

# Heartful Living

## Self-Love Turn Around



This is a process which helps us turn around the hurt we experienced from others into the self-loving nourishment we have been longing for.

It is inspired by the teaching of Matt Kahn.

‘We are all wandering around waiting for other people to say to us what we can say to ourselves’.

Matt Kahn

As you practise with this process, initially choose an issue that is not too intense...something that does not have a huge emotional charge. When you have done it a few times and know how it works you will be able to apply it to more challenging issues.

Bring to mind a situation with another person that triggers feelings which knock your confidence in yourself and make you doubt your self-worth. Choose something where you can sense that your ego mind has sucked you in to believing in the harsh or unloving words or behaviour of the other person to an extent which has diminished your self-love.

It is likely that you have an inner narrative around this situation where your own ego mind is adding to the hurt that the other person triggered in you. Let yourself hear the story that your ego mind tells about you.

The way that we feel another person judges us is often a reflection of how we see ourselves. So without burying yourself in this too deeply - allow yourself to see, to hear and to feel what it was like to be challenged by this person.

What did it feel like to experience an absence of love and care from them? What judgements did you experience from them? What did you hear them say? What attitude did you feel from them?

### *Then turn this around...*

Change their words into the words that you would liked to have heard. Say these words to yourself.

Change the energy that you received from them into the loving energy that you would have liked to have received. Give this love to yourself.

Turn around the way they behaved to you – so that you give yourself what they did not give you.

***‘The other person is a filter. They are filtering your experience of your life - and in doing this process we are changing the filter, or in fact it would be better to say that we are removing it all together’.***

**Matt Kahn**

We are not attempting to rewrite events here, we are not aiming to change history. Rather, we are rewiring ourselves to change or remove the filter that our ego mind has in place that stands in the way of our self-love. We are opening up to see ourselves and the other person as our heart sees, to hear the words that our heart speaks and know ourselves as our heart knows us. We are letting our heart lead us towards self-loving actions and thoughts.

To enable us to truly apply this 'turn around' we need to approach it from the heart. When we drop down into the space of our kind, compassionate and wise heart we can fill and surround ourselves with the loving energy, words and attention that we yearned for but did not receive from the other person.

Here is an example from a client that I worked with some years ago who had a painful relationship with her father. I changed the name of the client to Lucy and have anonymised all other personal details – but this should help to give you a sense of the way this 'turn around' process can feel.

Lucy believed that her father was never interested in her. It seemed to her that he was more interested in himself and his work to give her any attention. If she tried to talk to him he looked bored and changed the subject. This led her to doubt herself and have no self-confidence.

This is part of the message that came through as she changed the story and said to herself what she longed to hear...

'I am inspired by your work and your vision for your future. I support you to follow your dreams and I will be here for you, to encourage you all the way. I believe in you...you have so much to give and share with the world...go out there and be your amazing self. I love you'.

After nurturing herself with the attention that she had not received from her father Lucy gradually started to shift towards what she described as a sense of fullness and peace where there had been emptiness and pain.

Whatever your version of this new conversation is...speak to yourself with the willingness to hear it and to receive it.

Speak to the places inside that have held the pain and created a filter that makes you see yourself as less than you are and love yourself less than you could.

Or it might be that you are sending yourself a new, healing, transformative energy that turns around your experience. Let it in and receive it.

If you are taking self-loving actions that turn around the old story and give you the love that you longed for...let that in too.

### To activate this turn around follow these steps...

- Relax your body and be aware of feeling secure and grounded where you are sitting or lying. Feel the earth supporting you.
- Drop down into your heart. Breathe as if in and out of your heart with an easy, regular rhythm.
- Do this until you feel your energy shift to a place of greater ease and openness.
- Deepen into this even more by bringing in to your awareness something that makes you smile. Notice how you feel in your heart space. You might feel warmth, expansion or lightness.
- Feel your chest becoming softer, more open and spacious with each breath.
- Be aware that within you here, you have an oasis of deep peace and infinite love where it is safe to look at challenging issues. Notice what colours, images or sensations you experience in this grace filled sanctuary.
- Now, bring to your awareness the words or behaviour of another person that triggered upset in you.
- See that situation dropping into your heart sanctuary. See it being absorbed into the love which has the power to transform. Let it work its alchemical magic. See the situation being bathed in love and setting you free to transform how you experienced it.
- Letting the other person just be as they are – make a choice to give yourself what you did not receive from them. What words or actions would reflect a different view of yourself? A view that is self-loving and empowering.
- What words were you longing to hear. Say them to yourself.
- What energy did you yearn to feel...send it to yourself.
- What kind of attention or behaviours did you hope for? Offer that to yourself.

- As you activate this 'turn around' where you give yourself what you did not receive in the past, be aware of how it also helps you shift the dialogue in your own head regarding yourself. Notice how your inner narrative becomes less judgemental and more self-loving.
- As you stay connected to your open, spacious heart ask it to help you also receive this new kind of message, attention or behaviour.
- Breathe in the care, support, encouragement and love that you are now giving yourself. Breathe it in deeply.
- Let it circulate with every breath. Feel it circulate with every beat of your heart. Sense it fill your body, your mind and your energy field.

Notice how it feels to truly love yourself...maybe in ways that you have longed for - for years. This is real, let it in. Allow your heart to help you let it in.

You are now giving to yourself what no one else is guaranteed to put in place for you. You are giving yourself the love that you felt was withheld which then triggered a lack of self-worth, self-honouring, self-respect, self-cherishing...and self-love. Turn this around now.

