

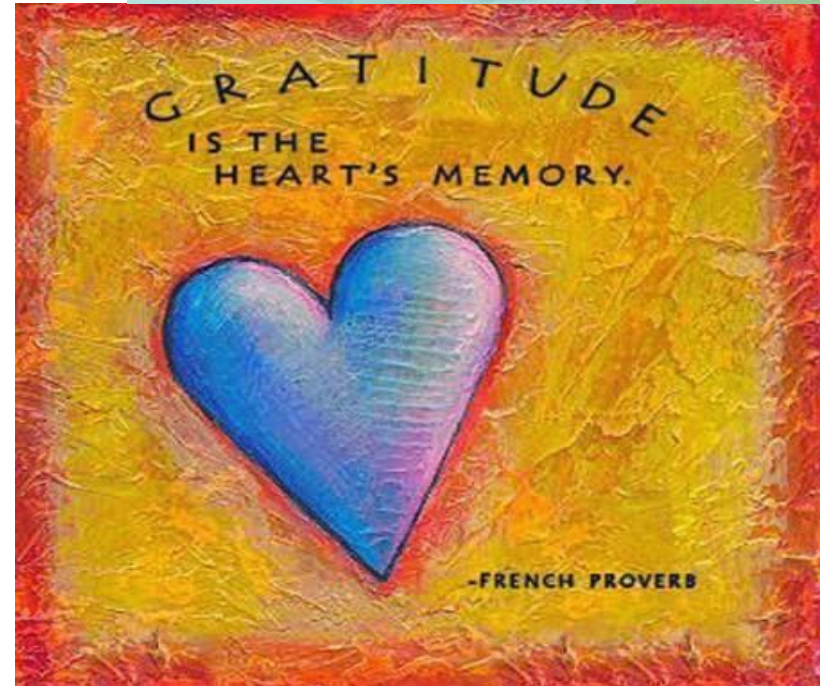
Self-Love: the Heart of the Matter



Dr Arien van der Merwe

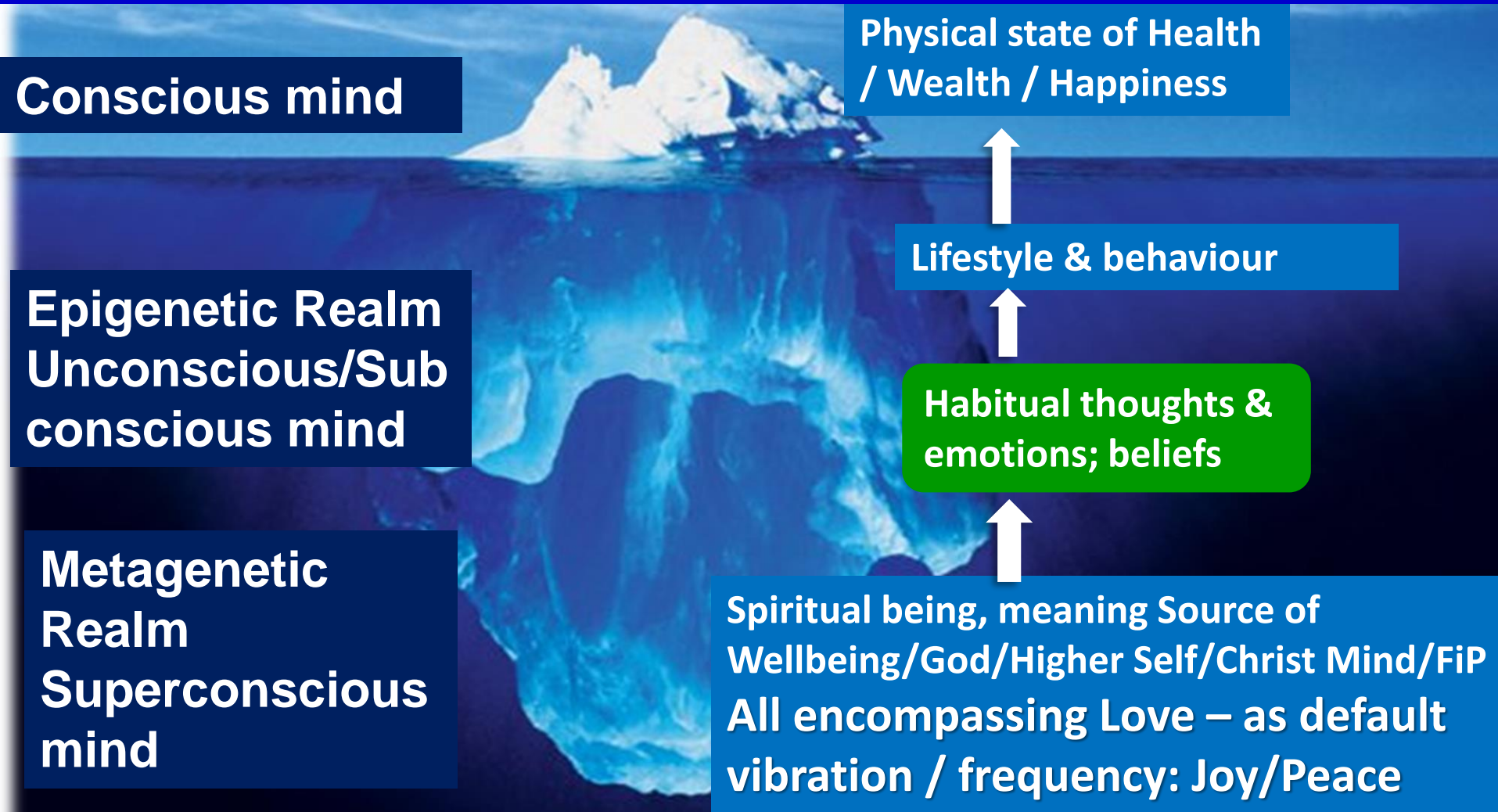
Time to focus on your own health and happiness!

