

Self Immolation/ Self Love - Week Five



When I am in contact with my soul (higher self) I feel:

When I am not I feel:

Traits of our Ego – (The lower self)

Qualities of our Soul (The higher true self)

What words/feelings is Ego (Lower false self) about:

What words/feelings is your soul (Higher true self) about

“When you step out of your mind and move into your soul, you open the door to spirit, you open the door to magic’

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Starve the ego - Feed the soul

Ego (Lower false self)

Soul (True Higher self)

Separation

Unity

Blame

Understanding

Hostility

Friendship

Resentment

Forgiveness

Complain

Grateful

Intolerance

Tolerance

Pride

Humility

Coldness

Sympathy

Competitive

Accepting

Lack

Abundance

Outward recognition

Inner authenticity

*'Starve the ego
Feed the soul'*

Add your own: - Ask yourself, which are the ones that affect you most in life?

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Things your Ego Says!

I am a victim of circumstance
I live in lack
There is never enough
I am never enough
I am always messing it up
I am fighting to get by
I am in survival mode
I am not good unless I keep proving it
Its complicated
I am in competition
Why me
Its not fair

Things your soul whispers to YOU - your truth!

I create my own reality
I live in abundance
I am on the right path and its all unfolding as it should
I am safe to pursue what I love
Everyone has their place and I great with that
I am in harmony with my world and others
I lovingly accept myself for all I am
I choose to view others through the eyes of love

ADD YOUR OWN:

*'Be guided by
spirit and your
soul not led by
ego'*

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We must create sacred time for ourselves to access the deepest, wisest parts of ourselves.

The chaos outside of you will have no impact on you if there is harmony and peace within you.

Aligning our life to feel connected to our soul is a never ending process.

Day by day, moment to moment practice - checking in, staying on course and redirecting ourselves.

Be open to feeling transformed by rituals. Rituals remind us who we truly are and connect us to our spirit and soul.

What daily rituals could you add into your life?

What weekly rituals?

What monthly rituals?

“True power is the realisation that you are your own healer, hero and leader”