



## Process for Sharing with Self

The process I invite you to follow for sharing on your own is as follows:

1. Sit in front of a mirror.
2. Make sure you are comfortable and while doing the exercise be sure to look yourself in your eyes. This will allow you to connect with your soul as you listen to yourself.
3. Allow yourself 15 to 30 minutes to share all that you have learnt about yourself so far. Share how you intend to integrate what you have learnt about yourself into your living and way of being.
4. After you have finished speaking, keep looking at yourself as you connect with your soul in silent contemplation for 3 minutes. During this time of silence notice what thoughts come up for you. Do you judge your story? The intention is that you merely hold a safe space of acceptance for yourself as you watch your thoughts. Now, let these thoughts go.
5. Remember that undertaking this exercise is to give yourself space to learn to see and hear yourself, free from judgments of self. The intention of silent contemplation is merely to be present in body and soul, allowing your mind to be free to witness your thoughts free from reaction, action, judgment or desire to shift your way of being in the moment.
6. Once you have finished, thank yourself for your courage.
7. Afterwards, complete a small ritual for closure. For example, sit in the garden and enjoy a cup of tea with yourself. If you prefer to dance or sing then do that, but be sure to find your own way to allow it all to sink in.

Note: It is good to have a timer to manage your process. This will keep you from being distracted until the exercise is done.

If you feel you need more time, then remember always be yourself and follow the voice of your heart.

I love you for your courage.  
Jacqui

