



## Self Love

*“You yourself, as much as anybody else in the entire universe, deserve your love and affection”*

*Buddha*

This month I’ve seen many blogs and posts about love, including advice about self love.

This can be a really challenging concept for some, especially those that equate self care with selfishness and have a difficult time recognizing and honoring their own needs. Just being told that all you need to do is love yourself doesn’t really get at the root of why you don’t. While growing up, if we are not treated lovingly or shown examples of loving relationships and self love in others, the inner supports that sustain self love will not be assembled. So it can take concerted work to change the beliefs that limit our capacity for self love.

With energy medicine and vibrational healing there are many easy tools that can be used to shift these emotional patterns and subconscious beliefs. One gentle yet powerful tool is the use of flower remedies and crystal elixirs. Working on the vibrational level they shift the energetic disruptions that underlie limiting beliefs and facilitate the flow of healthy emotions.

On New Year’s Day 2012 I created a new crystal elixir blend called *Self Love*, which contains:

*Pink Halite*, a lovely pale pink stone that helps to clear the heart chakra and solar plexus – aiding the experience of self love and the ability to follow through with actions that are self-loving. It is also cleansing the physical and emotional bodies. By overcoming past emotional trauma the heart is more open and peaceful.

*Dravite* or brown tourmaline is nourishing to the life-force energies and aids in removing the energetic armor around the heart. By drawing subconscious patterns to the surface, they can be identified and released. Dravite helps those who feel unlovable or unforgiveable to feel compassion and self acceptance.

*Kunzite*, another pale pink stone, opens the heart to the energies of love – for self, others, Divinity and the planet. By releasing the blocks set around the heart and supporting the emotional body, it aids in releasing fear and allowing movement into life with joy and enthusiasm.

There are other elixirs in my line that can also work to facilitate self love. (KM – Kalei Maui elixirs)



*Red Hibiscus*: Aloha - “To love is to be happy with”.  
(KM Huna)



*Celosia*: Spleen meridian - “I speak to myself with words that are loving and supportive”  
(KM Meridian) “I release the habits of self-criticism and shame”.



*Tahitian gardenia*: The Helper - “It is important to nurture myself”.  
(KM Enneagram) “My needs are always important”

Your inner guidance may draw you to one specific elixir or you may want to try a personalized blend made up for your own unique needs.

For more **information on flower essences and how they work** see the FAQ section at  
<http://www.lightshamanhealing.com/elixirs.html>

Also available is our **Self Love calendar** with affirmations and flower images to support self-care and acceptance.  
<http://www.lightshamanhealing.com/store.html>

*Many blessings*  
*Linda Rayner MD of Light Shaman Healing*  
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