



How To Manifest Self Love

For All
The Right
Reasons



Sereda Aleta Dailey

How To Manifest Self Love

For All The Right Reasons

By: SEREDA ALETA DAILEY

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Read more at www.naturallyhighlife.com/start-here

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To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself. ~Thich Nhat Hanh

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Chapter 1 Introduction

Are you having fun yet? Is life what you want it be? Life is quite the joyride for some while other folks find daily life to be an enormous battle for them. There are many thriving people out there who are living their life as they choose to as well. You can to.

Your task is not to seek for Love, but merely to seek and find all the barriers within yourself that you have built against it. – Rumi

Sure I see them! They are working hard doing what they absolutely love to do. They have Self love figured out yes?

They just have it like that right? Some people just have that advantage?

No they really don't. It may seem like it though. A truth you may not know or may already understand is that life can be good..great or even more..it can be wonderful!

Motivated people are those who work towards the aspects in life they are most ardent about and enjoy.

Life is only 10% what happens to you and 90% how you respond to it~ Someone once said. Self love already includes the element of self motivation in it, so we're already off to a great start. But contrary to what we have come to think (Self love) is 10x more a reality if you are enjoying life in the present more than not. So if you happen to enjoy life in the now, the more likely you are to see the results of all that you enjoy reflected back to you over and over.

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If you are feeling like you are bored stiff with your life or you feel you are not doing what you should be doing with your life then perhaps then it is time to change your life.

Sure, there could be limitations or doubts in your mind that are not contributing to your sense of courage one bit. One truth remains clear at this time and its: **These thoughts are holding you back from accomplishing the goals you have set forth in your life.** It could be time to get past the obstructions to truly allow your aspirations develop.

Love is the great miracle cure.
Loving ourselves works miracles in our lives.
- Louise L. Hay

With such an intense day to day, it seems that quite a few people today are not really certain of what their exact life's purpose is. This can be utterly frustrating too. If you ask almost anyone what they really feel they need to do to break the mold to get on with living a happy life-9 times out of 10 you may hear: They desire to function in a way that will ensure they become more successful.

While they are on their quest for self love, empowerment and success they see countless other individuals seeking the same too. **The issue is that they just aren't sure what it is that they are both good at and what is it they are so captivated by when they see these other people.** It's as if they keep seeing themselves. These people represent a mirror image of us quite often.

You are not alone here. Finding your passion can be one of the hardest tasks you will do. Although it is very possible to connect with it, at times reaching for your dreams simply takes its time to come to pass. All successful people tell us constantly that When a person is ready it will come. They say

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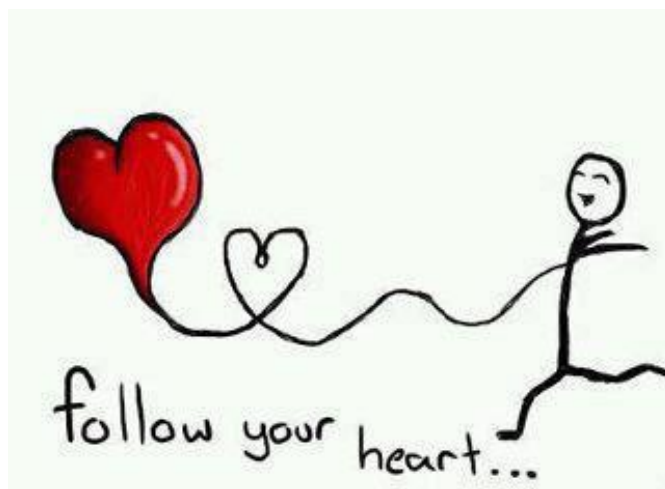
that if you are ready everything you want will flow to you. Yes, I know you are ready. I hear you shouting it from here :-)

All of what these people say sounds so good yet, how can you get there?

Your own love cultivation of yourself for yourself is so possible, it will take some deep searching within for certain. You can get there, no worries. **There is something missing from your life.** There is something that you want. Something you're on a mission to find. The truth is that, You can recover it.

In self love, you see, your missing piece is already right there with you. Without self love, you do not even recognize the greatness in you. **Maybe you're scattered.** Maybe the bulk of your gifts are just a bit invisible to you right now. But, wait...

Every being has the capability to love. You have the ability to love too. Your hearts desire on any level will surely come. It will come to pass-When you're ready.



It's such a good time to make your love a reality, since you are definitely ready for it now. If you're tired of feeling as if you don't have enough, that your dreams constantly fall on deaf ears, that life is just moving much too slow for you then here...

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Start here: Take a short walk to the nearest mirror. on the other hand, you can also use a smaller handheld mirror for this too. Then stare into the mirror as you look deep into your own reflection. Feel your light, feel your passion to succeed no matter how high or low your energy is, that all right. Then, say I love you in the mirror and hug yourself asap! Do your absolute best to make a smile about it when you hold onto your warm hug with You. It's simple, but for some folks this exercise won't be easy. It's worth it. Trust me. And the great thing is that, it's a great start to securing a happier more hopeful future.

