

True You Awakening

Self-Love Personal Power Practice

1. **Connect with the deeper, wider center of your wise and capable adult self.**

Connect with the part of you that is wise, resourceful, resilient, capable and strong, and breathe this sense of yourself as a loving, mature adult presence all the way down into your hips, extending the energy of this center down into the earth and out to the edges of the room.

2. **Extend a sense of deep presence from your adult self to the younger self in your body.**

With a sense of deep presence and care, turn your attention to the younger self in your body and extend a sense of safety and compassion to this part of yourself from the deeper and wider center of your adult self.

3. **Welcome in and mirror back the feelings and needs that your younger self is experiencing.**

From a place of deep listening and receptivity, ask yourself the following questions, welcoming in with love whatever the response and mirroring it back with love:

Ask yourself: “What are you feeling”?

Listen for a response from your body and lovingly mirror back the response by naming the feeling: “I can see that you are feeling _____.”

Do this three times or more.

Now ask yourself: “What do you need?”

Listen for a response and lovingly mirror back the response by naming the need: “I can see that you need _____.”

Do this three times or more.

Note: To support you to accurately name your feelings and needs, please go to www.CNVC.org and look up their Feelings & Needs Inventory provided free of charge.