



Self Compassion

Loving Kindness

Ways to Play With

Be-With-Me-Ness

Write Love Letters to Her

Chakra Dolls & Art

Open Studio Support

Emotional Neurography

Oxytocine



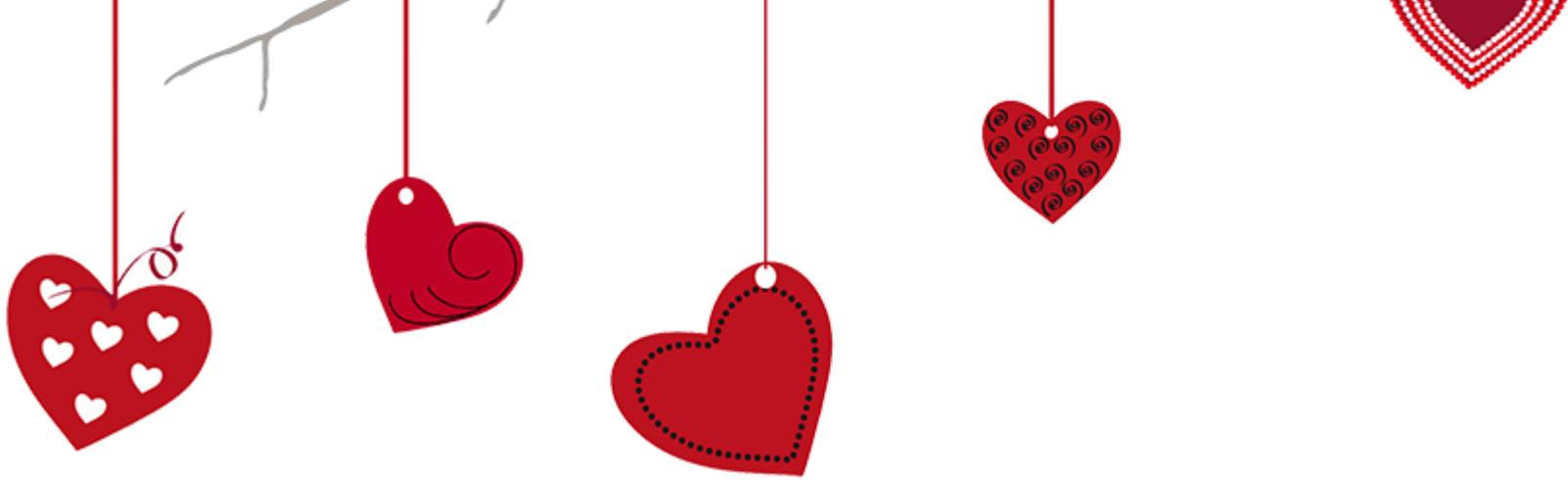
Self Compassion

CARING FORCE

Tender self-compassion harnesses the energy of *nurturing* to alleviate suffering.

Fierce self-compassion harnesses the energy of *action* to alleviate suffering—when integrated, they manifest as a caring force.