Before the heart pumps oxygen and nutrient rich blood to every single cell of the body, it pumps it to itself first...an example of self-love and not a selfish act at all.



The body is the barometer of the soul. The body becomes the battleground for the war games of the mind.

The body is the subconscious mind, an expression of my thoughts (beliefs) and feelings over time

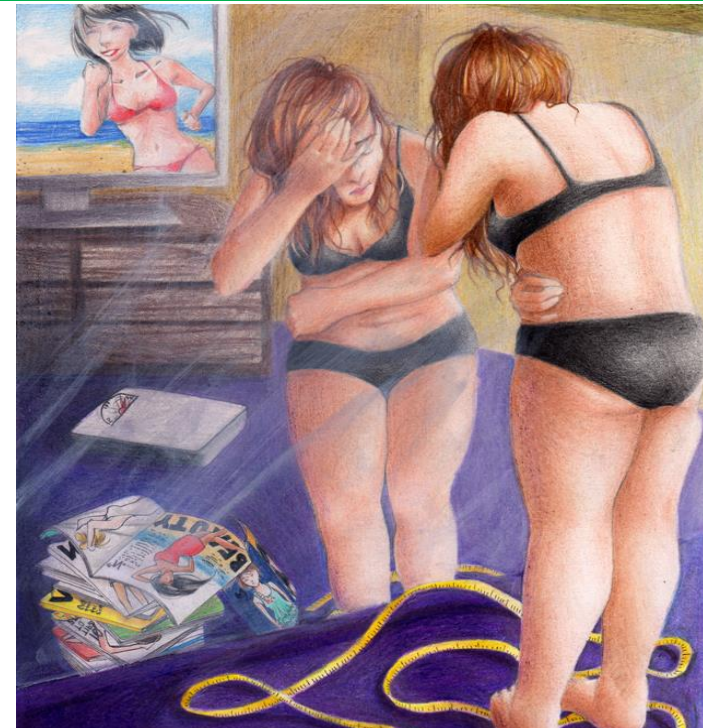


Self talk: what is the message I send to my cells - self love or self hate?

Cold and Hunger Response: Body trying to protect you!
Thoughts are things: self talk, beliefs, inner world!

