

HOW TO PRACTICE MORE SELF-LOVE

DIVINE FEMININE RISING
Soul Warrior Tribe



How to Practice More Self-Love

Self-love and self-care go hand-in-hand. Self-love is all about putting yourself first and really living a fuller, healthier life by taking better care of yourself.

Far too many people spend all their time and energy improving the lives of their friends and family, and end up neglecting their own health, happiness, and wellbeing.

This report will show you 10 ways to practice more self-love.

1. Signs You Need More Self-Love

Relationships with others can be highly complex and confusing, but the strangest part is that you don't even need another person to have a difficult experience in a relationship. With the numerous pressures from the modern world crashing down onto people, it's no surprise that a lot of people are finding that they need more self-love. If this isn't something you've really thought about, you might wonder about what might be signs that you need more self-love.

You Don't Have as Much Interest

Do you have hobbies and interests that just don't seem to really excite you or make you feel good anymore? If you've recently experienced a major change in attitude towards the things that used to get you out of bed in a day, then it's pretty possible that you need more self-love. When you don't take care of your emotional needs and allow stress to rule multiple aspects of your life, the things that you once loved won't feel the same.

Symptoms like those are found in depression as well. Depression can be a natural effect caused by unfulfillment in life. Possibly a job that grates on you, or an environment that you used to enjoy has become oppressive. These things can also be signs of a type of burnout. The responsible, self-loving thing to do would be to allow yourself to have more time to relax. It's important to work, but it's also important to be balanced.

When that balance gets murky, you can and most likely will get tired of the constant pressure. It might not be a threat at the moment, but things can change quickly, and suddenly you become overwhelmed. Stay balanced, and you'll be less likely to fry yourself.

You Don't Forgive Minor Trespasses

Have you caught yourself observing people and muttering unpleasant things under your breath? Misunderstanding happens, and sometimes those things can seem like much bigger issues than they really are in the grand scheme. When you aren't feeling love for yourself, it's a lot easier to get caught in a pattern of criticizing others. This habit of fault finding is different than talking to a friend in a calm way about a troublesome path they've chosen.

That kind of talk comes out of concern, where fault finding is more rooted in a person's need to put down others so they can avoid looking at their own faults. When people make mistakes, it's important to remember that people are incapable of being perfect, so it's healthier to extend the same kind of forgiveness that you would want to have. It does nothing to hold onto grudges other than load your body down with stress as well.

Spend some time thinking about how little many of these minor issues will affect your life. If you know that they won't do any lasting damage, then it's probably sufficient to say what you need to say to the person involved and move on. If not for them, it should be for your mental health.

You Feel You Are an Impostor

One thing that hasn't been touched on so far in this article, is the internal voice that each and every person has inside of themselves. Sometimes your inner voice can play tricks on you and make you doubt yourself. The voice in your head might even attack and ridicule you randomly through the day. If this is the case, it would be a good idea to concentrate on positive things about yourself more often.

If you don't love yourself enough, it can lead to cyclical bad behavior. Telling yourself that you might be fooling everyone around you and actually living in fear of that discovery is probably a lot less reasonable to accept when you look at the breadth of your actual achievements. Practice positive self-talk for a period of time, and it could help you to gain a more realistic view of yourself.

Less Assertiveness

If you find yourself taking a back seat to things in life more often, in that you don't stand up for yourself or make your thoughts heard, that can be a massive sign that you need more self-love. Doing more healthy things for yourself will help you to feel better and be more in touch with your body. When you're comfortable in life, you'll be naturally more confident.

You Haven't Been Bathing as Often

One of the biggest signs that you need to care for yourself more is that you haven't been bathing enough. Lack of hygiene is a strong sign of depression and other related emotional disturbances. Make sure that you create a routine to keep yourself bathed. If you go without basic cleanliness, it can be easy to feel like nothing matters as much. Go out of your way to make yourself feel better and healthy. That alone could be a massive boost to your attitude.

2. Building a Relationship with Yourself

When you think about how you feel about yourself, and how well you know yourself, how do you score on a scale of 1 - 10? If you feel that you know yourself very well, but you are on the lower side of how much you like yourself, then it might be time to start thinking about how you can build a better relationship with yourself, and the next pages will be exploring how to accomplish this.

Stop Focusing on the Dealings of Others

There are tons of distractions that can be found out in the world, but some of the worst distraction to get involved with are those that come from spending too much time focusing on and critiquing the lives of others. It can be extremely easy to fall into the habit of spending your time concerning yourself with the movements of others, and you may even spend time discussing these things with others, but it's important to note that while you're focusing on others, you're avoiding work that you can be doing on yourself.

Another side of this, is that it might be a manifestation of insecurities that you feel towards yourself due to constant comparing. The person who is aware of the nuances of how you feel would be you, because people can't read the minds of others. If you feel as though you are constantly scrutinized by others, it's important to remember that they might not even be aware that you feel any discomfort at all. Most of the time, people are primarily focused on how they are seen by others.

Learn to Forgive People

It's really hard to make a better relationship with yourself when you carry a lot of baggage from past dealings with people. Things sometimes happen that can make you feel a little bit sour about having relationships with others but it's important to remember that you don't need to hold onto these things. Let them just be things that happened and move on. It's been said that forgiving people is more about being healthier for yourself than the person you're forgiving. This is because holding onto anger and pain will only cause you to feel negatively about a lot of other things in your life.

Once you have forgiven someone completely, the part of your mind that has been holding onto those toxic thoughts and feeling will be free to focus on better things. You can use that brain power to think of ways to put good things into the world around you. There are a lot of ways to spread positivity, and the best ways involve doing something for others.

Take Time to Help Someone in Need

There are few joys that can compare to the feeling you get when you help someone who really needs help. When you've been spending a lot of time focusing on yourself in unhealthy ways, a really good way to break out of that is also to help someone else. This puts them in the forefront of your mind for a time, and this can help you to appreciate the situation that you have as well.

There are a lot of programs that involve helping the homeless and elderly, and both are in constant need of volunteers that can help dilute the strain placed on other people who are already busy in the community. You might be surprised by the outpouring of gratitude that comes from people who haven't been used to getting the help that you're helping to provide. This can create connections and inspire the future success of people who might not have had the opportunity otherwise.

