



### ADVANCED LEVEL RITUAL: LOVING ALL OF YOU

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You want others to love all of you—the good, the bad, and the ugly—but you cannot ask that of other people without loving all of yourself first. We have this unrealistic image of who we should be and how we should look, constantly judging ourselves and scrutinizing every inch of our bodies. It is cruel how we treat the gift of having a body which, in return for all it does to keep us alive, we don't show much appreciation for it, often taking it for granted, and seemingly ignoring how much it does to keep us alive and thriving every second of our lives.

This exercise is a *love letter to your body*. Take some time to share with your body how much you appreciate it—both inside and out. For example, your beautiful hair, eyes, smile, and skin, but also specifics about how much you appreciate having legs to take you places, hands to create beauty or to touch another being, and eyes to see beauty. Inside, there's a whole world happening to keep you thriving—a heart beating, the lungs breathing every second, blood circulating through your body, and so on.

Take some time to write the love letter your body always wanted to receive from you. Once you have the letter, take some time to ground yourself, then *slowly* whisper the words out loud, from your chest or belly, allowing each word to land in your heart space (like you learned from the “Voo” breathing method).

Dear Beautiful Body,

I want to express my deepest respect and gratitude for all that you do—and have—done for me. It is very important to me that you fully receive these words because I mean all of them, from the deepest places inside of me, from the depths of my soul. Thank you for...

My breath, yes thank you, for this breath, for the breath before this one and the breath after this one, so that I can breathe into you once more, so that I can remember to be present for every moment..

My heart, for each moment that it is beating—so that I can love you for another moment, another day.

My eyes, so that I can admire this beautiful world around me and admire all of you, beautiful body.

My legs, so that I can dance with you and feel the joy inside of every moment I'm moving.

My arms, so that I can hold you and hold those I love so dearly.

My mind, so that I can stay connected to you, remember you, and imagine all that I have in my life.

Through you, beautiful body, I can see, touch, smell, taste, and listen to the beauty in the world.

You are lovingly carrying me through this lifetime—through all of its highs and lows.

I am grateful I have you; Without you, I couldn't delight in this life I've been given.

You are beauty. - You are my lifelong companion. - You are the container for my soul. - I love all of you.

A LOVE LETTER TO MYSELF:

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the user to write a love letter to themselves.



## REFLECTIONS

# WHAT'S DIFFERENT?



### Advanced Level Somatic Dimensions Noticing Inner Experience

*Refer to the examples here to describe your inner experience (aka, interoception),  
use the Glossaries of Somatic Dimensions and Emotions  
(see appendix), or add your own:*

Airy	Emotion(s)	Image(s)	Softening
Breath	Expansive	Lukewarm	Softer
Brisk	Fluid	Melting	Smooth
Buzzing	Glowing	Oblong	Snug
Calmer	Grounded	Pulsing	Spacious
Comfy	Heart Beating	Relaxed	Tepid
Cooler	Heavier	Round	Tingling
Color(s)	Held	Settled	Vibrating
Dense	Hotter	Slower	Warmer