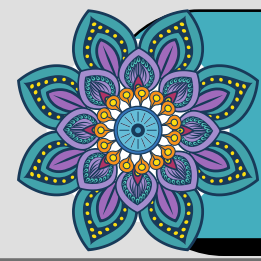
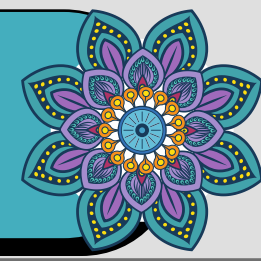


Self-Love is like a warm hug from someone you love, but instead it is from **YOU**.
Learning to love yourself more is essential if you want to learn to trust your intuition and nurture your soul!



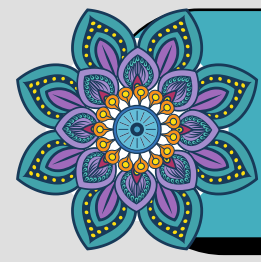
SELF-LOVE



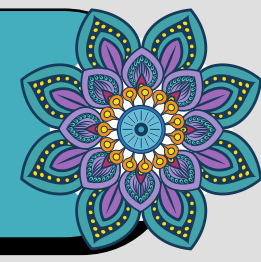
Cracking The SELF LOVE Code



Falling in love with yourself is the first secret to trusting your intuition!



SELF-LOVE



Loving starts with SELF

Compassion

Be kind, gentle, loving, warm and understanding towards yourself. Forgive, be tender, show patience, tolerance and acceptance.



Confidence

Accept and trust yourself. Develop what you are good at. Become assertive, learn to say no!



Courage

Trust your own judgement, capacities and abilities. Value and stand up for your beliefs. Feel the fear and do it anyway.



Connection

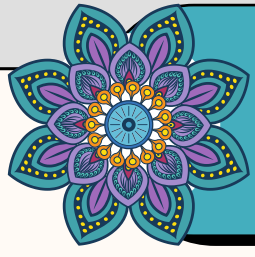
Tune in and engage with others, listen, empathise. Smile from your heart. Be your authentic self. Put yourself out there in simple ways. Lighten up.



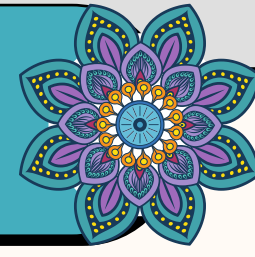
Intuition

As you focus more on loving yourself, you will find it easier to tune in and tap into your intuition. You can do this by following your gut responses, tuning into your body, taking time out to be silent, paying attention to the synchronicities, begin journaling, noting down your dreams, connecting to nature, and always pay attention to the feeling behind the thought. (*Uplifting thought = Intuition vs Anxiety/Tension = Ego*)





AFFIRMATIONS



Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes!

I radiate confidence

I am unique

I create the kind of atmosphere where true connections can be made.

LOVE YOURSELF

I breathe in self-confidence and power, I breathe out fear and weakness

I am COURAGEOUS!

I am genuinely compassionate to myself

The higher power of the universe is guiding me through my intuition

I love and believe in myself

I am enough

I love myself first

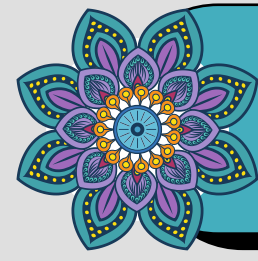
I am surrounded by infinite abundance



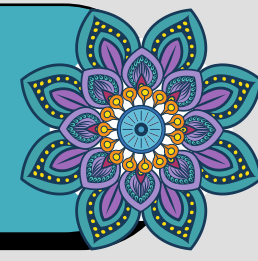
I am awesome

I am loved

Crystal healing brings balance to an individual's life & mind. Crystals are said to "have a stable & unchanging energy pattern, each with a unique frequency and energy field, or resonance" that gives them special properties, **explains Judy Hall, in her work, *The Little Book of Crystals***. As a result, "they act like tuning forks," helping bring "harmony" to the "very unstable energy field of the human body".



CRYSTALS



Powerful crystals to assist you with 5 areas of Self- Love (*Compassion, Confidence, Courage, Connection & Intuition*).