Write a Journal or a Letter to Yourself

Part of getting to the deeper parts of yourself is taking time out of your day to put your thoughts on paper so that you can read them back to yourself. Sometimes it takes this kind of exercise in order to be able to get a sense of what is truly on your mind. You might have doubts about recent decisions, or you might need to see your thoughts out in front of you to make those final choices. Whatever the case may be, this will help you to begin to prioritize your feelings and thoughts about things. Once you've drawn some conclusions it'll be easier to make real changes based on the information you have about yourself.

Practice Positive Self-Talk

After you've taken some time to think about the things you wrote down to yourself, make some effort to replace anything negative that you said to yourself with something that is positive. Talk about your abilities. Tell yourself that you can accomplish your goals. The more that you repeat these things to yourself, the more possible they will become.

3. Simple and Affordable Ways to Practice Self-Love

It's no secret that a lot of people are in serious need of self-love, but for some reason it can feel like what you need to accomplish this is a little out of reach. That can leave many feeling discouraged, but if you knew about some inexpensive ways to take better care of yourself would you be curious? The next few paragraphs will share some simple and affordable ways to practice self-love.

Take Care of Daily Hygiene

When you feel sad, it can be a lot harder to take care of your daily hygiene needs. Sometimes taking some time out to take care of those kinds of needs can be the boost that you need to pull yourself out of a dark place. Having a healthy and soothing bath time can do wonders for basically anyone because of the way that it can help you to deal with stress. Not only that, but when you take better care of yourself, you'll look a lot better. It's always easier to look at yourself in the mirror when you know that you're doing what you need to do to take care of your needs.

This can also include the cleanliness of your clothes. Do you find yourself going through piles of dirty clothes so you can find something that smells a little less dirty? Take time out to do some laundry. Once your clothes are done, go and take a nice long shower and clean yourself thoroughly. After you get out of the shower, go and put on something comfortable from the freshly washed clothes. You'll always appreciate the wonderful feeling of clean clothes against your skin, and so will the people around you.

Treat Yourself to a Healthy Snack

In the last few decades, a lot of people have been finding ways to make healthier and tastier snack that people can enjoy without having to feel any sort of guilt. That can make treating yourself to a snack a fun and exciting thing to do when you're in the mood. Whether you buy some frozen or fresh fruits, or go to a specialty kiosk somewhere, nothing can put a smile on your face faster than a delicious and healthy treat. Getting some nutrients in the form of a sweet treat will always be something that you can enjoy.

Get Organized

What are your living and workspaces like? When you're a busy person it can be really easy to get caught up in the events of each day so often that you let your organization skills slide quite a bit. Having a cluttered environment can slowly exert a lot of stress on you because your surroundings will often influence how you feel about your life and can cloud your internal thoughts.

Be sure to take some time every week to tidy things up for to find places for the things that you use. It might also be a matter of simply having to get rid of the useless things that take up space. Once your view of your surrounding is less cluttered, then you will feel a lot less stress as you push through your days. This is especially true of people who work from home. Try to keep your work space and sleep space as separate as you possibly can. If that's impossible, then a lot of time must be taken to keep your space efficient and happy.

Sleep More

Sleep is one of the most important parts of the day. It's essential to get rest because sleep is the time during which your body begins to repair itself. If you have trouble sleeping, getting better sleep might require you to make some major changes to your habits. If you eat late, then you'll have to eat earlier in the day so that your body can calm down by the time you have to get in bed. You can also just try getting to bed earlier. It might make you feel as though you are missing out on a few things, but you'll be able to wake up earlier, which will give you a jump on planning out what you need to do each day.

Take Up a Mellow Hobby or Read

Sometimes people just need some time to exercise their mind, or just be entertained by their imagination. The best way to do those things would be to find a hobby or find a great book that you can read during your down time. Precision hobbies like knitting, needlepoint, model building, painting and music are all great ways to express yourself while expanding your brain power.

Exercise

This one should always be a go to, but people often forget how many benefits that working out can have. Studies have known for ages that getting some exercise can be a great way to help your deal with stress and improve your mood. The endorphins that you get from physical activity can also make it easier for you to sleep.

4. The Importance of Positive Self-Talk

The way that you treat yourself in your own mind has a lot more significance than most people give it credit for. There are times when people might self-abuse or say nasty mean things to themselves out of habit, but the consequences of this are much farther reaching than they believe. In the next few paragraphs, you'll be reading about the importance of positive self-talk.

It Can Help You to See Yourself

When you look at yourself in the mirror, what do you tell yourself? This might be the first time you've really ever had to think about that question, but it's one that you should be aware of, and how you answer will make a difference to yourself on a daily basis. Whenever you tell yourself something really negative, you're repeating powerful mantras that can influence everything about your self-esteem and how you see yourself in the world.

Unfortunately, it's generally going to be a skewed view if it's always bathed in negativity. This makes it impossible for you to be able to be aware of yourself completely and it blocks you from being open to others.

When you spend your time saying uplifting things about yourself, you're going to get a more complete picture of who you are. This isn't saying that's should avoid dealing with things you consider to be faults. It just means you see a lot more than those things alone.

It Gives You More Confidence

Allowing yourself to see yourself completely helps to boost your confidence. That's because you are directly acknowledging the things that are good about you instead of focusing on the areas where you feel that you fall short. If you like, you can actually write them into a physical list. Reflect on each aspect, and think about the times in your life where those attributes have helped you to overcome something or solve a problem.

You'll probably be amazing how many ways you've been able to get past things using your own natural talents. If you've come this far on what you know now, then imagine how well things can go when you've continued to learn and improve yourself. Try to see where you will be in the future based on these positive things you've discovered.

It Helps You See a Positive Future

Now that you know that you have some great qualities, you can see how they might be able to help you in the future. Are you a fast learner? Do you solve problems quickly? Having a better outlook will always make it easier for you to see yourself making accomplishments in the future. As you go through life, meet the objection of your inner critic with confident self-talk. Tell that part of your mind to be quiet. Do whatever you need to do to move past monetary doubts.

