

Self Immolation/ Self Love - Week Two



Horizontally draw a line from left to right on the next blank page.

This is your timeline (you can use two or three lines if you wish)

The far left is the day you were born and the far right is your current time.

Plot out the significant moments in your life, moments that stand out as life defining. They can be happy or sad.

Go through each one and ask yourself:

What has each of these times taught me about myself and life?

What gifts and lessons can I learn from each one?

Reflect and summarise on each one on your timeline.

(use the following blank page for this work)

'Shatter the legacy which is holding you back'

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Timeline exercise:

'Each one of us comes into this life, with lessons to learn and gifts to give'

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After doing the timeline:
Call back your POWER and SELF LOVE!

On the following blank page, write down the names of any person, people, organisation or experience that you feel you have given your power away to either past or present, and where you might have fallen into self immolation.

THIS PAPER IS TO BURN AS A RITUAL OF igniting your own fire within.

As you burn this in a fire, say this to yourself:

'I call back my own power and control of my life in its entirety from anyone or anything that I have given it away to in the past or current, either willingly or unwillingly, consciously or unconsciously.

This one life is MINE. I get to choose how I live it. I get to decide to love myself and set my life on fire following things I love and being with those that matter most to me'

*'It is time to
take back your
power, be free
and be
yourself!'*

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Write down the people and circumstances you have given your power away to:
(This is to burn)