a presence? If you notice no change, trust your memory is with you and continue on.
5. Treat this conversation as if you are meeting someone for the first time. Introduce yourself, explain why you invited them. Example: "Hello, it's nice to meet you. I'm looking forward to learning more about you and me."

4.Chat with Your Answers

Cont.

6. Ask them questions. Examples: "What was it about this moment in time that was so pivotal for me?"
 - a. If you are having a little difficulty getting into the memory/story, ask it to move back in time a few moments to set the scene.
7. Listen to the answers.
 - a. If nothing comes, breathe deep and relax further. Be patient, the answers are there, you may just need to relax further and wait.
8. Stay here for as long as you wish. Continue interviewing your memory/story. Asking and listening.
9. When you are ready, thank your memory. With great gratitude for its guidance and enlightenment ask if it wants anything in return, a treat of some kind, tucked into bed or some other form of nurturing.
10. Once your memory/story is content, quiet and feeling loved and accepted, begin to return to the room. Wiggle your fingers and toes, shrug your shoulders and stretch your arms. Slowly, gradually and completely return to your time and space.
11. Write down your experience or any details you wish.

Hooray! Good job! You did it. You discovered a new part of you. Take a moment to celebrate yourself and effort. Looking into yourself can be daunting and a little scary. But you did it.

Congratulations!

5. Begin Again!

That's it, that's the technique.

However, with all things more processing can always be done. I often feel that if we are still breathing, we still have work and processing to do. Therefore, repeat this technique over and over as you wish. Repeat with simple questions, gradually work up to harder questions.

Remember to ask yourself questions about your dislikes as well, these can be very revealing. You can dig even deeper by asking yourself about your beliefs and feelings.

Each question and meditative answer will bring you closer to your self-knowledge and thus acceptance of yourself.

5. Begin Again!

Cont.

Here's a list of ideas for you to work with and ponder:

- What is my favorite book?
- What is my favorite movie?
- What kind of music do I like?
- What is my favorite thing to do?
- What is my favorite place?
- What is my least favorite food? Book? Movie? Music?
Etc.
- What scares me the most?
- What comforts me the most?
- What do I believe about God?
- What do I believe about humans?
- What do I believe about myself?
- What do I feel about food/ having fun/ sleep?
- What do I feel about my job?
- What do I feel about my parents/family?
- What do I feel about my childhood?



Thank You!

Thank you so much for your time and attention and for giving yourself time and attention.

If you would like to continue the process of self acceptance, please consider a complimentary 15-minute call with me.

It's easy to schedule a time on my website:
[SacredScienceNergy.com](https://sacredsciencenergy.com)



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