Another great exercise you can do is to make a vision board. It helps to have visual representations of the things that you want to attain at some point. A new career, home,

or vacation can be a long-term goal that you work towards. Just be sure to write down that you know you can get to those things somewhere along the way.

It Helps Reduce Stress

Positive self-talk is also really important because it helps you to keep your stress under control. Stress can be paralyzing, but it doesn't have to be. When you start to feel overwhelmed, pull out a sheet of paper and write down the things you want. Put in a few easier goals that you know you can achieve in the short term, and put all of your energy into crushing those goals. Make sure that you are realistic in the ones that you select.

Getting a few little things done and crossed off of your list can do wonders for how you feel about attainability of your goals. Just know that you have to take it all one day at a time. Cross 2 - 3 things off your list, and return to some of your bigger goals. You'll find yourself to be more relaxed, and feeling ready to tackle bigger goals.

It Helps You Maintain Control Over Emotions

It's also important to remember that things won't always be perfect. There can be all kinds of little snags that can push back your timeline for completing things. It's important to stay level-headed though, because when you spin out of control emotionally, things will begin to suffer. Use positive self-talk to remind yourself of how resilient you truly are. Find inspiration in the progress that you've made to date. The more practice you have learning to control your emotions, the more success you will have. Just be sure to remain patient and kind to yourself, and you will get there.

5. Creating a Daily Self-Love Ritual

Can you say that you love yourself? If you're looking into self-love advice, then you should ask yourself how often you make sure that you're actually taking good care of yourself. This isn't just talking about physicality, because it also includes your mental health. If you can say that you don't so much to practice self-love, then it would be a good idea for you to check out this article so you can learn about creating a daily self-love ritual.

Start Your Day with Healthy Food

One of the first places you can start with self-care is by making good choices of things to put in your body for fuel. Having a good amount of nutrition is a really good way to make sure that you're taken care of, and on your way to making major improvements in a physical way. With a small amount of research, you can learn how to make some really tasty snacks and meals that will help you to feel satisfied and give you what you

need to start your day right. Choosing a good breakfast will help you to keep your performance at a high level through much of the day.

Try making sure that you have a simple breakfast with carbs and protein so that you have some easy to digest nutrients right at the start of the day. You can do this by eating some kind of whole grain cereal with your choice of protein. IN some cultures they use beans for breakfast, but if that not your taste, you can select a protein like eggs, bacon, or ham.

Organize Your Areas

The way your home and work space looks can be a huge influence over how you feel about things in your life each day. When you have a cluttered and unpleasant environment, it's easy to feel like you're trapped in a nightmare. Be sure to make time that will make it possible for you to clean up and organize your belongings. You can organize everything yourself, or you can seek the help of people who are professional organizers.

They might even have videos that you can watch to get pointers on how to clean up without a lot of issues. The ability to clean in that way doesn't come naturally to everyone, and many people have to be taught how to do that kind of work early on to get it right and make it a habit later in life. Once you've spent some time cleaning and see yourself making progress, you'll notice that your stress level drops quite a bit.

Find a New Way to Express Yourself

How do you normally make yourself heard? Expression is an often-overlooked part of mental health. That is part of why a lot of programs rely heavily on the arts to help rehabilitate people. If you feel like your spirit needs something like a new form of expression, then you should try getting into something that will help you with that. You can try taking a painting class, learning a new instrument, learning a new language, or take up some other mellow hobby.

As long as you're working towards expressing yourself, you'll feel a certain kind of calm coming over you. Learning a new language can be great because you are actually learning to communicate with people who you wouldn't have been able to communicate with previously. Languages are also an excellent skill for a variety of businesses.

Pamper Yourself with a Massage

A lot of people feel like massage is something reserved for wealthy people, but people forget that they can give themselves massages. You're not stuck having to find someone to do it for you for cheap, you just need some time and a little knowledge. If

you spend some time giving yourself massage, you can actually do a lot to help your mental health.

Massages are great for relieving stress, so doing them for yourself can never be a bad thing. Just be sure you know a little about the body before you go poking around some areas. Without the right knowledge, you could possibly press too harshly and bruise yourself under your tissues. Be gentle until you have a greater command of the knowledge of massage.

Go Dancing

One of the greatest ways to make yourself feel amazing allow be to go dancing. Dancing connect you to your body in ways that are very primal. That's part of what people still love to go dancing so much. Make sure that you have an outfit that you love and feel comfortable wearing, then pick a night to go dancing. Don't worry about anyone else, just dance until you feel satisfied with the night. Once you're done, you'll have gotten exercise, as well as shaken off some of the darkness of the day.

6. Wake Up Early for More Self-Care

How do you begin each day? When you're the kind of person who wakes up at the very last minute and runs screaming out the door into your car and all the way to work, there's a pretty good chance that it's no easy thing for the people in your life at home or at work. Not to mention that massive amount of stress that it places on you each day. This article will be talking about waking up early for more self-care.

Quit Screens Before Bedtime

Part of the reasons that it's hard for some people to wake up is because they spend too much time on devices before they should be going to sleep. Scientists have been studying effects of electronic devices on sleep and they say that the data does not bode well for people who love to be on their devices in bed. Many people who have these behaviors have reported that they have experienced remarkable decreases in sleep and sleep satisfaction. This is bad because the amount of rest that you have can affect your body in all sorts of ways that make life more difficult for you on a daily basis.

Instead of going to bed with your devices, you should set them to do not disturb mode, or turn them off completely. This will allow you to have a better quality of sleep. A better route to take would be to try reading something soothing before you go to sleep. That way you're engaging your imagination, which is a lot easier to deal with than the effects of screen light radiation.

Have Good Bedtime Care Habits

Are you relaxed before you go to bed? Staying away from technology has already been mentioned here, but there are lots of other things that you can do to help you to get good rest, and reduce stress. Sometimes it's a good idea to do some stretches 1 - 2 hours before bed time. That will help keep your body flexible, and maybe even get your heart rate up for a few minutes. After you cool down from some light movement, your body will be more relaxed and ready to get into bedtime modes. You can push this further by taking a nice soothing shower. That will help to further relax your body, and put you in a calmer state of mind.