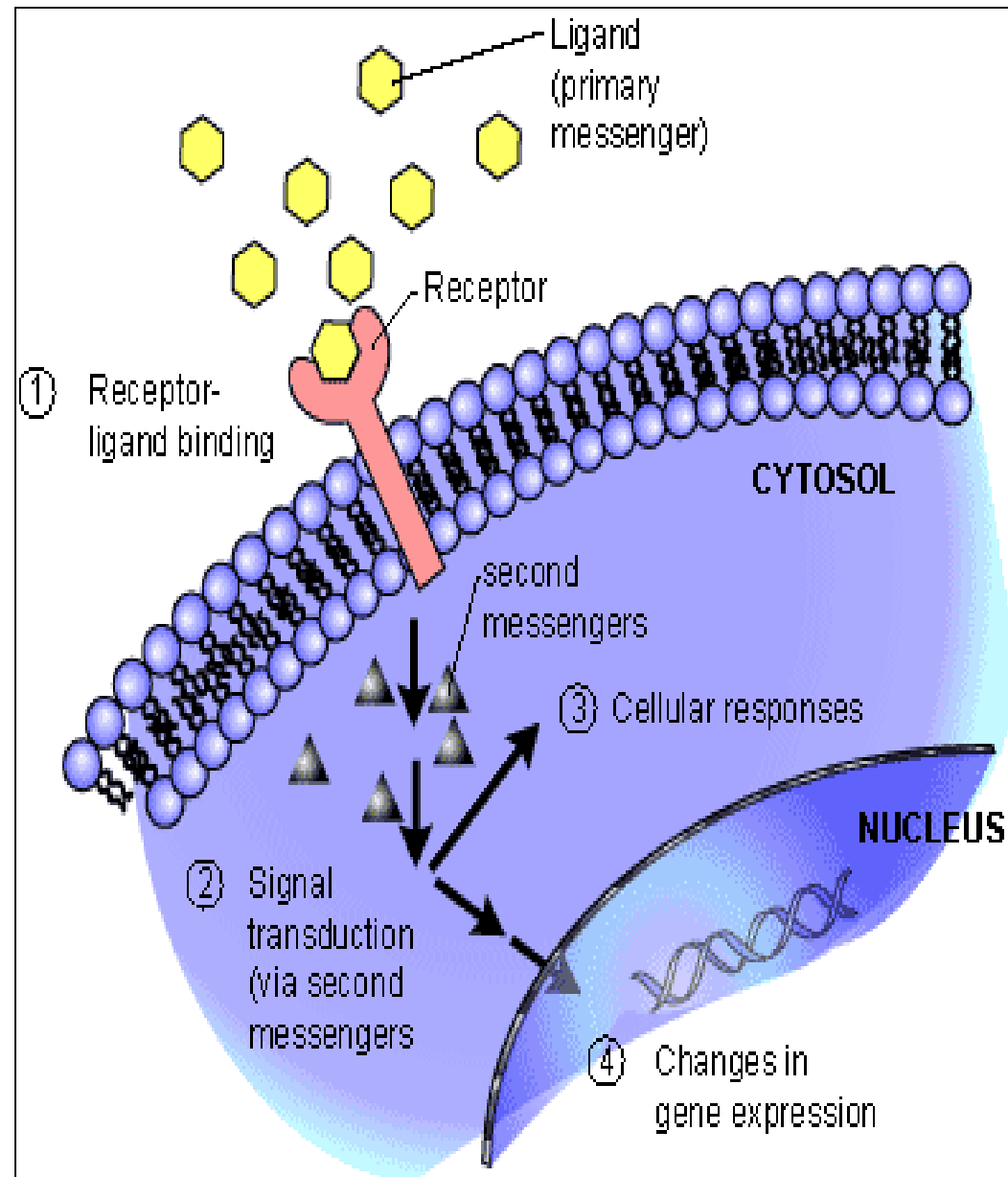
Thoughts: real impact on physical health.
Molecules of emotion blood stream,
enters cells. You become what you think.
Your cells *'feel'* like you do.

Loving your body as is - positive effect –
your body will feel safe enough to release
the weight!



www.drarien.co.za/weight-control-clinic-3

Epigenetic Structure: Love, joy, happiness peptides

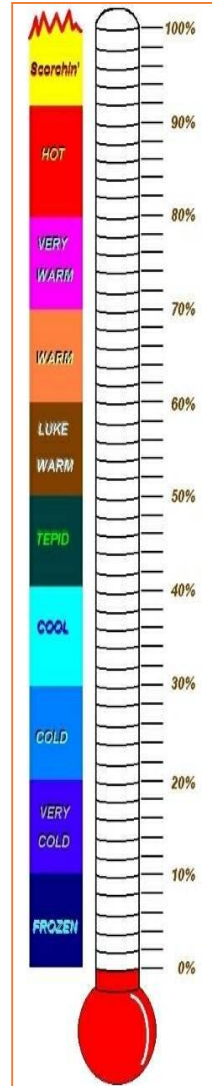


“As our feelings change, this mixture of peptides travels throughout your body and your brain. And they’re literally changing the chemistry of every cell in your body.”

- Dr. Candace Pert

Emotional positioning system: EPS

1. **LOVE**, joy, knowledge, empowerment, freedom, appreciation, inner peace
2. Passion, wisdom, understanding, forgiveness
3. Enthusiasm, eagerness, happiness
4. Positive expectation or belief
5. Optimism, courage
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism



10. Frustration, irritation, impatience
11. Feeling overwhelmed
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred, rage
20. Jealousy
21. Insecurity, guilt, unworthiness
22. **FEAR**, grief, depression, despair

**Brilliant light hidden
by clouds of
discontent

Light in me**

Expectations –
whatever,
always not
here, not now,
accepting what
is

Fears, worries,
anxiety,
concerns over
safety

Frustration,
resentment

Mind –
mental
chatter of
monkey
mind

Critical inner
voice

Problems:
body image,
financial,
relationships,
work

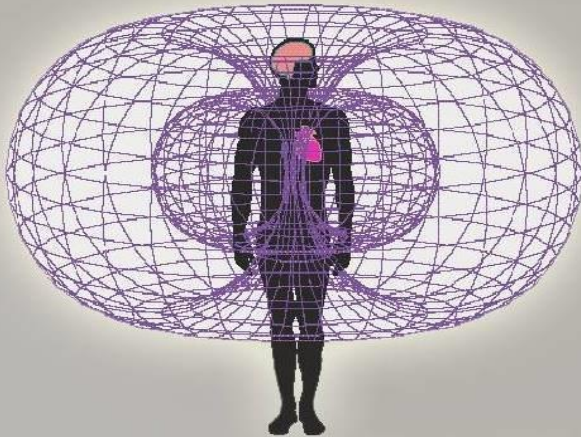
Heart is a brain, seat of soul & emotions.....

