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*“Love is something we can choose, the same way we choose anger, hate or sadness. We can choose to forgive someone who has hurt us and begin to fully heal. We can choose to be grateful for what we have. We can choose love. It’s always a choice within us.” -Louise Hay*

### **Self-Love is not:**

- \* self-esteem
- \* Being arrogant or consumed with oneself
- \* Self care

### **Self-Love is:**

\* ***“Self-love is love directed to the Self.”*** - Christine Arylo

\* ***“Love is a deep appreciation – and loving ourselves means having a deep appreciation for who we are... It is embracing all parts of ourselves with unconditional acceptance – even those parts that make mistakes & have room for improvement.”*** - Louise Hay

***“Self-love is that solid place inside yourself that is immovable by the vicissitudes of life, a sense of knowing & appreciating the essence of who you are – stripped from all roles & circumstances in your life. This essence is intricately connected with the essence of all that is. And, inside of self-love, you can begin to learn how to treat yourself & others with compassion & tenderness. It is that well that you can dip into whenever***

***the outer world is getting hit by challenges, fears or trying times. It is the rock upon which all healthy relationships can be built.***” – Kim Von Berg

## **Self-Love is imperative because:**

- \* It deepens your capacity for love in general
- \* Our lives & relationships become richer
- \* We are more easily able to identify the people & circumstances that are not good for us & draw into our lives healthy beautiful love
- \* We will be able to draw in those people who are capable of truly loving us
- \* We will have the capacity to reciprocate this love
- \* We can more easily be our greatest selves – and support ourselves to go for our most fulfilling dreams

***“Wherever you’re centered in consciousness is where you’re generating life from.”*** - Katherine Woodward Thomas

## **How do We Develop Genuine Self-Love & Self-Respect?**

### **1) The heart of self-love lies in WHO we perceive ourselves to BE**

***“Change your conception of yourself and you will automatically change the world in which you live. Do not try to change people; they are only messengers telling you who you are. Revalue yourself and they will confirm the change.”***

- Neville Goddard

- \* **So, we set about the business of stepping into our *true* selves by:**

**#1: *Identifying what false identity might be lying just below the surface of your consciousness – and running the show – and uproot this belief & expose it for what it is: FALSE!***

**#2: *Discovering who WE TRULY ARE!***

Choose the direct COUNTER-PART to the false identity that we have identified. Discover who we TRULY are – in all of our wholeness, intelligence & radiance!

**II) Step into living from our aware *true* selves from this newly discovered identity**

**#1: *Identifying our old habits & ways of being*** that had reinforced the false identity & erroneous beliefs – and going about the business of letting these go.

**#2: *We then create new habits & behaviors*** – and ways of thinking & being - that ***reinforce our newly discovered TRUE identity.***

**III) From being in our true identity, we learn the art of *Unconditional Positive Regard* for our own selves – and others**

**IV) PRACTICE SELF-LOVE with the five essential commitments we make to ourselves**

*Demonstrate* your self-love to yourself & the world by adopting these five commitments that Christine Arylo puts forth in *Loving Me Before WE*:

**#1:** I will never settle for less than my heart & soul desire.

**#2:** I will only have loving respectful relationships in my life.

[Choose to be in right relationship with people – and see people for who they are. Don't choose people to join your inner circle based on their potential.]

**#3:** I am kind, gentle, patient and understanding with myself always.

**#4:** I treat my body as a sacred temple.

**#5:** I promise to stay true to myself & take care of myself EVEN if that means disappointing another.