Just by you taking this simple step, easily this sets Your intentions. Now you can bet that your own **Self Love is on the way.**

How can you be sure? Because you are still reading. What you place your attention on sends a huge message to the universe that you are serious about your desire to transform in a big way. Let's not delay getting started any longer. Love is ready...So are you... it's time to work it out!

(smile)

The purpose of this e-book is **to help you find your real purpose through learning how to love your self.** You will discover quite a few strategies that you can use to help you develop your love for self and we'll get into highly effective processes that you can implement in order to bring what you want now into a vivid reality.

Once you reach the end of this e-book you know yourself much deeper. Your self love will be fully ignited or maybe just stronger than before you read this ebook.

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This may even be easier than you may think it'll be. Just ask and you shall receive as they say. Success is up next.

Chapter 2 – What Are You Choosing?

You might look at people who have absolutely everything (At least from where we're standing) **it can sure seem that way**. It just looks like they have the right formula for success and so you strive to be just a little like them. Perhaps, you also **try** to receive an end result that matches theirs- which seems to be golden in most of their peers eyes.

You try what you think they did to get what they got but you come up empty handed or even more confused than when you started at the beginning. As you look the successful person over- They have a diverse material layout. They have wealth, countless possessions, prestige, status, or simply the position right above you at your work place. How did they get that position with the bad attitude they have, some may wonder to themselves...

Yes, there's the picture now. Still as good as it may seem, **happiness is not to be found in things!** None of the above 'things' will create self love if you just acquire them alone. You have to make a choice. Self love, Joy, bliss, happiness are just choices.

You have to understand that when you perceive a thing. Well your perception of a thing changes its existence. **Albert Einstein said Our perceptions are not something that is subjective at all, or even something we can unsubscribe to (like a newsletter) No not at all.** There is no opting out of reality, or the truth. Plain and simple what Einstein said is that when we view

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anything we change its form with our observance of it. Yeah pretty neat. Deep.

*"The minute I heard my first love story,
I started looking for you, not knowing how blind that was.
Lovers don't finally meet some where.
They're in each other all along."
— Rumi*

I like to talk straight so hopefully that's alright... Just think of it this way, If you are not a happy person, that is a choice you are ultimately making. You have full control over your life and the decisions that you make. The possibilities are wide open as long as you are too. **There are many factors which people attempt to measure out their happiness.** Some people think money is happiness, only to discover they are absolutely miserable with what they do on a daily basis to earn money. People often have one thing but don't do well in another area like for instance, in maintain order in their life.

Just think about it for a minute. You may know some folks who seem to have so much material wise yet they aren't even happy. Or you can go turn on the television, or Youtube to see this reality. There are a great deal of people who have wealth and a high status who are completely miserable. Because wealth is not THE answer to **self love**. They may be lonely, divorced and feeling like an outcast...You never know. However one thing that you will find is that-happiness is available to you. Self love, success, prosperity whatever you want can come from a very familiar place. It will come from a place you may not be well acquainted with currently though. It's so close to you dear one I'll assure you.

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John Gray once said that One of the greatest lessons you'll ever learn is how to ask for what you want.

The imagination is the magic wand we can use to love ourselves more efficiently. Once one has love from within (themselves) there is instantly an effect in a positive direction in all areas of life 'if it is desired. **Happiness really comes from within.** People may be working jobs they absolutely don't care for but they just have a talent for making money but don't like their life beyond that, so they stick in there for money not knowing they are able to have it all.

Happiness is Subjective

Everyone seeks happiness in their own way. What makes you happy in life? What do you enjoy or enjoy doing? What sort of things do you enjoy experiencing? Take a moment to think about this, you may even want to write down your answers as well to keep a record of the new you.

Self love is always available to you. It even comes with it's own natural high.

Although you may discover that keeping balance in what you incorporate into your life will only build up your confidence in making choices. **Confidence is a component of self love.** Balance in life is quite necessary. Especially if you are interested in enjoying life while you're here on the planet, balance is KEY.

There are things in life that can make you happy that are subjective though. They are subjective because happiness is different for everyone.

Some folks find joy and happiness by getting on rides like roller coasters and hiking in mountains or even bungee jumping. This thrill may be just a little more than torture for someone else

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with a fear of heights who has no plans to ever step foot on a roller coaster nor even to jump from a bridge suspended by a bungee cord.

Another person may get chills just from the mere thought of staying home watching movies. They may find joy in being at home with Their family more than hanging outside, in this way happiness its different for everyone.

Self Love Starts With Balance

It is true some people are naturally happy. This has been scientifically proven through decades of research even genetic disposition. Also it doesn't mean that you were born to be mean if you are not a naturally happy person at all. Your happiness is influenced by your genetics, state of your health and well being, to have happiness and self love is not fixed as any one particular factor.

