

SELF LOVE

MASTER CLASS

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The Illusion of Separation

Worksheet 1

We come into this life knowing that we are whole and worthy! As we get socialized, we start to believe in limitations, labels, measures and ideals. We start to identify ourselves with where we FIT in regards to these boxes. We see others as better or worse than us and we start to buy into the ILLUSION OF SEPARATION.

1. Take a few moments to write down the things about yourself that you think are NOT ENOUGH.

- Where did this opinion come from? Society, parent, partner, stranger, YOU?
- Do you agree with this opinion today? Do you really believe that these aspects of you do not make you ENOUGH? Has your opinion changed?

2. Are there parts of you that you believe to be superior to most people?

- Where did you get this idea?
- Do you truly believe that you are superior? How does this make you feel?

3. If society did not have a preference, a beauty ideal, perfectionistic measures or status, how would you feel about yourself?

- Do you feel negative emotion when you think about this or do you relax?
- If you were neutral and equal to everyone else, how would you feel?

When we take away the “charge” we come back to center. We can remember that we are all ONE, equal and worthy. When we let go of our external identification some interesting emotions can surface. It is important not to judge these emotions or thoughts. The goal is to just observe where our attachments are because this is where we are still identifying with separation.

It is good to see your gifts, positive attributes and to be aware of the things you can work on but it starts getting unhealthy when we base our WORTH on any of it.

You were born worthy, the gift is to maintain that awareness and to see it in others too!