

SELF LOVE RITUAL  
E-BOOK

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self love ritual e-book & action plan to help  
you rewire to attract what you deserve and  
desire

igniting your inner magic by bringing you  
back to love

I love you,

*Sherri*



VISUALIZATION IS POWERFUL! CREATE A VISUAL OF THE LOVE YOU HAVE FOR YOURSELF.

IMAGINE THE WOLF AS YOUR SELF LOVE & YOUR BOUNDARIES- REPRESENTING THE PROTECTION AND HONOUR OF YOURSELF. OR CHOOSE A VISUAL THAT APPEALS TO YOU :) THIS HELPS WITH EVOKING THE SAME HONOUR AND VALUE AND FIERCENESS FOR YOURSELF AS THIS ANIMAL PROTECTOR WOULD.

THERE'S JUST SOMETHING ABOUT HAVING THAT PROTECTOR. IT HELPS US TO FEEL WE ARE WORTH PROTECTING.

NEXT CHOOSE A WARRIOR WOMAN VERSION OF YOU!

A WARRIOR WOMAN VERSION OF YOU IS LIKE A HIGHER SELF. I USED TO LOVE KEEPING A WARRIOR WOMAN ON MY SCREENSAVER.

IT WOULD HELP TAP ME INTO THAT VERSION OF MYSELF THAT I WAS TRYING TO EVOKE.



## SELF LOVE RITUAL: CANDLE, SAGE, OILS, MIRROR

THE WAY YOU SEE YOURSELF AND HOW YOU FEEL ABOUT YOURSELF WILL CONTRIBUTE TO YOUR PERSONAL FREQUENCY IN TERMS OF WHAT YOU ATTRACT. A LOT OF THE TIME WE DONT KNOW WHAT WE BELIEVE ABOUT OURSELVES UNTIL WE START TELLING OURSELVES SOMETHING DIFFERENT.

FOR THIS RITUAL , LIGHT YOUR CANDLE , APPLY OILS OR BURN SAGE & FACE YOURSELF IN THE MIRROR AND WITH DIRECT EYE CONTACT REPEAT THE FOLLOWING AFFIRMATIONS:

I ACCEPT YOU

I VALUE YOU

I WILL HONOUR YOU

I AM SACRED

I WILL DEFEND YOU

I AM WORTH SOMEONE'S TIME AND RESPECT

I AM WORTH BEING LOVED.

I AM OPEN TO RECEIVING LOVE FROM OTHERS

I'VE GOT YOU



## SELF LOVE RITUAL: CANDLE, SAGE, OILS, MIRROR

YOU CAN ALSO USE THESE AFFIRMATIONS AS A JOURNAL EXERCISE WITH A CANDLE AND A CUP OF TEA.

PAY ATTENTION TO WHERE YOU FEEL TENSION.

TAKE YOUR TIME AND BE GENTLE WITH YOURSELF.

YOU ARE WORTH BEING PATIENT FOR. YOU ARE WORTH THE SPACE AND TIME YOU NEED TO HEAL.

YOU ARE WORTH EVERYTHING.

THE MORE YOU TAP INTO YOUR HIGHER SELF, SPEAK THESE AFFIRMATIONS TO YOURSELF AND CREATE SACRED SPACES, THE LESS YOU WILL TOLERATE PEOPLE THAT TRY AND DIM YOU OR DON'T MAKE YOU FEEL SEEN OR BE ABLE TO TOLERATE AVOIDANT PARTNERS.



# What is love?

Love could be defined as a state of mind- a state of being.

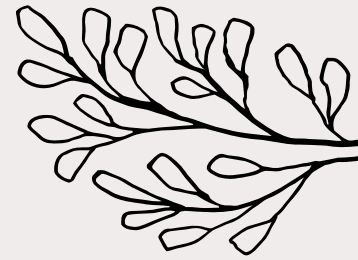
And the state of mind we are operating from will materialize in our reality and by extension it will dictate the kind of relationships we co-create with someone else.

If we are hurting and living in unhappiness we will attract other hurting people and co-create a world together in those themes.

If we are not living and creating from a state of love we will not attract those experiences.

1. We love others how we love ourselves
2. We accept the kind of love we believe we deserve
3. We attract people that mirror back our wounds
4. People can love us and we can love them but we don't know HOW to love each other

Once you begin to heal yourself the less you will look for healing in others.