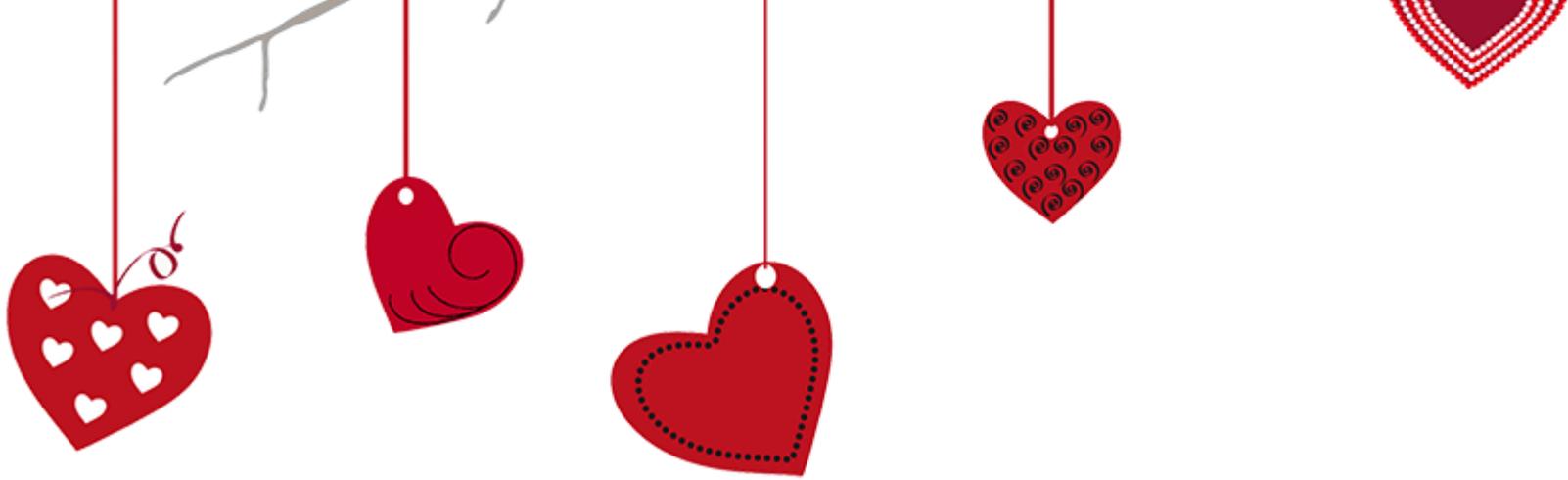
Combining STRENGTH with LOVE.



Self Compassion

CARING FORCE—Turned inward we propel our personal journey of growth and healing at the same time that we fight for justice.

Social activism is an act of self compassion because we are all interconnected, and injustice impacts us all



Self Compassion

FEAR—Why are we hard on ourselves

Fear that we will be lazy and unmotivated

Belief we shouldn't fail—that there is something wrong with us if we do.

Failures as dead ends

Get overwhelmed by feelings of shame and self-blame—inhibits our ability to grow.