Learn how to love yourself first - activate the mind-brain-heart connection in practical ways – extending to all your cells and all around you

The Heart is more powerful than the Brain

The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.

The electromagnetic field of the heart



Spreading the message of love/light as vibration, hope and healing to ourselves and the world around us: our real life purpose?
Just for today, connect with heart Self, not small self with stories of blame outside us. Aware of feelings that arise, then conscious decision to let it go, every time!

Return to love – Marianne Williamson



Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone.

And as we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others





Polluted toxic Fujiwara Dam water after 1 hour of prayer

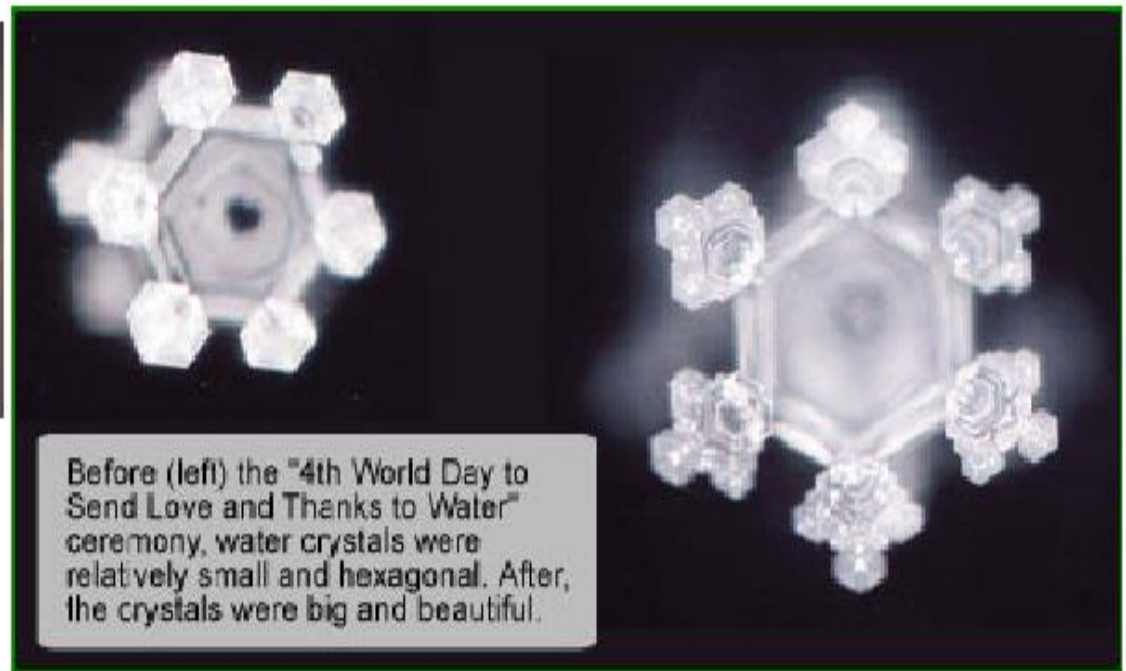


500 People sending positive thoughts to bottled water



"I hate you"

"I love you"



Before (left) the "4th World Day to Send Love and Thanks to Water" ceremony, water crystals were relatively small and hexagonal. After, the crystals were big and beautiful.

Masaru Emoto



Self Love



Beauty



Passion



"Good Job!"
"Well Done!"



Rescue
(Protect)



Happiness

Let's breathe.....