Choose a New Alarm Tone

Once you've gotten into better habits of resting, you can begin to start to find ways to wake yourself up earlier. One of these ways would be to try using a new alarm for your wake-up time.

The new alarm will make it easier for you to get up because it's a lot less familiar than whichever one you've been using. That will keep you ready when you hear it, and you'll be a lot less likely to hit the snooze button and send yourself back into the bad habit of leaving at the last minute. In fact, it would be a good idea to stop using the snooze button entirely, because it can help you to feel more tired when you're jarred out of sleep multiple times each morning. Sleep until you need to get up, then get up right away so that you don't waste precious time.

Make Changes in the Room

One really easy way to force yourself to get up would be to change the orientations of your room. Try putting your alarm somewhere you can't reach it so that you have to physically get your body out of bed to shut it off. Once you're on your feet, it'll be easier to just take yourself to the shower. You might even want to make setting up a shower time outfit part of your night routine before bed. That way you'll be reminded of the plan that you had for the day, take your shower, and spend your time getting ready early.

Have a Schedule for Your Morning?

A great way to make sure that you take care of everything you need in the morning would be to make a schedule for your morning hours. This makes it easier for you because it takes the guesswork out of what you need to be doing with that part of the day. That allows you to start with confidence and the expectations that you've set for yourself. As you check things off the list, you'll be able to start your day with a feeling of accomplishment, and the knowledge that you've already taken some of the stresses of the day off of the table.

Give Yourself Time

The most important part of getting up earlier, is the time that you've set for yourself. This is the part of your day where you will focus on some kind of positive message like a positive mantra, reading something soothing, or doing positive self-talk. This will allow you to start your day feeling refreshed and protected as you meet the challenges that are presented.

7. Treat Your Body with Kindness

Today, a lot of people feel a hefty amount of stress because of the way body image has dominated media. Some have even gotten to the point that they develop eating disorders because of how they feel. What a lot of people really need, is to focus on being kinder to themselves and their bodies. Most feel that they're already being kind, but are they really? The next few paragraphs will give you a few tips on how to treat your body with kindness.

Get Lots of Rest

The first and easier way to treat yourself better would be to make sure that you get as much rest as you need each day. Proper sleep and rest are important for your body because your body needs those periods to conserve energy, and make some repairs to your cells. If you don't get all of the rest you need, then your body will begin to fail in small ways, and you will begin to feel tired all of the time. As you become weaker, you will see a breakdown in the quality of your work, and relationships around you will begin to suffer.

Much of this is due to the fact that it's hard for a person to feel completely connected to others when their mind hasn't been allowed to rest properly. Studies have connected lack of sleep to a rise in apathy in some people. As the apathy increases, the subject will begin to connect less and less to those around them until they are completely isolated. So it's extremely important to take proper sleep into consideration.

Let Yourself Have Fun

Do you ever feel guilty when you take days off or try to do fun things with friends and family? A lot of people are in fields of work that force them to produce more and more work for their company. This culture of overworking yourself isn't healthy and can lead to extreme forms of burnout. The apathy that comes from being sleep deprived can also play a heavy role in diminishing your ability to enjoy things, so this is a place where arresting and allowing yourself to have fun meet. When you are properly rested, you'll

be in a better state to have fun, and if you allow yourself that time, then you can get rid of a lot of the extra stress that you've been holding onto each day.

Make Sure You're Hydrated

How much water do you drink in a day? Hydration is something that a lot of people overlook because living in a modern world tells you that everything you need is just a phone call or a store trip away, but people have to make the right choices when it comes to health. A lot of people have fallen into the habit where they've replaced water with different types of soft drinks. These drinks are made of mostly sugars and chemicals that were created in a lab, and they don't provide enough pure water to help you sustain many of your basic functions, so it can be very easy to suddenly find that you are dehydrated to a level that can make you feel ill.

Get Away from Technology for a Minute

Technology these days has been very good at absorbing nearly all of the free time that people have. Everyone is constantly being bombarded by adverts for games and new apps that boast

A user-friendly environment and a new lease of life, but is this really true?

Studies have shown that constant engagement with apps can actually cause a lot of stress in some people.

Social media has made it difficult for a larger number of people to feel content with their daily existence. This doesn't mean that social media is a bad thing, but it could mean that a lot of people should use social media a lot less. To help yourself feel better, it would be a good idea to take step away from social media so that you can focus on more pursuits that involve your well-being.

Pay Attention to Your Body

Self-awareness isn't always something that comes naturally to people.

Sometimes it can take a well-crafted effort for you to learn what is needed and when. This is partially because the world at large expects people to live for their desires more than their needs. Once you have made the choice to get more well acquainted with yourself, you can begin to practice mindfulness so you can learn about the signals that your body puts out to let you know what you really want.

When you're eating a particularly delicious meal, you might already know that you're full, but you keep eating anyway. Suddenly you feel so full that you begin to burp, and your stomach makes loud noises. This could be a sign that your body has chosen to let you know that you've eaten too much. Learning these signals can help you to stay more comfortable and treat your body with greater care.

8. Use Your Journal to Find Clarity

If you have been struggling to find more clarity in your life, and find your direction, then journaling can be your new best friend. Writing in a journal on its own really helps you to learn more about yourself, but you can go one step further with these easy methods. This will allow you to really take full advantage of having a daily journal.

A List Journal

There are lots of different types of list journals out there, but one place to start will be for you to take an accounting of things you want for your life. If you take the time to write down your goals and/r dreams, then it'll be an easy task to follow up by learning what steps need to be taken to turn these dreams into a reality. These kinds of lists can be serious work-related topics or just fun things that you've been thinking about for a long time.

That kind of a list is usually called a bucket list, and it can give you some really interesting things to look forward to trying out. Another thing you can do is to list the amount of accomplishments that you've achieved in the last year, quarter, or month. This can help you to gain a sense of how many things you've done. That'll give you a clearer picture of how you've actually been spending your time, and show you that you have things that you can be happy about.

