

SELF LOVE

MASTER CLASS

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What Would Someone Who Loves Themselves Do?

Worksheet 6

This is my “LOVE IT ANYWAY” Meditation from my SOUL LAB eCourse - <http://soullab.candacevandell.com>. If you have taken my 6 week course then this is familiar to you. I highly recommend this meditation everyday or when you are going through something that creates stress or if you are forgetting who you are.

LOVE IT ANYWAY

Close your eyes and take three deep breaths. As you keep your eyes closed, visualize each part of the body we discuss.

- TOP OF HEAD I love you, relax
- FOREHEAD I love you, relax
- EYES I love you, relax
- CHEEK BONES I love you, relax
- NOSE I love you, relax

Continue to each part of the body. At the end of the meditation, scan your body to see if there is more love needed to any parts of the body. Thank yourself before you open your eyes and enjoy the peace that comes from within.