In journal: Commitment to self

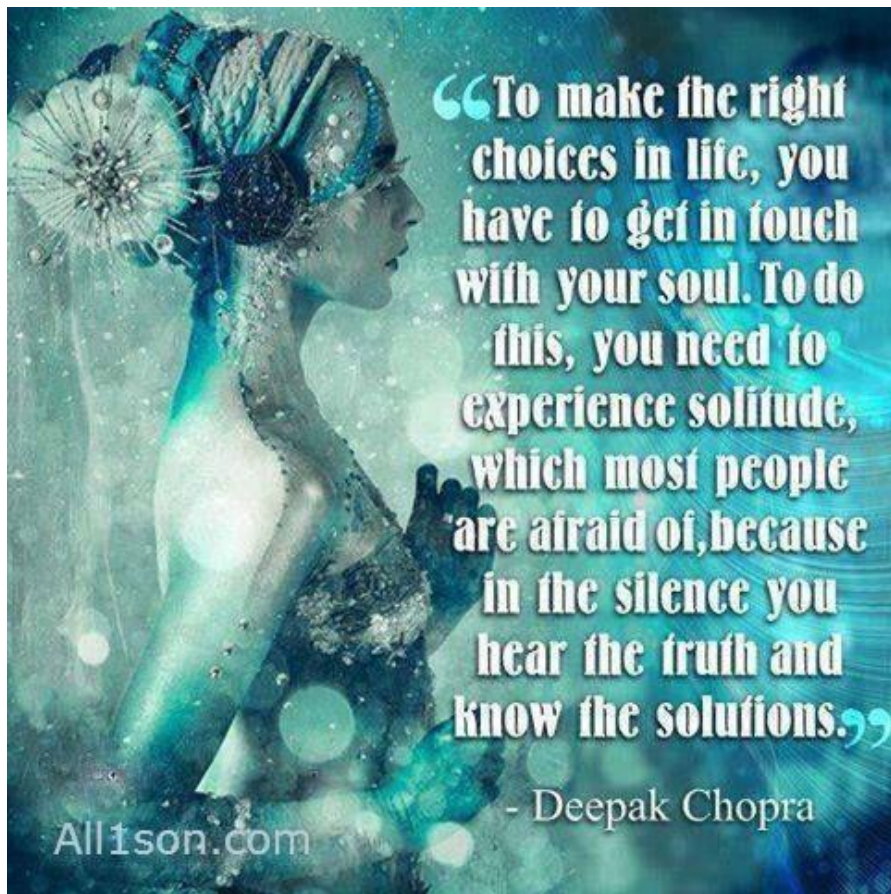
1. Body
2. Mind
3. Emotions
4. Soul



If shallow or fast, we know that is a signal to slow and deepen the breath as a gift to the overstimulated nervous system.

Can we breathe slowly and more peacefully becoming calm from within, instead of waiting for the world to become peaceful first?

Let us anchor a deep breath of "All is Well" and let's send that out so that the world and all around us feel what that feels like.



.....being taken into a deep inner silence is the way into eternal life. Silence includes letting go of striving to 'have' or to hold on to anything outside of myself...all about what it means to really Love Myself. I can only really be of service in this world if it comes from Self Love – Shakti Malan

Mirror work

- Look deep into own eyes....what do you see/feel? Write down in journal
- Write own affirmations to use every day: e.g. I am beautiful, talented, creative, fabulous, worthy, strong...
- Louise Hay: doyenne of mirror work pulls out small mirror from her bra – hey, good looking, how's it going?



Journal Exercise

4 aspects: Mind, Emotions, Body, Soul

Questions to self

- 1) What do I find most exciting and fulfilling in life?
- 2) What hobbies, passions, talents, and gifts would I like to focus on and develop this year?
- 3) What is highest and best for me in terms of making a contribution to others and the world?
- 4) What else would be deeply enjoyable, significant, or fulfilling?
- 5) What do I want in terms of day-to-day freedoms, travel, and/or time out to explore my inner truth?
- 6) What do I desire in terms of finances, property, business, and/or lifestyle?
- 7) What would be fulfilling in terms of romantic relationships, as well as relationships with work colleagues, friends, family?

Then....3-5 specific things I'm going to incorporate and believe this year for each aspect of myself

Mind

Emotions

Body

Soul

Follow your Bliss

If you follow your bliss, you put yourself on a kind of track that has been there all the while waiting your for you, and the life you ought to be living is the one you are living. When you can see that, you begin to meet people who are in the field of your bliss, and they open the doors to you. Follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be.

Find a place (inside) where there's joy, and the joy will burn out the pain.

We must be willing to get rid of the life we've planned, so as to live the life that is waiting for us. The old skin has to be shed before the new one can come. If you can see your path laid out in front of you step by step, you know it's not your path. Your own path you make with every step you take. That's why it's your path - Joseph Campbell

Get aligned with your purpose: Start noticing what in your life makes your soul sing. Most people are so busy going through the motions of the day that they don't pay attention to what their heart and soul are saying to them. What is it, that makes your heart expand? What makes you feel full? What really makes your heart sing. Then listen to your heart, listen to the source of your inner wisdom. Then live your life from that place and you will be living a life filled with passion! – From the Passion Test by Janet Attwood.