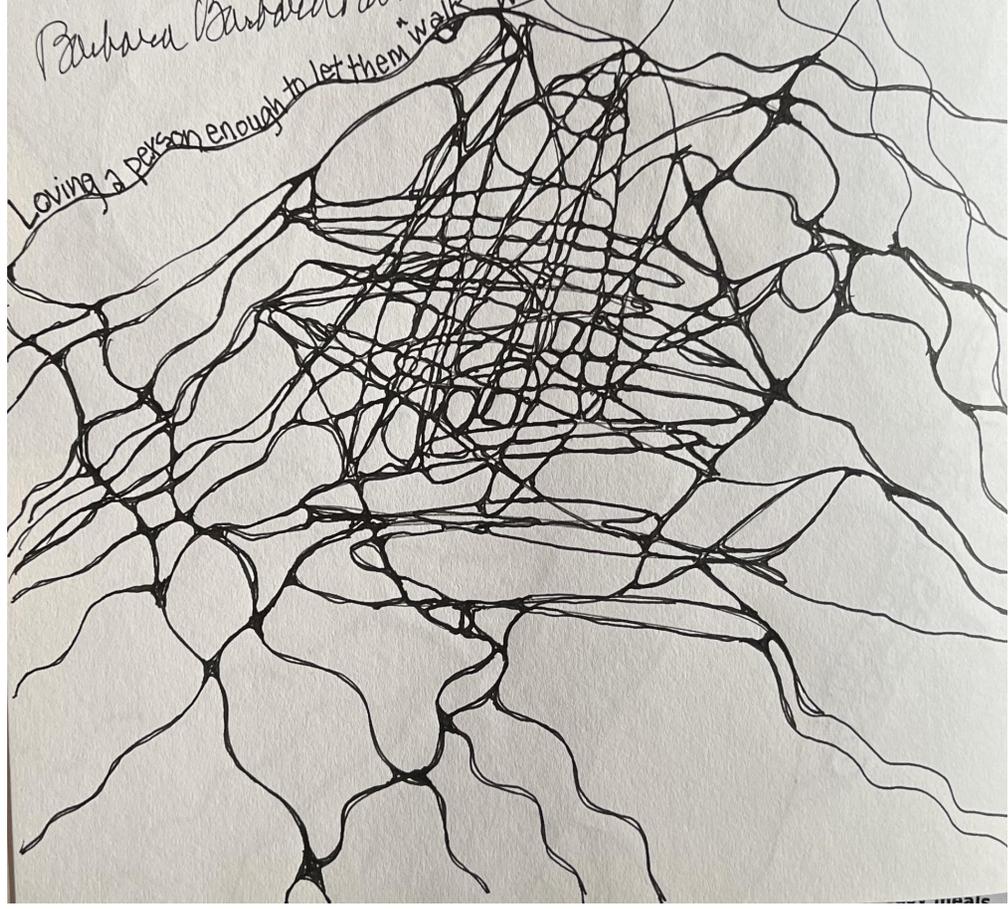
Say mean words to ourselves

LEARNED HOW to be mean to self.