Compassion

Rose Quartz - is the ultimate stone of unconditional love as it helps you to connect to your heart chakra. It releases stress & encourages emotional healing. It helps with spiritual love & connecting to your highest, truest self.



Confidence

Garnet is believed to help you let go of unhealthy patterns of behaviour which could be producing self-doubt. It builds confidence & self-esteem. Eliminates negative and self-sabotaging thought patterns and actions.



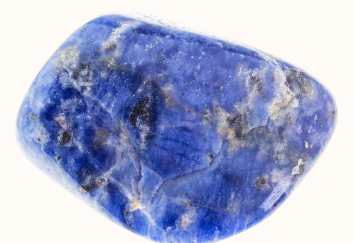
Courage

Carnelian activates your inner power, releases self-doubt & empowers you to take action towards your goals. It promotes motivation, action & endurance. Brings, good luck, protection & courage.



Connection

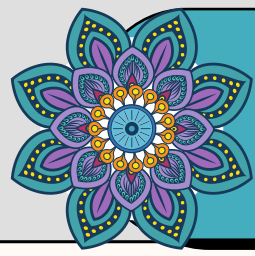
Sodalite prevents conflicts and helps us operate from a more logical standpoint. It helps us get in touch with our higher consciousness & clears the path to effective and harmonious connections with others



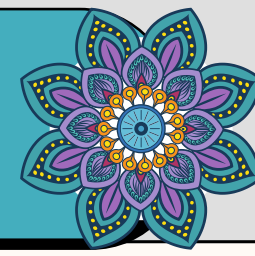
Intuition

Amethyst awakens higher consciousness and facilitates meditation and intuition. It helps you be the best version of yourself. As you work with this crystal you will become more clear and grounded in your true nature. It can help you make wiser decisions free of emotional confusion, increase your inner strength, and deepen your spiritual awareness.





OILS FOR SELF-LOVE



When an essential oil is inhaled, it is processed by the olfactory nervous system, which then reaches the limbic system, where memories & emotions are stored & processed. When we inhale the aroma of an essential oil, memories are triggered & this elicits an emotional response. Oils are either uplifting or calming. Each of us have unique triggers & memories, therefore responses to specific essential oils will be individualised. Lavender oil is known for its calming effects. However one person may find it desirable & another might be repulsed by it, depending on their association with it.