The Gratitude Journal

Do you ever find yourself becoming impatient, and unhappy about the things you wish you had? For some people, it can be hard to stay focused on the positive things that go on in your life. It's becoming more and more common for people to focus on the things that they haven't gotten instead of remembering what they do have. Taking some time out of your day to write down the things that you can feel grateful for can put a lot of minor annoyances into perspective.

Sometimes it takes a good hard look to remind you that life hasn't dealt you the worst hand, it just feels like that on some days. What kinds of things do you feel grateful for today? Try to record what you're thankful for that month, season, and so forth. Ask yourself this question as often as you can, and you might be surprised that you learn something new about what captures your concern and gives you inspiration.

Free Thought Journal

Not every single aspect of a journal should be regimented. There are times when it's a good idea to just let loose and say what's on your mind. This kind of journal is usually called a free thought journal. It can help you get out all of the extra thought that gets trapped behind your eyes. You can use this to rattle off random ideas and musings. One of the biggest advantages of this kind of journal is that everything that comes out is probably going to be a little bit unfiltered if you can really open up and just let it all hit the page.

Later on when you've had some time to think about things, you can go back and analyze the things that you wrote down. Some thoughts can get masked by the influence of the world around you, so taking a look at the writings later when you've been spending time trying to get in touch with yourself, might be a revealing process that can push you closer to clarity.

Journals Help Chronical Your Emotions

It's pretty enlightening to look back into the past to see what kinds of emotions you were experiencing during life events. The written word on the page is impartial and honest because it comes from the moment when those things were being experienced instead of a foggy recall from memory.

When people are young, lots of things that happen seem like massive events, but as people mature, they will often avoid assigning weight to things that they know to be frivolous, or fleeting. This increases the amount of perspective that you have from your day to day life as well. It shows you how quickly the people, places and things can seem like the most important thing in the world one day, and then a few years later seem to have passed like a snap of your fingers.

Helps Create Intention

One of the biggest parts of clarity, is understanding purpose and intention. Writing down goals, dreams, and intentions can and usually will set you on a more structured path that will help you to achieve and attain. When you aren't sure of what it is that you're going for, it's a lot harder to make sure that you're doing all of the things that will make your dreams a solid possibility.

9. Write a Detailed Life Goals List

Have you ever tried to make a plan for major life goals? Successful people have been using plans for hundreds of years to achieve the goals that will help them in the future, but if you're new at it., you might feel sort of apprehensive. The positive thing here, is that this article has been written to help you get started on a path towards attaining goals, and to get you in the right mindset, you'll find a detailed list of life goals here to try out.

Get Healthier

Health should be considered a top priority in your life, no matter what your goals are, even when you are focusing more on self-love and self-care. Taking better care of your health can become a way to practice more self-love on a daily basis. If you're not doing great with being healthy, it can help you passively to spend some time getting that figured out.

Being healthy means that you'll be able to have greater focus in life, as well as a sharper ability to solve problems. When you're starting to create your list of goals, keep in mind that they should be things that are easy for you to track. That means that you should be able to figure out what you'll need to do to get to those goals.

Be sure to write out the list with each of the details, so for example, part of getting healthier will be making sure that you are the proper nutrition, so you might put down that you will learn about nutrition, buy the right foods, and make sure to do some kind of meal preparation. As you complete the list, you'll have a much clearer picture of what your next few months will be like.

Learn to Balance Your Moods

There are some days when it just seems like people aren't on your side, but how do you deal with your anger? If you've been wanting to learn how to control your temper in a way that helps you to improve your relationships with others and cultivates a milder spirit, the first step is to realize that you're the one who is in control of how people make you feel.

When people fall short of your expectations, it's important to remember that not every trespass is a personal attack against you. Most people are relatively concerned with their own issues and daily business then who else is around them, and there could easily be details that have escaped you.

Another thing to think about somewhat seriously, is how anger and stress can exact a hefty toll in the body over a sustained period of time. Intense emotional stress can bring about and aggravate some illnesses in people. Having that much negativity can also

harm vital organs like your heart, so learning to take it easy can also extend your life in some ways.

Get a Grip on Your Finances

In a time of uncertainty, it can be really difficult to make the needed changes that will allow you to save money. If you don't feel as though you can make it in the amount of money that you currently make, then it will be important to find out how you can make more money, and the steps that you need to take to get there. Once you see a clear path, it'll remove a lot of the stress of having to think about your finances.

Some people might even feel like it's important to hire or see a professional that can help them to gain better control over their financial health. It takes a serious and honest look at your habits and lifestyle to see what you may need to do. Something as simple as an old unpaid bill can create some issues.

Become a Better Communicator

The majority of problems that people face in any kind of relationship are usually caused by poor communication techniques. People who haven't developed a clear and honest communication technique can cause a lot of frustration to the people around them at work, school and home. If you find yourself prone to disagreements, then it might mean that there is something that you're not conveying in a way that people can understand.

It can be easy to forget that other people don't have the ability to know the nuances of how you receive information. Sometimes it can be as simple as asking what someone means and reserving your judgement until you can see the situation from a better vantage point.

Make Learning a Part of Your Life

It's pretty clear that increasing your knowledge can always be a good thing. The more that you know about the world around you, the more equipped you will be when you come across an obstacle that you can't immediately cross. Challenge yourself and take on new hobbies that can be useful to you. If you can spend a few months doing something to sharpen yourself, you'll probably notice that your attitude and confidence has increased over time.

10. Focus on Your Future, Not the Past

All people react to events in life very differently. Sometimes things happen in life that can change you and those around you forever, but it's really how you deal with these things that says a lot about who you are. Another factor here is where you place your focus. It can be easy to dwell on the past, and get stuck wondering what might have been, but is that really what you should do? Here are some ways you can practice self-care by focusing on your future, not on your past.

You're Still Here

When it comes to reflecting on past events, there's one thing that you can always find some appreciation for. You're still here. That means that whatever has come before you, whether it was a massive obstacle or defeat, that event didn't end you. You're still here, and that says a lot about how resilient you can be. It's important to realize that people are remarkably good at coming out on top of what they might find themselves up against. The fact that you can read this right now is a testimony to that. You might want to know what comes next, and that's completely normal. The next steps to try to find more things that you can be happy about.