Important parts of my life



Play/fun for today

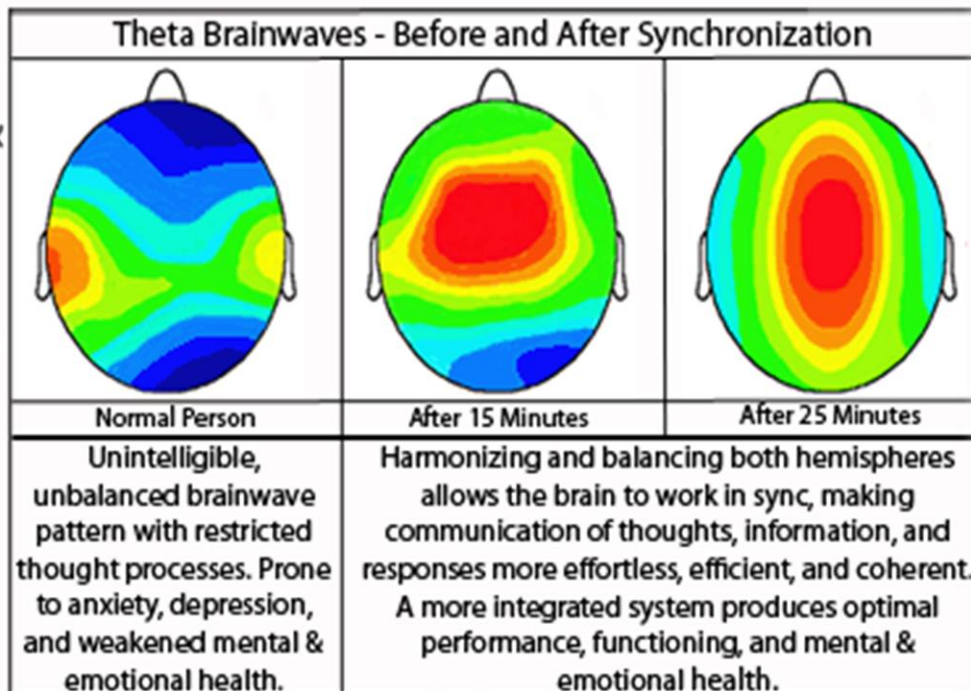
Just for today, allow yourself to embrace all that you are every moment. Know that you are a vessel of light. Allow yourself to release all doubts about your ability, the mistakes of the past, the fear of the future. Just for today, remember that you have grace. It is called Breath. You have a connection to The Divine Mind, the Power Source of the world. Just for today, remind yourself ' I am one with all the power there is!' Know that the world is safe. Know that you are loved Just for today, be free. Be peace-filled. Be loving to yourself and others. Know that you shall not want for anything. Just for today, give praise and thanksgiving for everything. Let the light shine on you today – Board outside a Bikram yoga studio in Johannesburg.

Ways to move up your EPS scale: Deep relaxation: Self Love, Heart

- Right brain mode into right mind
- To connect to the silence of a quiet mind



Health, happiness, wholeness lie at the core of our being: it is our natural state!



Enhanced for Illustration Purposes



I AM GRATEFUL FOR

RELATIONSHIPS
CONNECTIONS, HEALERS
JOE, LOVE, PATIENCE, TOLERANCE
ART MUSIC
WISDOM, LIFE EXPERIENCE, COURAGE
PASSION
TALENTS, ABILITIES, FOCUS, DRIVE, AMBITION
CREATIVITY
MY VISION, COMMUNICATION, LANGUAGES, SYMBOLS
MOTHER EARTH
BIRTHING, SOIL, WATER, STRENGTH, RENEWAL
CLEAN AIR
WIND, RAIN, MEDITATION, YOGA
FAMILY, FRIENDS
HUGS, UNCONDITIONAL LOVE
HEALTH, SUN
BICYCLES, WALKS, HIKING, SWIMMING
KIRA, SISTERS
A ROOF OVER OUR HEAD, CLOTHING, BED
AWESOME PARENTS
VALUES, MORALS, ACCEPTANCE, GIVING, SUPPORT
WORK, REST, PLAY
KNOWLEDGE, HUMOR, TECHNOLOGY, FUN, NAPS, QUIET
FOOD MEDICINE
SEEDS, FARMERS, HERITAGE, ANIMALS, FARMS
CLEAN WATER
HAVING ENOUGH WATER TO DRINK
TEACHERS
GREAT SPIRIT/GOD, CREATION, MYSTERY
SCHOOLS
MEMORIES
FISH, WHALES, ANCIENT ONES
THIS MOMENT
ANCESTORS, ELDERS, STORIES
SUNRISE, SUNSET
POSITIVE THINKING, LAUGHTER
BUTTERFLIES, BIRDS
RIVERS, MOUNTAINS, LAKES, OCEANS
HEALING
FORESTS, FIELDS, STONES, DESERT
HONEY, HERBS
PLANTS, VEGETABLES, FRUIT
KINDNESS, CHARITY, GENEROSITY
BEES, FLOWERS
TREES, WOOD, FIRE, MAGIC
KINDRED SPIRITS
SONGS, MY VOICE, MY DAUGHTER'S SPIRIT
MY MIND, MY BODY
MY SOUL
ENERGY, TRAVEL, JOURNEYS
SACRED SPIRIT, FAERIES

Ways to move up your EPS scale:

