

Awareness Practice: Doing Love Translations and Practicing Self-Love

Practicing with self-love means being able to feel that love flowing for yourself. If you typically feel less than loving toward yourself, you won't be able to feel love for others. Experiment with the following:

- 🌀 Write or contemplate the statement, "I am lovable, I deserve to have love in my life." See if any memories opposite of being loved come up. If so, write down a list of what you're thinking.
- 🌀 Now take two or three of these memories and write down how you would like to have been treated in those situations. Make this as realistic as possible. This will be the model for how you want to be treated from now on.
- ★ If those memories included someone being less than nice to you, see if you can make a Love Translation. Also, see if you can imagine a Joyful Solution that might work if a similar situation comes up in the future.
- ★ In order to practice Love Translations instead of fear translations, you'll want to practice **EAT**ing more often: **e**valuate **a**nd **t**ranslate (see page 136). It can be like a fun game.
- 🌀 For example, if someone on the phone seems rude, you can realize that it probably has nothing to do with you, and you can say something like, "We seem to have gotten off to a bad start here — let's start over. I appreciate your help and knowledge with _____."

If someone close to you seems to be acting in an annoying or upsetting way, you can remove yourself briefly and remind yourself to EAT before you act. Maybe their blood sugar is low, or work was hard, or you know they're feeling scared. You don't need to say these things out loud to them in order to do your Love Translation.

- 🌀 As you go about your day, notice when you feel loved or appreciated. Notice when you're able to evaluate and translate to make your experience more loving.
- ★ Then savor those experiences. Review and bask in what felt good. You can do this by thinking about what pleased you, telling friends about it, or writing it down. This will expand your abilities to feel more love for yourself — and others — more often.

To receive more scrumptious information about Love Translations, go to:

SucculentWildLove.com/Translations