Practice Gratefulness

The first step to really getting grounded and centered would be for you to spend some time focusing on what you are grateful for. There are lots of ways to do this, but one of the best would be for you to write a gratefulness journal. This will give you the ability to look at the list after you have completed it. That will allow you to see everything that you can think of and set your mind to thinking about that instead of the things you wish had taken place in the past. Pick ten to fifteen of your favorite things and make a list of those things a few times a week.

Accept Negativity as Lessons

It can be really frustrating when you put time and effort into certain relationships only to find that the person or persons were never what or who they said they were. This can be extremely jarring, and it might take a long for you to get over, but the more effort you make to get over it, the happier you will be in the long run. The healthiest way to look at these kinds of things is to treat them the way you would treat a lesson you learned in a school program. They're not always the most pleasant, but you can take what you learned about people in that situation and use it to protect you from similar happenings in the future.

This doesn't mean that you color every interaction with other people with the same feelings towards them as the people you encountered in the past, it's more about

awareness and avoiding giving people the same kind of unchecked power over you, and your emotions. Being completely frozen with fear and building a wall around yourself will be counterproductive.

Learn to See a Better Future

When you start to see yourself and your future in a more positive light, it's a lot easier to see possibilities that can be open to you. Instead of thinking about where things went wrong, you can choose to use past experiences to prepare you for the kinds of things that can go wrong, and be ready for them instead of taken by surprise. When you have a better outlook on things, it's a lot easier to attract more positive things in life. If you've committed to making a few positive changes in life that can help you achieve goals, then it's important to figure out how to lay the path that allows you to get there.

Plan for Future Goals with a List

In order to make your goals more solid to yourself, it's a really good idea to try making a list. That will allow you to see all of the things you want each day. The more focused on those things you become, the more likely it will be that you are motivated to make sure that they come true. Having the list also means that you can put the goals into an order of most important to least important so that you know what you should be spending most of your time pursuing.

Distance Yourself from Toxic People

This will be the hardest part of this article for a lot of people. A lot of people tie their worth to the amount of relationships they have even when the people in their lives aren't the most positive or supportive people. This can be a huge impediment to progress, both professionally and personally. The best thing to do, is to assess each relationship you have and find out if those friends have been toxic, self-esteem damaging people, or if they've been good, uplifting friends that have helped you to see yourself in a healthier way.

8 Ways to Awaken the Divine Feminine Within You

Contrary to popular belief, the Divine Feminine isn't limited only to females.

The Divine Feminine is an energy that we all possess, no matter where we are on the gender spectrum (or lack thereof). Therefore, this article is for everyone who is interested in creating more inner balance – and shining that out into the world.

As our planet is cast into the horrors of environmental destruction and demise, it is clear that there is an excess of masculine energy.

As a force that is responsible for organizing, ruling, fighting, building, and dominating, masculine energy is certainly useful – but only up until a certain point.

It is now time for the rise of the Divine Feminine. But not just in females (although women certainly have an easier time accessing it), but in all beings.

For our society, for this very planet, to survive, we desperately need to cultivate feminine energies within us, before it's too late.

What is the Divine Feminine?

The Divine Feminine is a form of energy that all beings possess. It is known by many names such as shakti, yin, and lunar energy, and is often connected symbolically with the moon, Gaia (Mother Earth), and water. Just like the Divine Masculine, it is 'one half' of the Spirit of Life. Both the Divine Feminine and Divine Masculine arise mutually, and in their most natural state, work together effortlessly and harmoniously.

Why Masculine Energy is Destroying the Planet

When the Masculine and Feminine are out of balance, the natural result is chaos. So why is masculine energy destroying the planet? To answer this question, let's briefly wind back time.

As an active force, the Divine Masculine is responsible for progress and evolution. Unlike feminine energy, it gets sh*t done in an efficient and orderly manner. As the nature of life is growth and change, we need that force, and we have needed it since the dawn of time.

But the shadow side of the Divine Masculine is its preoccupation with power. When masculine energy becomes corrupt, it results in the toxic patriarchal society we see today that is based on a foundational philosophy of "get, reject, use, and dominate." The consequence is a world full of racial, sexual, and religious intolerance; gender inequality; unrestrained materialism resulting in large-scale environmental decimation;

raping and pillaging of the earth resulting in climate change that leads to huge natural disasters and social collapse ... you name it.

Why has Divine Masculine energy “entered the dark side”? There are numerous theories, but mine is that Divine Masculine energy is, in essence, immature. It hasn’t ripened and is therefore like a wayward, nihilistic teenager still trying to figure out the ropes.

If all of life is a process of growth, of maturation, Divine Masculine energy still hasn’t evolved to its fullest potential. It’s still an awkward, self-conscious, and insecure force that has come to believe (like a naive child) that power comes from overshadowing others. But it doesn’t. What it has failed to learn up until now is that true power comes from within. True power is shown through the mature Divine Masculine acts of mercy, integrity, honesty, and accountability. Similar to the Soul Age theory (that there are young, mature, and old souls), we could say that there is also young, mature, and old energy. And Divine Masculine energy is still in its teenage years – and perhaps not even that.

So where does that leave Divine Feminine energy?

Divine Feminine: Out of the Shadows, Into the Light

Like Divine Masculine energy, Divine Feminine energy, has, up until now, been immature.

By hiding in the shadows and forgetting her own power, the domineering shadow side of the Divine Masculine has been permitted to get out of control. Who has been there to consistently put him in his place? It takes two to tango. Neither one is “more” responsible for the annihilation of the planet than the other. Both have an equal hand in their own way.

We can picture this scenario by observing two children squabbling in the backyard. One of them – the little boy – is throwing a tantrum. “THAT’S MINE,” the little boy thunders aggressively, trying to intimidate the little girl into giving back his favorite toy. “But you said I could play with it,” the little girl sobs, running back to mommy or daddy in tears.

She plays the victim. He plays the persecutor. It’s an age-old dance. And it needs to end.