Finding joy

- **Do something you love**, that makes you happy - reading motivational words / poetry that touch your soul; go out in nature for a while
- **Move your body** by shaking or dancing to change an existing mood; do **something creative; help others; sing!**
- **Listen to music** - balance your soul: calm, flowing - feel overanxious; funky beat - feel tired, lethargic.
- **'Wouldn't it be nice if**' - feel how different you feel!
- **Belief & faith:** just as much a law of nature as any other law!
- **Believe it first**, hold the feeling, visualise (create vision board to help you), practice; then you'll see it!
- **Pet** – example of unconditional love

If you are not spending all of your waking life in discontent, worry, anxiety, depression, despair, or consumed by the other negative states; if you are able to enjoy simple things like listening to the sound of the rain or the wind; if you can see the beauty of the clouds moving across the sky or be alone at times without feeling lonely, it means that a space has opened up, no matter how briefly. When this happens, there is a sense of wellbeing, of peace, even though it might be subtle – Eckhart Tolle

Ways to move up your EPS scale: FunFitness

- Movement for the joy of living in your body
- To meet the needs of your lifestyle with ease
- Healthy spine, core: pelvis, chest, head
- Dance, yoga, walking



Ways to move up your EPS scale

Help from nature can improve your mood & general health and wellbeing



Aromatherapy oils in a burner at your desk, or a few drops in your bath: lavender, chamomile - peace and calm; geranium & rose - emotional balance; peppermint & lemon - lift, more energy

Inhaling essential oil healing plant - direct effect limbic/emotional centre inside brain. Effect. Choose oil to balance your mood

Herbal help

Culinary, * medicinal, aromatic plants

Basic kit:

- Garlic, ginger, turmeric, thyme, rosemary, basil, sage – food * recipe
- Rosemary: anti-infl, stim effect CNS – memory, concentration



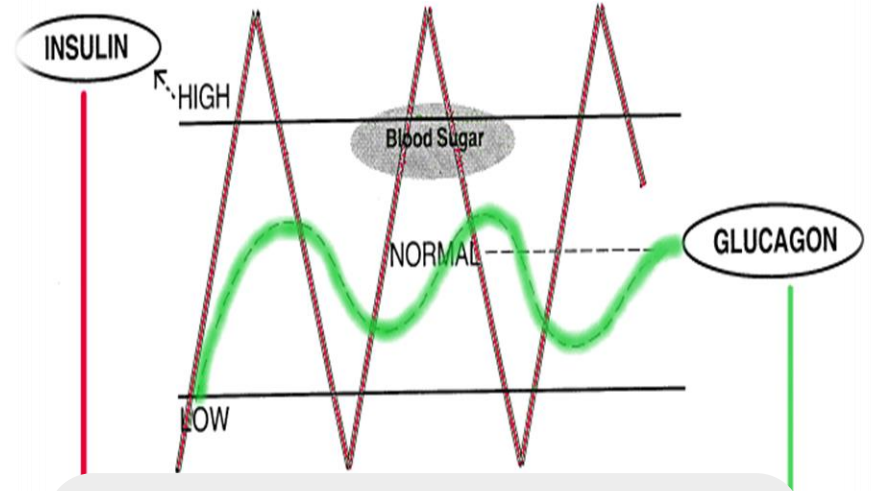
Others:

- Lavender, camomile, orange blossom – relaxing oil mix

Echinacea, garlic, golden seal liquorice root, chamomile, sage, thyme, calendula, rosemary

