



## Know Who You are and Be Happy with Yourself

By Anne Jones

Lack of acceptance and respect of oneself can be a major cause of emotional distress, mental anguish, discord with life and ultimately ill health. Unless we are happy with who we are and are able to speak up for ourselves we are unlikely to find the peace and harmony within that brings happiness and well being. In this seminar we will look at some of the causes of lack of self love and see how we can help ourselves to overcome them and learn to live well with ourselves, know ourselves a little better and “stand strong in our own shoes”.

- What are the elements that make up the unique being that is you –
  - genetic inheritance
  - soul & spirit inheritance
- Why wouldn't you love yourself?
  - The attitude and treatment of your parents
  - Other people's attitudes to you – lets look at what causes these
  - Traumatic experiences – abandonment, abuse, illness
  - Dislocation from your spirit/soul essence
- How can you love yourself a little more?
  - Treat your body with respect
  - Give yourself time to recharge and distress
  - Forgive yourself
  - Let go your limitations
- How to get other people to respect you more
  - How you treat yourself
  - Positive attitudes and energies
  - Be honest and speak your truth
  - Acknowledge your strengths and abilities

### Meditation