We are getting to a pivotal turning point in history where something needs to change. Our world – the very survival of our species – depends on it. What is the solution?

The rise of the Divine Feminine.

We are seeing it more and more, with feminism, compassion for animals (resulting in more ethical eating choices), yoga, meditation, and even social media initiatives like the #metoo movement entering the mainstream.

But all things in life have a dark side. And we need to be aware of our shadow selves in order to move into the light.

The Shadow Side

With that being said, let's break down the shadow side of the Divine Feminine and Divine Masculine:

The Light Side

Now, let's look at the light side of the Feminine and Masculine energies. We could also call this the mature, fully-actualized Divine Feminine and Masculine:

You might notice that many of these traits are actually quite neutral, and here's where words have a limit. All traits innate to the Divine Feminine and Masculine are neutral, it's only when they come out of balance that they become an issue. Being compassionate, for example, is a Divine Feminine trait that can either be positive or negative depending on how it's used. When there's too much compassion, there is self-martyrdom and co-dependency, and when there's too little, there's cruelty.

So, in essence, the "light" side of the Divine Feminine and Masculine is really only another way of saying the balanced side.

Benefits of Awakening the Divine Feminine

No matter what gender (or lack thereof) you are, here's what you can expect to experience once you commit to awakening the Divine Feminine within you:

- Enhanced intuition (higher perception)
- Sharpened gut instincts (animal perception)
- More flexibility and spontaneity
- Greater self-compassion
- Increased love and acceptance of others
- Connection with the Creator within
- More ability to enjoy the small things in life
- Greater receptivity to yourself, others, and life
- Increased ability to let go
- Deeper comfort with the unknown and reduced anxiety
- Heightened connection with your body and sensuality
- Enhanced ability to relax, receive, and be

8 Ways to Awaken the Divine Feminine Within You

The deep Feminine, the mystery of consciousness, She who is life, is longing for our transformation as much as we are. She holds back, allowing us free reign to choose, nudging us occasionally with synchronicities, illness, births and deaths ... But when we make space for Her, she rushes into all the gaps, engulfing us with her desire for life and expression. This is what She longs for, this is what we are for: experiencing the Feminine through ourselves. We simply need to slow down, and find where to put our conscious attention.

To be whole and balanced beings, we need to honor both sides of our nature: the Divine Feminine and the Divine Masculine – also known in Jungian terms as the anima and animus. But now, more than ever, we are all being called to awaken the Shakti within.

Males need to get over their immaturity surrounding femininity, and females need to step more into their power. No matter whether you're male, female, or non-binary/trans, it's your responsibility to create change within yourself. For only when we change ourselves can true change in the world happen.

Pointing fingers at one gender or group as being “responsible” for all world's ills, being “less than” the other type of energy, and so forth, is infantile. We need to grow up and stop feeding our lower nature. As Luna writes in her article on the Divine Masculine:

1. Connect with your inner Divine Mother

This might sound strange, but the reality is that we are composed of many sub-personalities. Psychiatrist Carl Jung called them “archetypes,” and more recently, psychotherapist Richard C. Schwartz (founder of Internal Family Systems) refers to them as “parts.”

The Mother is a universal part/archetype that can be found within all people of all genders. We see the Great Mother portrayed through the ages in numerous forms; as the Virgin Mary, Lakshmi, Isis, Sophia, Mother Nature, Kali – you name it.

So the question is, what does your inner Divine Mother look like? I recommend connecting with this part of you through practices such as journaling, drawing/painting, automatic writing, dream work, and mirror work. You might like to create or print out a picture that resembles your inner Divine Mother and put her somewhere important in

your house. Let her inspire and remind you of the importance of honoring and connecting with the Divine Feminine.

Examine your wounds surrounding femininity

Examine the following questions:

- What has society taught you about femininity as a male, female, or non-binary/trans?
- How did your mother model her femininity and what did she teach you (whether directly or indirectly)?
- What negative core beliefs might you have developed surrounding femininity?
- What habits and behaviors do you bring into the world that indirectly or directly oppress the Divine Feminine?

Journal about these questions and do some self-reflection. Understanding how you truly feel about feminine energy – from all angles – is vital. Often we carry old programming that impedes our growth and maturation. The only way to move through these blocks is to see right through them.

For example, common negative conditioned beliefs include the notion that women should always be pretty, good at everything, never age, have a perfect body, be submissive to men, be meek and emotionally-restrained, and please everyone. (There are many other negative ideas out there – these are just a few common examples.)

However, your personal wounds might be totally different. For example, if you were raised with an engulfing helicopter mother, you might fear women and see them as fundamentally dangerous. If your mother was a manic-depressive, you might unconsciously perceive all women to be chaotic, unsafe, and unreliable. Try to examine both your personal and wider societal context.

2. Tune into your emotions

How are you feeling? If you were brought up in the West, you'll have more masculine-dominated values. You tend to ask people, "How are you doing?" rather than "How are you feeling?" We need to shift away from that mindset. A person's worth is not based on how much they do. In fact, a person's worth isn't externally-based at all. We need to start feeling things from the inside; to learn more about ourselves, to tune into our emotions. To learn how to show compassion by getting to know our authentic emotional landscape is to tap into the Divine Feminine.

So stop right now and ask yourself, “How am I feeling?” Are you feeling tired, moody, excited, intrigued, sad, nostalgic, disillusioned, surprised? Get into the habit of assigning a word to how you feel.

3. Cultivate your intuition

Intuition is a core Divine Feminine quality. Yet because so many of us live in our heads, we become disconnected from our hearts and souls (the source of our intuition). Sadly, the result is that most of us struggle to differentiate the voice of fear from intuition. Some of us even outright reject the value of intuition altogether!

- To begin cultivating your intuition, try any of the following practices:
- Begin meditating (this helps to silence your mind and allow intuitive flashes to emerge)
- Experiment with oracle and tarot cards
- Tune into your body through the practice of mindfulness
- Learn to understand the meaning of your dreams
- You can also read my article on how to trust your intuition for more guidance.