Calming

COMPASSION
Ylang Ylang



Uplifting

CONFIDENCE
Spearmint



Inspiring

COURAGE
Frankincense



Warming

CONNECTION
Cassia



Enhancing

INTUITION
Patchouli



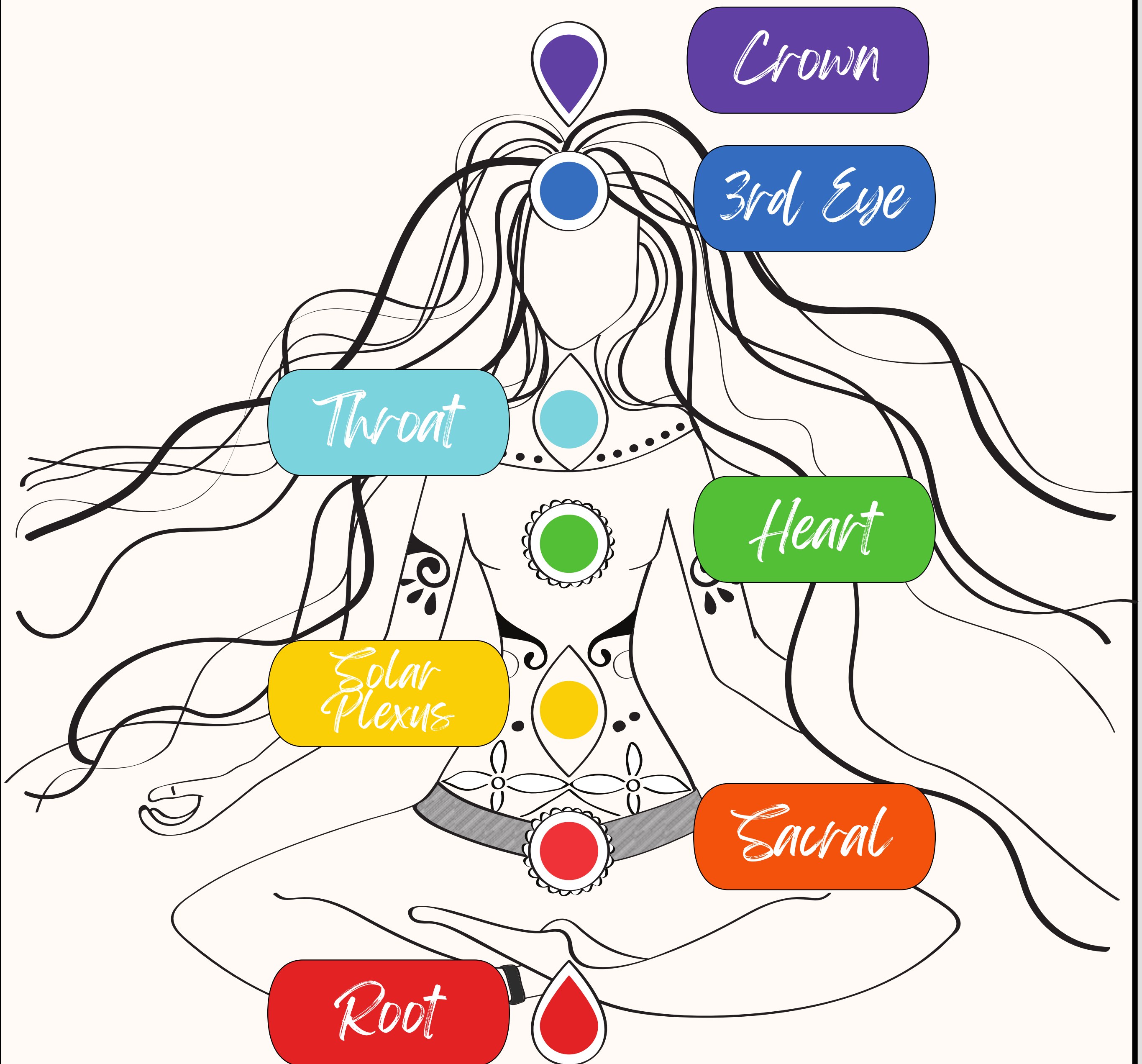
SELF-LOVE & YOUR CHAKRAS

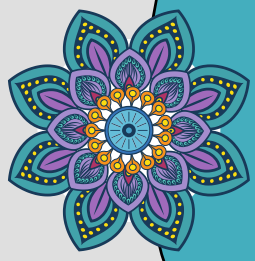
The Solar Plexus is the **Self-Love Chakra**. It is associated with the colour Yellow, and is your power centre, where you experience personal power, self-confidence, self-worth, self-acceptance and where your basic need is Significance. If this Chakra is out of balance your self esteem will be low and you will feel like you are just not good enough. When this chakra is in balance, you will feel confident, motivated and you will stand in your power.

To discover how open each of your seven chakras are, press the button below to take **Eclectic Energises** Free Chakra Test.

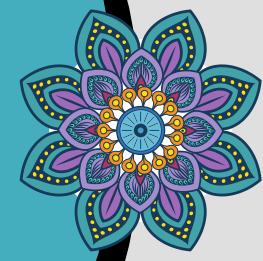


[FREE CHAKRA TEST PRESS HERE](#)





HOW TO SUPPORT YOUR SELF-LOVE CHAKRA



There are certain things you can do to support your Solar Plexus Chakra. Here are a few suggestions to assist you to fill yourself up from within:

- *Take a walk in the sunshine*
- *Incorporate yellow vegetables and fruit into your diet: sweetcorn, bananas, pineapple etc*
- *Take 10-15 mins out of each day for yourself. So you can bring your focus inwards and connect with your feelings. Ask yourself **“what do I need from me now?”***
- *Drink herbal tea, such as chamomile, which calms your digestive system.*
- *Ask Transformational Power Questions (TPQS) such as:*
 - *Why am I growing more confident every day*
 - *Why am I allowing myself to love myself more and more each day*
- *Meditate with Yellow crystals, such as Citrine, as it will promote, self-confidence, joy and abundance in your life*
- *Use self-love affirmations daily*
- *Wear yellow or gold items*
- *Journal daily*
- *Take a Yoga class*
- *Other Essential Oils beside the ones mentioned earlier, such as Juniper, Grapefruit and Lemon can be used to cleanse and release stagnation.*