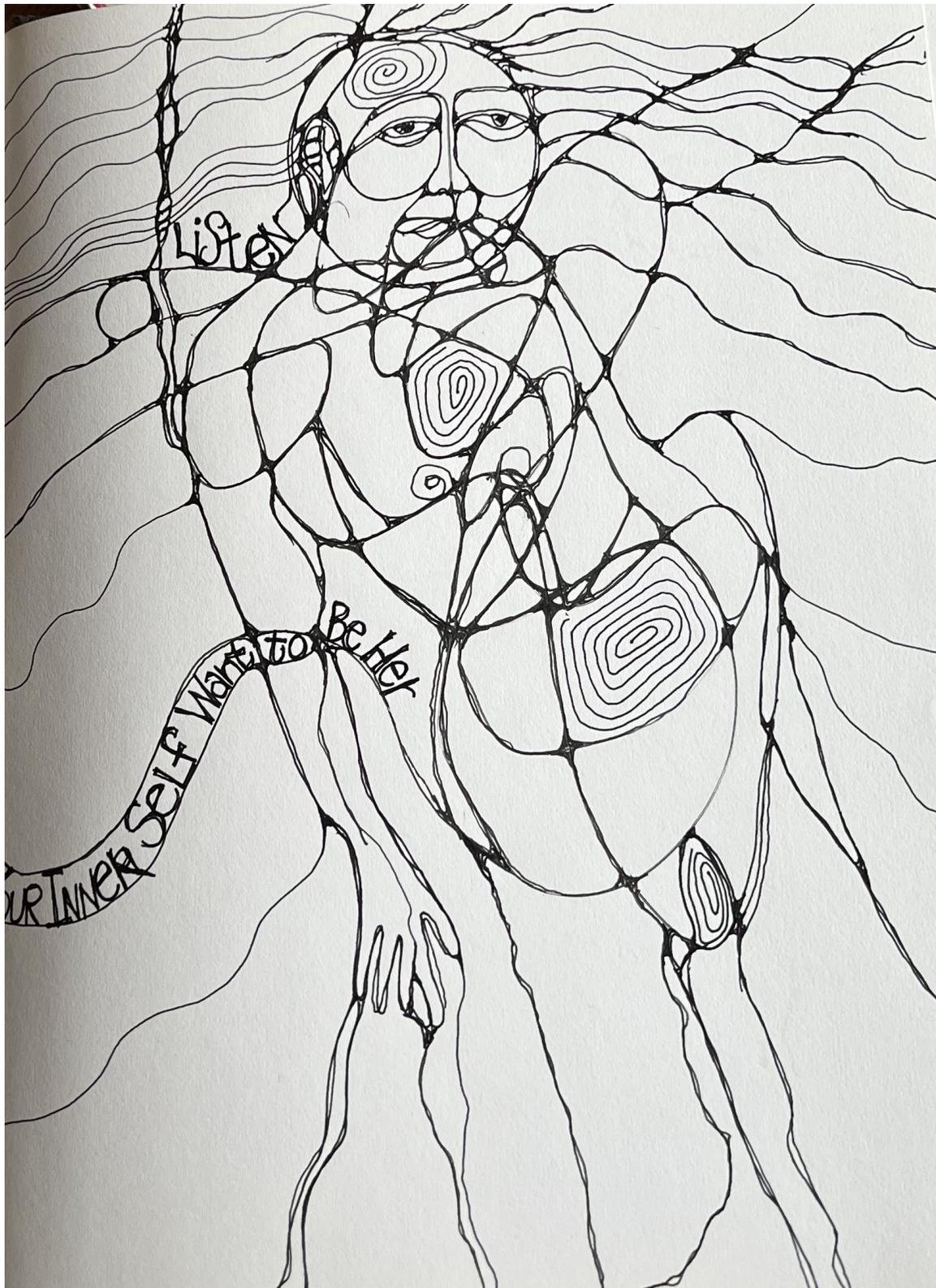
Manchita -

Barbara come breathing in body breath
no panic - no fear, no
throat no worries - need level up: Angels help me
come to me and surround me with healing light - calm
my tormented soul - ease my mind - calm me down
the future these sensations - all written
Barbara Barbara Barbara with their own emotions

Loving a person enough to let them walk







Listen

OUR INNER SELF WANTS TO BELIEVE

Be Her



How Can I Heal My Emotional Distregulation?

disharmony

How is this an opportunity for change?

Re-mind myself

You must speak your mind to stay healthy

Take responsibility for your health care choices & make decisions based on facts

Act on the guidance of your inner voice

Cut yourself from painful past

Find treatment plan that suits my needs

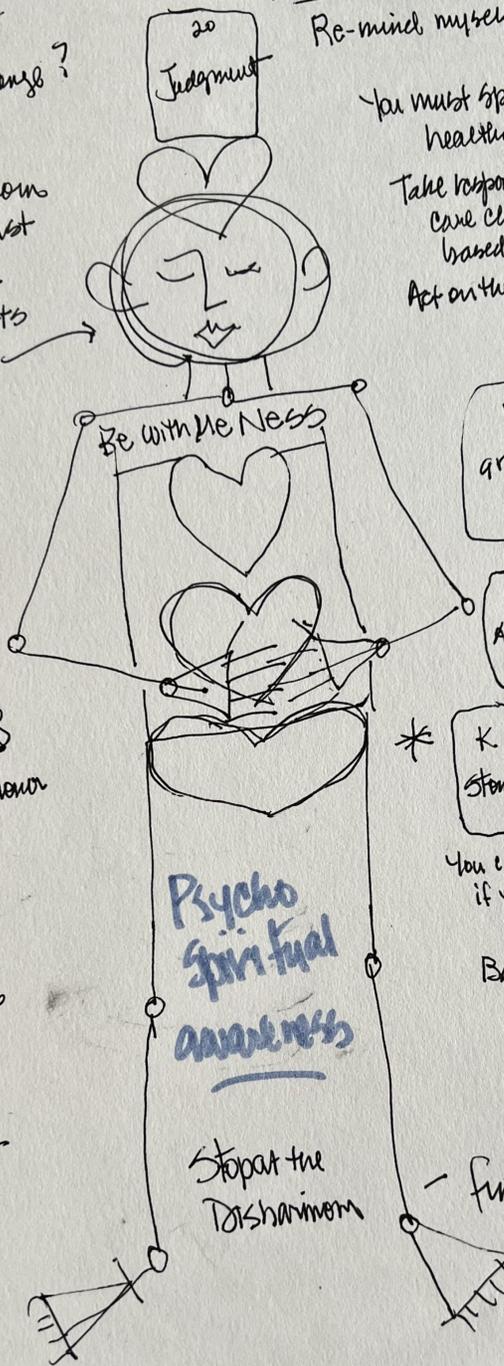
Face fears of depression head-on

Do the research

Deep longing

need to find & honor the self within

conscious acceptance must occur to create space for forward movement



K
arrows

Tell self healing stories
Test truths
Cast out doubt & despair
Create the healing words
doing

