

BODY & MIND PROGRAM

reboot

AUDIO FOUR

SELF-LOVE AUDIO

So how do we start to love our body?

Okay, we've already been talking about this. And one of the practicalities is stop loading it with the judgment. Okay? Once again, easier said than done, but very doable.

The second is start to develop a relationship with your essence, your qualities, the fact that you're generous if you're generous, the fact that you're playful. If you're naturally very light and playful, that fact that you're discerning or perceptive or wise, or sensitive, there are a million qualities. Might be your warmth, might be your openness, might be your dedication, might be your commitment, might be your loyalty, there are things there are qualities that you can start to have a relationship with. Every time you choose to back one of those qualities. You're actually loving yourself. Okay, loving yourself isn't buying yourself something, or having some me-time on the couch or that's not actually loving yourself.

Loving yourself is having a relationship with the depths of who you are. And saying yes, that is what I choose. And if you come across a situation that is diminishing what feels true to you, and you back what feels true to you, that's one of the largest forms of love we can give ourselves. That changes the spark in your eyes.

We have a responsibility. We really do. We have a responsibility. And, you know, the responsibility isn't love yourself no matter how you look. Okay? Because the responsibility is to understand why you look the way you look. Okay, as a reflection, not as a criticism. So stop because we're more than our bodies. Okay, we don't, we don't. We also don't want to look at our houses and say, I feel less or more because of my house or our car, you know, you can apply this to many parts of life. Because the way we feel about ourselves has to be our relationship with the depth of who we are and our choices. Okay, and we could say our car might reflect choices we've made. Absolutely. You know, a house might reflect choices we've made. Okay, but a house is so much more than the way it looks. Okay, you can walk into a house and go well, this is cold. This is empty.

There are dynamics happening here that I am not sure exactly what off but there's some undercurrents happening. Well, there's some tension, and then you can walk into a house that might not have the same dollar value. And it's got this warmth and you just walk in and your whole body goes. Okay, that's what you want your body to be. You want your body to be something that your essence can go, I'm at home. Okay, I'm at home. Doesn't matter what the little intricacies of that body is. But I'm at home. That's the warmth you want in your body cannot the coldness of the dynamics that are happening within yourself and within others. So really important.