

MindfulLiving™ Module 7
Self-Compassion Mastery - Chapter Chapter 10 :
Video 6
Louise Hay - This Will Heal You Instantly

"Self-compassion is not a destination but a journey—a gentle embrace of our true selves, where healing begins, and personal growth flourishes."

Louise Hay - This Will Heal You Instantly

Understanding the relationship between our thoughts, emotions, and physical well-being is crucial in our quest for better health. Self-compassion is not merely an act of kindness towards oneself; it is a transformative skill that can be learned and nurtured, allowing us to improve our overall health and happiness. This module emphasises the importance of self-love, the mind-body connection, and practical strategies to foster self-compassion in daily life.

SELF-COMPASSION QUOTE OF THE DAY

“ I am willing to forgive myself
and to love myself deeply.
I see my past with compassion
and understanding. ”

Your thoughts create your life.
You are the artist of your own
reality; choose to paint it with
love and compassion.

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Defining Good Health

Good health transcends the absence of disease and encompasses a holistic state of well-being characterised by:

❖ Energy Levels:

Optimal functioning is indicated by a lack of fatigue and a good appetite.

❖ Sleep Quality:

Ease in falling asleep and waking reflects a balanced internal state.

❖ Mental Clarity:

Good memory and precise thinking enhance decision-making and daily life.

❖ Emotional Stability:

Positive emotions and a sense of humour contribute to overall happiness.

❖ Interpersonal Qualities:

Attributes like honesty, humility, gratitude, and love foster healthy relationships. Understanding health in these terms allows for a more comprehensive view of well-being and supports self-compassion cultivation.

Key Points to Grow Your Self-Compassion

To build your self-compassion, remember to practice self-love daily. Key points include:

❖ Trust Yourself:

Many struggle with self-doubt and seek validation from others. Trusting yourself is crucial for building self-compassion. Embrace your uniqueness and recognise that you deserve love and happiness.

❖ Embrace Your True Self:

Being true to yourself is a daily commitment. Mistakes are growth opportunities. Let go of negative self-talk and allow yourself to learn and evolve.

The Role of Mental Patterns in Health

It is essential to recognise how our mental patterns create our life experiences. Each illness can serve as a lesson, prompting self-reflection and growth:

❖ Illness as Feedback:

The body's discomfort signals a need to change thought patterns. Seek to understand the underlying messages rather than merely wishing to eliminate symptoms.

❖ Self-Responsibility:

Acknowledging responsibility for our experiences empowers us to make conscious choices about our health.

Healing Through Awareness

The path to healing requires a compassionate approach:

❖ Illness Is Self-Created:

Illness arises not from a desire to be unwell but from a mental environment that allows it to flourish. Fostering positive thoughts and beliefs can create a healthier internal dialogue.

❖ The Importance of the Present Moment:

Healing occurs in the present. While past experiences shape our beliefs, our current thoughts and choices create our future.

Practical Suggestions for Self-Improvement

Here are simple yet effective strategies to aid personal healing and build self-compassion:

❖ Breathing Exercises:

Take deep breaths to centre yourself and create a calming atmosphere.

❖ Listening to Your Body:

Pay attention to your body's communications; every physical sensation reflects inner thoughts and emotions.

❖ Positive Affirmations:

Utilise affirmations to reshape your internal dialogue. Statements such as "I am worthy of health and happiness" can foster a more positive mindset.

3 Habits for Building Self-Compassion:

❖ Keep a Journal:

Document your feelings and experiences to align your actions with your true self.

❖ Practice Meditation:

Regular meditation helps you relax, reflect, and affirm your self-worth.

❖ Engage in Mirror Work:

Look into your eyes while expressing your feelings. This practice can help confront fears and embrace self-love, especially when combined with affirmations.

The Power of Choice

Recognising that we have the power to choose our thoughts is essential:

❖ **Belief Systems:**

Our experiences often reflect our childhood beliefs. Becoming aware of these beliefs allows us to reshape our internal narratives.

❖ **Choosing Empowering Thoughts:**

We can choose beliefs that promote self-love, compassion, and health.

Moving Forward

As you work towards better health, maintain an open dialogue with yourself and practice self-compassion. Healing is a journey that begins with self-awareness and understanding that you are an active participant in your healing.

Conclusion

Taking an active role in your health means acknowledging the connection between your mind and body. By embracing self-responsibility, understanding the lessons within our illnesses, and choosing positive thoughts, we cultivate a healthier, more fulfilling life.

Reflection & Application

- **Reflect:** How can you practice self-love today?
- **Apply:** Identify one area where you can be more compassionate towards yourself.

Disclaimer

This program is separate from professional guidance. For severe mental health concerns, please consult a licensed professional.

A Note of Thanks

Thank you for engaging with these ideas. Remember, as you navigate your health journey, you possess the wisdom to promote healing and wellness. Your growth and self-compassion matter!

Shery Clein, MindfulLiving™ Coach
Nurturing Awareness Intelligence