Fuge
Arrow

Speak in affirmations
Dismiss all thoughts as
I can't
Change the words that
cause harm, grief
hunger

*
K
Stems

You can have & heal everything
if you are true to that which is
really you

Balanced relationship to food
& material resources
Understand life cycles
Play & work

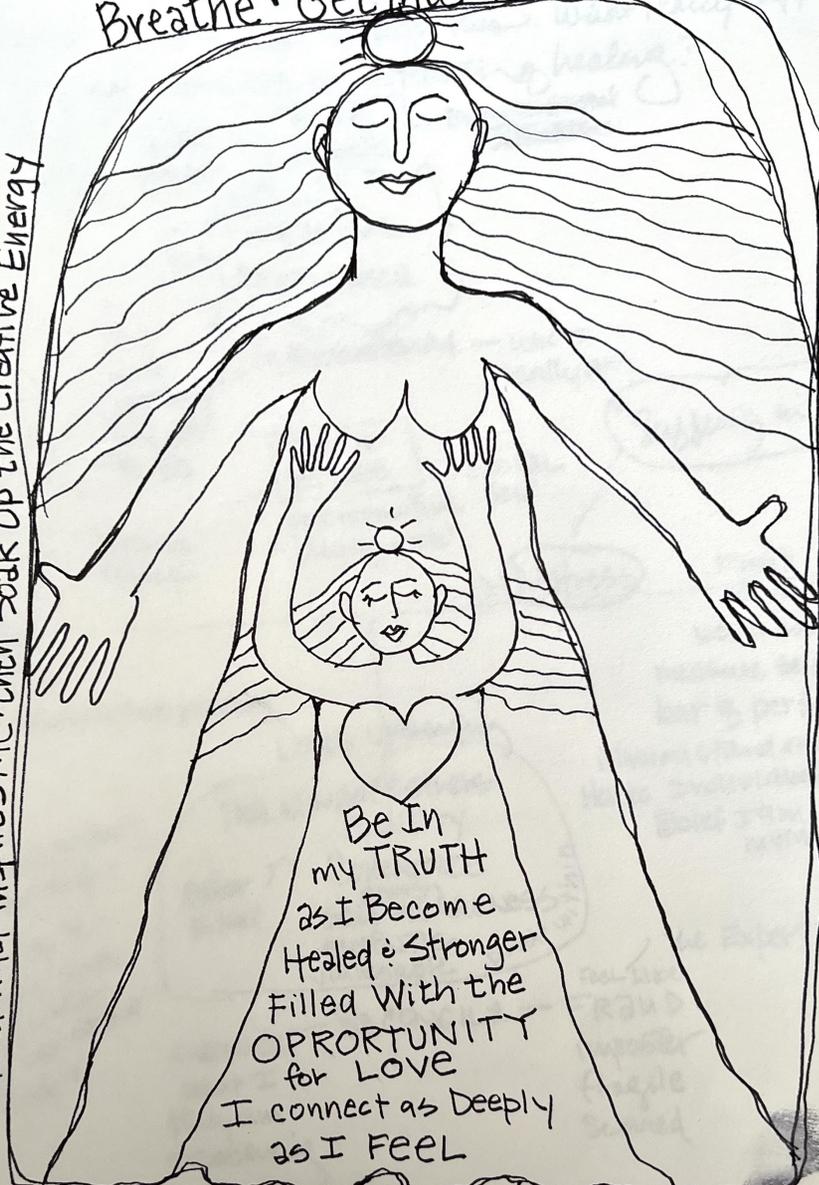
Stop at the
Disharmony

Find the inner core

11/25/2024

Breathe • Get into FLOW NOW

Find what inspires Me. then Soak up the Creative Energy



Be In
my TRUTH
as I Become
Healed & Stronger
Filled With the
OPPORTUNITY
for LOVE
I connect as Deeply
as I FEEL

Remove the ~~un~~ FEAR ~~now~~ Under the IMPATIENCE
Amen and with infinite Gratitude.