4. Find a feminine teacher/guide/figure you admire

We all need role models, and finding a mature and embodied woman is a powerful way of tuning into the Divine Feminine. Fortunately, there are many beautiful expressions of the Divine Feminine out there. You can begin your search in your friend or family circle, and extend it to authors, artists, historical and religious icons, and modern feminine figures. Once you’ve found someone (or a few teachers) you admire, put a picture of them somewhere special to honor the Divine Feminine.

Remember, the whole point of finding a feminine teacher/guide/figure that you admire is to learn from them. Please don’t idolize them or give away your power. Simply respect and appreciate them and make sure you integrate the lessons offered to you.

Also, if you find that there’s a male (or trans/non-binary individual) out there who reflects the Shakti energy in a healthy and respectful way, feel free to add them to your list of role models.

5. Slow down and be present

Masculine energy is all about do-do-do. But feminine energy is about being receptive, passive, and living in the moment. We don't always need to achieve something. So make some time during the day to slow down and be present. Try to enjoy the little things and practice being grateful. You may even like to keep a gratitude journal – or if you're into poetry, a place where you write poetry in appreciation of life's small pleasures.

Slowing down, for instance, could be as simple as turning off your phone and going outside to enjoy the sunset. Or it could mean saying "no" to that extra task your colleague wants you to finish by Friday. While slowing down is difficult at first, keep at it. Your brain has likely been wired to be on the "doing" frequency all the time rather than in the being state of mind. So be forgiving and patient (other Divine Feminine qualities) and don't give up. Even if slowing down needs to be scheduled into your day, make sure it's a priority.

6. Practice self-love and inner child work

A crucial part of the spiritual path involves learning how to love yourself and healing your inner child. By learning how to love yourself, you are better equipped to show true compassion to others. What better ways to awaken the Divine Feminine within you?!

Self-love and inner child work go hand-in-hand, but before going too deep into inner child work, I recommend starting with self-love. Self-love is truly the foundation of all inner work because, without it, it's possible to re-traumatize our already-wounded inner child.

To begin self-love, one of the most powerful practices is something called mirror work. Essentially, this practice involves standing in front of your household mirror every day and repeating loving words to yourself. These affirmations might include, "I see you," "I value you," "I forgive you," "I'm here for you," or whatever loving statement comes from your heart.

Read more about how to practice mirror work.

7. Connect more deeply with your body

The Divine Feminine is a sensual, visceral force that is at the heart of all life. She is the one who gives birth to existence, as well as tends and nurtures it: all very raw and instinctual processes.

To honor the yin energy within you, connect with your body. Learn its language. Discover more about what it means to be embodied in this life as a spiritual being. This might take many forms, for example:

- Researching bodywork and breathwork
- Learning the meaning behind your muscle tension
- Practicing body-centered mindfulness
- Exploring your sensual nature (honoring the pleasures of the body such as eating, sleeping, relaxing, and having sex)
- Taking care of your basic bodily needs (getting good quality nutrition, water, sleep, digestion, etc.) by learning self-care

8. Honor, protect, and celebrate Mother Earth

As the physical embodiment of the Divine Feminine, the earth is our ultimate provider. She sustains us, protects us, and allows us to flourish. We are birthed within her, and we will die within her. And each and every day, she has endless reminders to share with us that reflect the Divinity, joy, beauty, and love inherent in life.

Connecting with Mother Earth is simple: go outside! Enjoy the trees, the wind, the clouds, the rain, the flowers, the sunshine, the soil – all of it. Be in a state of appreciation for her. But don't let it stop there.

To truly honor Mother Earth is to respect her through our actions. By committing to a sustainable, low-waste, and ethical way of living, we are putting our head where our heart is. We don't need to be perfect. We can't be. But we can do our best, understanding that no matter how many mistakes we make, we are loved.

Ultimately, we all carry both the Divine Feminine and Masculine energies. But we've come to a point in history where we need to focus on cultivating the Shakti – the yin energy to balance the yang.

What is your relationship like with the Divine Feminine? Do you have any advice to share? Please share it in the Soul Warrior Tribe

How to Heal Your Womb Chakra

Honor Your Sacred Vessel with Sacred Bathing. Bathe with honey, cinnamon, oranges and rose petals. Essential oils include orange, patchouli, cinammon, sandalwood and rose. Sacral Chakra healing crystals include carnelian, amber and citrine. Womb Chakra Affirmation: I am comfortable in my body.

Honor Your Creativity. You are a creative force. YES! You are a creative person. Is your art wood working, cooking, painting, dancing, hair braiding, poetry, kickboxing or even makeup? Choose your expression. Your crafts, scrapbooking and gardens? Art! Womb Chakra Affirmation: I have the power to create worlds.

Heal Your Relationship with Your Mother. Whether your mother is living or has transitioned, you can heal your relationship. If you have a narcissistic mother or mother figure who is unhealthy for you to be around, you can do this healing work without ever contacting her. Womb Chakra Affirmation: I lovingly forgive and release.

Heal Your Relationship with Your “Mother” Culture. There is a reason why we say Mother Earth, Mother Tongue, Mother Country and Motherland. We all have several cultural mothers. Heal this relationship as well. Womb Chakra Affirmation: I am powerful beyond belief.

Move Your Hips and Dance for Your Own Pleasure. Try hip circles, yoga, twerking, pole fitness, burlesque or cabaret. Womb Chakra Affirmation: My hips move mountains.

Release Unhealthy Attachments and Co-Dependency. Our womb spaces are created for holding and carrying a human baby for 9 months. We also carry the residue of unhealthy and unhealed relationship energy. Many of us also carry the residual trauma of sexual abuse and trauma. Release any unhealthy situation you are currently in. Womb Chakra Affirmation: I am free.

Heal the Shame. This divine feminine sacred container is also where we store grief, anger, shame and fear. Create a Womb Forgiveness Ceremony. Heal your shame and you heal all of those who came before you and after you. Womb Chakra Affirmation: I am proud of myself.

I hope you have enjoyed this little book of
Divine Feminine Self-love

Please share your thoughts in the Soul Warrior Tribe about
you think self-love and what steps you are going to take to
help heal and step into the Divine Feminine Rising