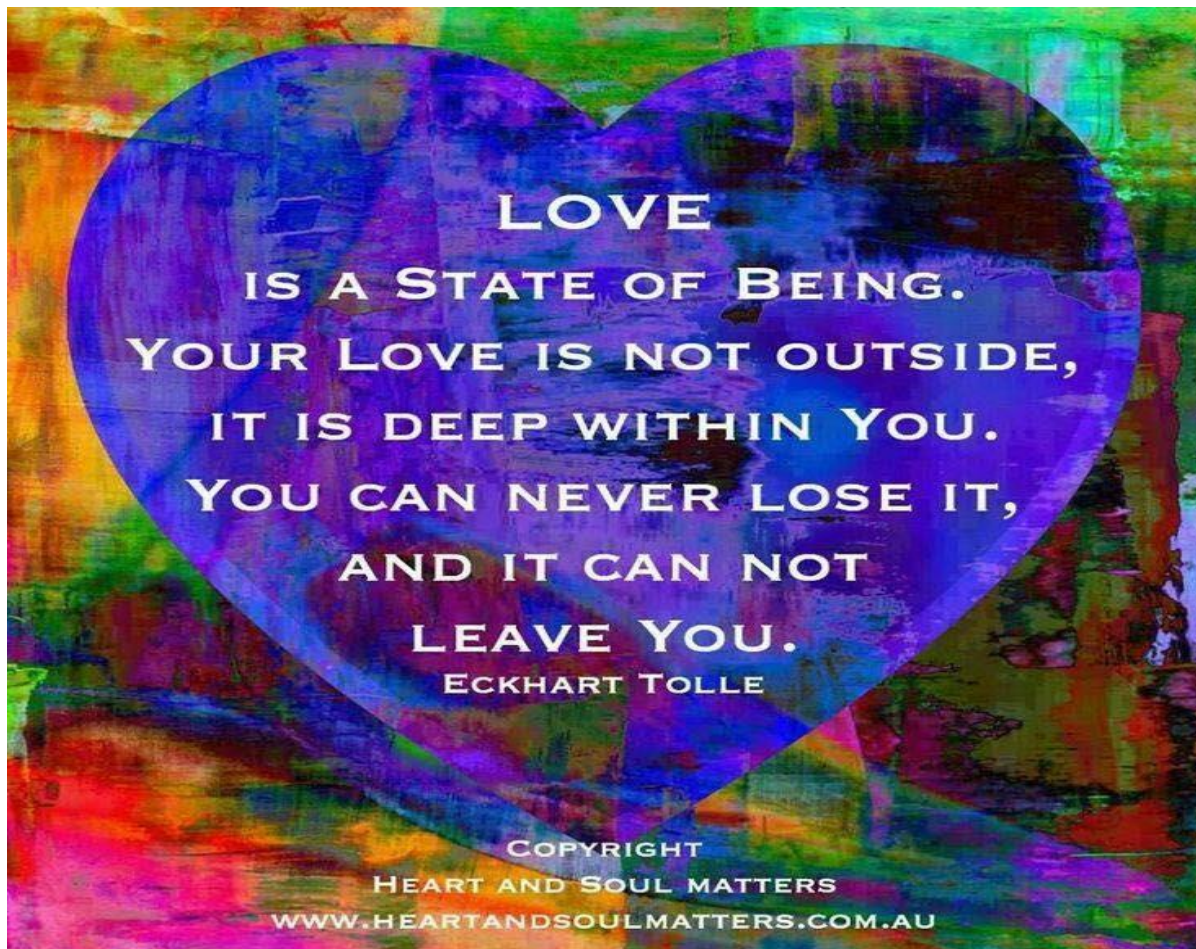
Ginkgo biloba

Healthy eating & food supplements



Low blood sugar and dumping

Superfoods: plant your own/buy organic



Spread this true love from deep within you to all around you, blessing your world today and every day. We can never truly love another, if we don't love ourselves first

As for me, I'm turning my cheek toward joy, toward peace of mind, toward the idea that all of us can be free and abundant and living lives of insatiable wellbeing – Pam Grout, E³

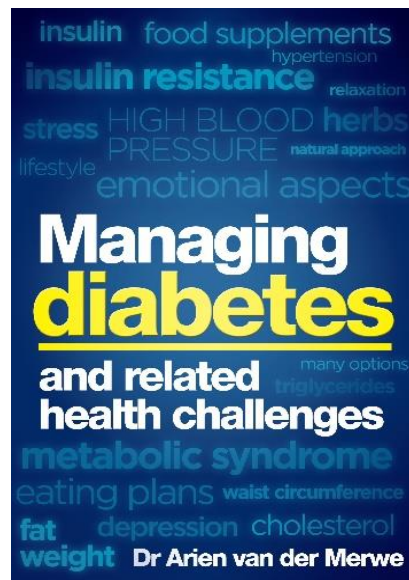
Support

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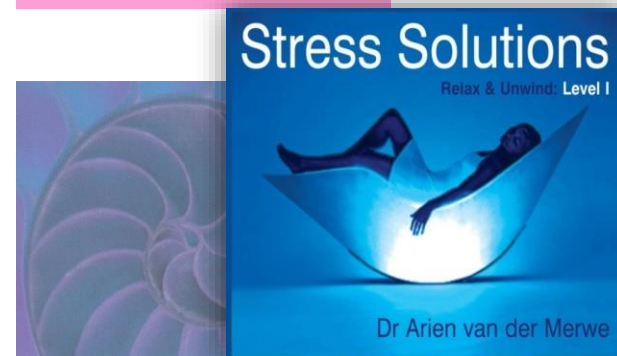
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end May
- **Books, CD's, Health Coaching:** real time & online
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Health & Happiness
Dr Arien van der Merwe



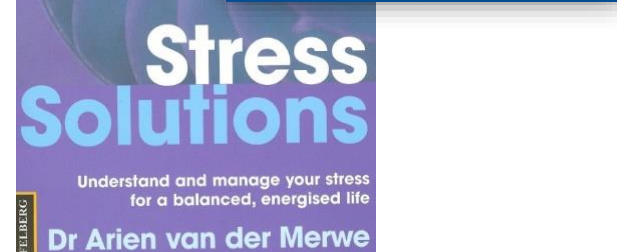
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