

7 SIMPLE SOLUTIONS TO MOVE FROM SUFFERING TO SELF-LOVE

WELCOME

As you give yourself the time and space to explore these simple self-care solutions, you will have an opportunity to learn what self-love really is. “Love-in-Action” is what I call: space and curiosity. “Space” is allowing you to look at what’s already here with permission to “be” exactly who you are in the moment. “Curiosity” is the process of exploring “who you are” and “what you love.” Space and curiosity will help you discover that Love is not as hard to grasp as we initially thought. You will learn how to give it freely to yourself...then, to give it to others. With these techniques it will become easier than you may have imagined to give space and curiosity to yourself & to experience self-love deeply.

If you are interested in learning about techniques by participating in a deep-dive class into each of these solutions, send an email to HeartHolisticHealer@gmail.com or sign up for an appointment at HeartHolisticHealer.com. I am thrilled to hear about your experiences and would love to get to know you personally.



Katherine Ebacher
Heart Holistic Healer

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1

PAUSING

If negative thoughts or emotions are swirling through your head, take a moment to “pause” and simply look around at your environment and see what else is real and true. For instance, even if you are on your way to work and you hit a red light, instead of screaming in your head, “I’m going to be so late!” Pause and look at the trees, the billboards, the lights on the road. Pausing will get you out of your head and into reality.

2

BRAIN BALANCING

Learn this daily self-care ritual of balancing your brain from the video on the [BodyTalkCincinnati/Try-It](#) page.

The benefits are to:

- ✓ Relax, focus and increase your overall well being
- ✓ Improve stress management
- ✓ Rewire the nervous system for rest, rejuvenation and healing
- ✓ Allow the mind to focus your attention on the tasks at hand



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3

DAILY RITUALS IN YOUR LOVE LANGUAGE

Introduce daily rituals for self-love based on one of the love languages described in the book: *The 5 Love Languages: The Secret to Love that Lasts* by Gary Chapman.

- **Acts of Service** – Brainstorm a list with simple doable activities you would find fulfilling if they were done. Give yourself the gift of your finishing 1 thing off your list with fun and joy. Even doing the dishes can be fun if done mindfully using all 5 senses: see the bubbles, feel the warm water, smell the soap, hear the water and remember the taste of dinner you are washing off the plates. 
- **Words of Affirmation** – Write out or cut out of colorful magazines, positive or complementary words, like, “You are beautiful,” “You are spectacular,” and “You are wonderful.” Place them on your mirror in the bathroom and/or on the refrigerator in the kitchen. Look at and contemplate them often.
- **Physical Touch** – Grab your favorite essential oil and take the opportunity to rub it on your feet daily. Not only will your hands and feet smell wonderful, but you will also have received a loving massage that will help you to step forward into your day. If you want a new scent, click here: [BodyTalkCincinnati/DoTERRA](https://www.bodytalkcincinnati.com/DoTERRA).
- **Quality Time** – Give yourself the opportunity share “a moment” with at least 1 person per day offering him/her a smile with a gaze of kindness. And/or spend an hour with one of your children.
- **Receiving Gifts** – Give yourself a gift of a self-care treatment daily, like Pausing, Brain Balancing or 3-mins of meditation.



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4

WRITING IN A GRATITUDE JOURNAL

Gratitude is a gift of grace that allows the mind to explore those things that bring you joy and love. Grab a paper journal, your phone or computer and develop a practice of writing down 3 things that brightened your day today for which you can be grateful.

5

GIVING YOUR BODY A VOICE

If your body hurts somewhere, give it a “voice.” Grab a pen & paper and allow your non-dominant hand to write down what that body part wants to tell you. A more advanced option is to schedule a Heart Holistic Healing session to allow a practitioner to listen to your body and share what it says. It will reconnect, rebalance and synchronize your cells, organs, and body parts, who play a symphony orchestra inside you to help them sing the right tune, at the right tempo, with the right pitch so they can sound harmonious.

6

BREATH WORK – 3 MIN MEDITATION

Sit comfortably. Set a timer for 3 minutes. Place your hands on your chest and belly. Turn your attention to your breath. Breathe into both your hands expanding your chest and abdomen like one giant, round balloon. After a few deep breaths, allow your awareness to “become” the air that is entering through your lungs, moving thru the heart and going out to all cells in your body.

7

CUDDLING WITH AN ANIMAL (REAL OR STUFFED)

Animals can be a great way to connect. Dogs love unconditionally. Cats are more independent, but their purr balances your heart as you feel its resonance. Even if you do not have a pet, you could cuddle with a favorite stuffed animal or go to a kitty café in your area & enjoy a cup of java while you cuddle with a furry, fun, feline.