## 3 examples of attracting relationships from wounded vs healing frequencies

We expect love to be created through relationships and other people.

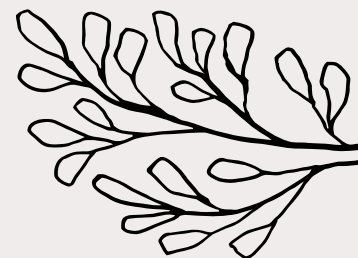
Love is a state of being. Not something to be earned or achieved.

As long as humans look to “get love” from other humans they will continue to face disappointment and conflict.

We tend to think of partnership as what we will get from it. And when we stop getting said things we “fall out of love”.

A lot of the time people can use “but I love them” as an excuse to stay with someone and/or tolerate certain behaviours.

For a moment forget about using the word love at all and focus on the experiences you desire to create.



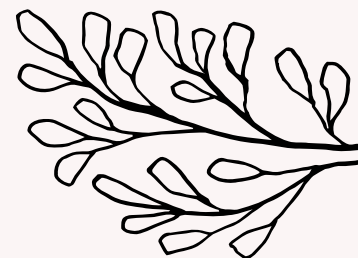
## Example 1

If you feel you base your happiness on what others can do for you, get upset when they don't satisfy you, you don't have a lot of personal hobbies, passions, excitement within your own being, therefore you are not self fulfilled, you may find yourself drawn to someone so you can "get that from and through them" also labeled as co-dependency.

Say out loud: I am not self fulfilled. I expect others to make me happy. I don't feel connected to myself nor do I feel connected to my partner and this is my desired experience.

Now affirm what you actually desire out loud. There is an action plan at the end of this e-book to start shifting out of co-dependency.





## Example 2:

If you are someone who was hurt by others as a child and have little trust, you may grow up trying to push others away before they can hurt you. In effect your relationships will be shallowly connected with no deep bonds. You will continue to chase happiness and approval perhaps in other humans.

What is your desired outcome? What is the experience you would like to create?

Say out loud: I don't trust others. I'm afraid of connection, so I push people away. And this is my desired type of experience. Now speak out loud what you actually desire.

If what you are experiencing and what you desire are not in alignment there needs to be a change.

### Example 3:

You have a solid purpose and you feel elevated by your job/purpose. You love being alone with yourself and connecting to your thoughts and continuing to heal. You feel deeply connected to nature and trees. You spend your free time dancing or creating art and taking self growth classes. You feel love and compassion toward yourself and others. The kind of experience you desire is one you are already living and creating. You find another similar energy and you co-create an experience together from what you internally create with yourselves.

Leaving the words fall in love out of it you are both attracted to one another's energy and the experience you can co-create together.

A stylized graphic of an eye, composed of black and white curved lines, is positioned in the top right corner of the page.

Love is a state of being

*Desire is when you are sexually attracted to someone and focus more on what they can give you with no real deep bonds of respect and acceptance. When the desire is gone then humans will say “the love” is gone.*

*Or, when the physical attraction is gone they love the person but no longer are “in” love with them. We equate the “in” with loss of attraction.*

*In order to attract healthy experiences and relationships, you must be able to RECEIVE affection, be ok with being valued and so on, which is challenging for many people.*

# The qualities of a love/healing state of being:

What are the qualities of a love state of being:

Connectedness

Compassion

Empathy

Trust

Selflessness

Freedom

Value of self and others

Consideration and love for the whole

Vulnerability

Safety

Euphoria

Intoxication

Growth

Conflict and triggers are worked through with clarity & compassion

Expansion

Support

Creative collaboration

Cosmic unity and ecstasy through sexual connection

Boundaries

Honour

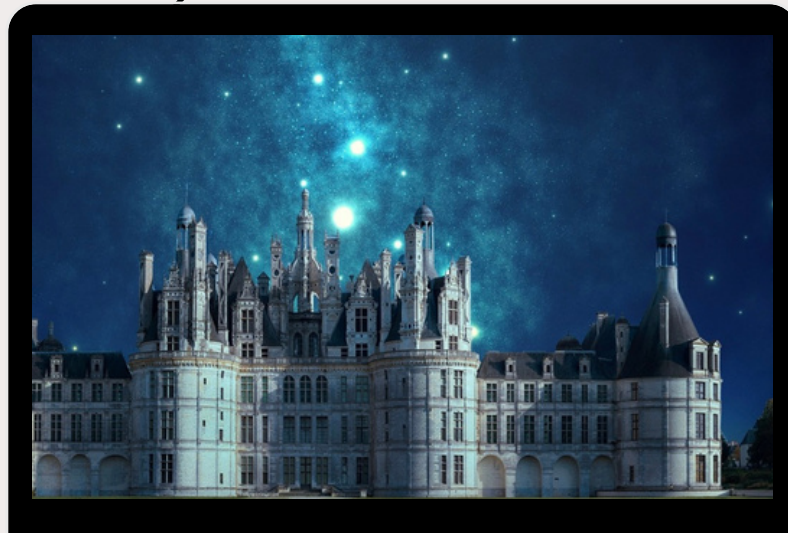
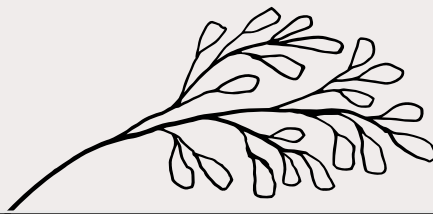
Integrity

With this as your relationship foundation, friction is easier to move through.

How can we experience the kind of love we create in our movies and novels if so many of us are unable to be cracked wide open with vulnerability and the ability to receive. Being able to connect deeply and be cracked open with vulnerability and desiring that experience is crucial to achieving that kind of (love) experience.

You either creating pain experiences or joy experiences.

There may be pain that occurs organically in life but it can be processed and dealt with accordingly and in a healthy way within the boundaries of respect, safety and support. This is the formula for deep juicy euphoric union-ships.



Boundaries: Protect your house

Imagine yourself as a grand castle, a beautiful fortress where you keep all that is dear to you including your family. You protect it. Honour it. You are a sacred space that deserves to be honoured and protected.

Every time you set boundaries (or don't set them) it's like someone throwing a rock and smashing one of these windows in your family fortress. Your worth declines in their eyes and it's devaluing.

Set your boundaries. They keep your value high and they keep you strong and protected in your space.

Stand strong in who you are and defend what you deserve which is love, honour, respect.



Habit —> action —> New belief system.

Combining the exercises here will help you gain clarity on what you actually want vs what you are attracting, how to feel more self fulfilled, feel more deeply connected to yourself and begin to rewire your neural pathways so you can attract people vibrating on a different frequency.

1 Affirmations from the ritual at the beginning of this e-book: do this daily.

2. Set boundaries for yourself:

Boundaries are love in action

3. Creating sacred space for you whether it's ten mins or 30 or an hour and focus on what you desire to attract and how it feels.



4. Self love dance! This one is crucial for deeply connecting to your body, as it is a practice of self honour and will help you connect more deeply with others. Play sultry music or tantric music and slowly move your hips in circles while moving your hands slowly over your chest, arms hips and stomach. Breathe deeply and slowly.

5. Self fulfillment so you don't attract co-dependency:

Find things that excite you and light you up. Here are some ideas: Masterclass.com, Mindvalley, dancing, Gaia, new audio books, crafting, hiking, writing stories, journalling.





See yourself as the miracle you are and use these images to associate the emotions with.

You are made as the same stuff as stars. You are the fabric of the universe.

Draw a heart in lipstick on your mirror and write yourself a note like:

I love you or

You are worth protecting

And please remember, you have the ability, the power to create the world and life you desire because you are already creating a world for yourself. Now it's time to do it intentionally and start attracting what your heart and soul deeply desire and deserve.

You are worth everything.

I love you,

Sherri



LOVE

Bonus ritual:

items: journal, sage, oils, tea, feather, candle

The first steps to attracting consciously are:

Create a sacred space and deeply reflect on what you desire your partner to FEEL like and write it down. What kind of life do you see yourself creating with someone?

Know what you deeply desire to experience as this will fine tune your radio antenna.

See the experience.

Feel the experience.

Tap into any resistance and see your wounds; acknowledge them and release them. Give them permission to shed. Visualize a snakeskin shedding off you to reveal a brilliant new self.

This will help your frequency change.

Understand you are worth being in that experience. That you are love. This will help you be able to immerse in and receive that experience.