If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself.-
Barbara De Angelis

Think about it this way: A woman named Asha planned to go out of town for a few days to visit her family upstate. Before going out of town she figured she should check out the market to see exactly what she wanted or even needed from there. Her goal was to make it out of town by the morning so she could get in town to relax a bit. Instead she left for the market first. Next, without warning- her sketched out plans were interrupted by one a flat tire on the way to the market (she had no spare tire) on top of that. If #1 isn't enough listen to #2....

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Well she seemed to have locked herself out of the house completely by mistake. Honestly at this point, Asha was feeling overwhelmed by all the set backs she was witnessing around her in a short amount of time. She had to make a decision that would change everything. She thought about her options while she stood outside of her front door. She thought about choosing to be angry for the rest of the day, then she asked herself if being down would be a good option, finally she thought, why not just breathe then continue with my day. She smiled- sighed roughly then said damn okay...and this too shall pass. And that was that. The rest of her day just sorta melted together for her.

Whatever you are doing,
love yourself for doing it.
Whatever you are feeling,
love yourself for feeling it -
Thaddeus Golas

The moral of the story is that...you have choices. You have unlimited choices. If you are not a naturally happy person you can change the way you think and feel you are. It would take some practice for most people before its automatic to choose the uphill way, nonetheless it can be done anytime.



The key is to change the way you respond to challenges and the things you do. You can learn to bring up your self love level with regular practice which will help you learn to smile more and be a happier person.

You yourself, as much as anybody in the entire universe, deserve your love & affection. ~Buddha

Sleep

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Sleep is a pretty big factor if you want to feel good. It's important to sleep. Not only for vibrant skin. Actually, sleep is needed for the body to be able to function properly. When you don't get enough sleep you might be moody, experience foggy thinking, and maybe even depression may which is quite usual. You may be one to get your 7-8 hours of sleep. If so very good for you. Some folks sleep well over 8 hours at night and they think they get enough hours of sleep. They do!. 8 hours of rest is surely well enough. You may be oversleeping or even be sleeping the wrong way. Some people don't get a good night's rest with a pillow while others need a very fluffy pillow. Your mattress could be an issue if you aren't sleeping well. Lack of sleep can cause problems with your health also. Ensuring total well being requires a good nights sleep.

The most powerful relationship you will ever have is the relationship with yourself - Steve Maraboli

Late night eating can affect efficient sleep efforts too.

If you are not sleeping well and you have determined the lack of sleep you get is a contributing factor on how miserable you are throughout the days, month, year. Self love is a tremendous healing element.

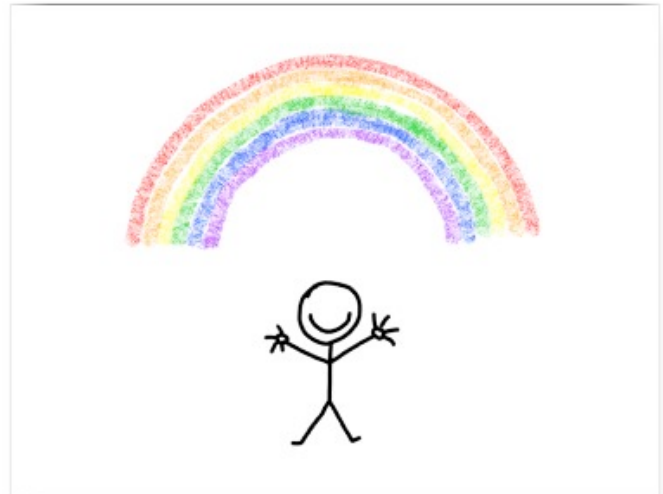
Think about what you can do to ensure that you get some good deep sleep. You might need to change your daily schedule so you can get to bed earlier. You also might need to encourage other people in your household to help you a little bit more sleep if you are working your bod or mind too hard to get some.

Lack of quality sleep can be the entire reason you are feeling unloved and just plain bad. If you have the inability to get to sleep and you stir in bed all night long staring at the alarm

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clock this could mean many different things. You should research and then Grab some Kava Kava, Chamomile, Lavender flower teas and sip once you're ready to relax into a good nights sleep. If your mind is going over much of the days stuff the herbal teas mentioned will do you some good.

Sometimes people are very depressed and it causes them not to be able to sleep well, The herb, St. Johns Wort is amazing for restoring joy in the body. **Once you choose to sleep, you will have success soon after.** To ensure happiness you need to sleep.



You can't build joy on a feeling of self-loathing. ~Ram Dass

Exercise

Exercise is very good for the body and it helps the brain put out endorphins which are responsible for making the body joyful inside. Please don't under estimate the benefits of exercise as it relates to your inner joy. Balanced physical activity will work wonders in your body from the time you start doing it.

Exercise is important for total health. This doesn't mean that you have to be on a heavy exercise routine on a daily basis. **No you don't have to be a power lifter like a body builder or anything like that.** However, you should try to sweat a few days

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a week. Make sure you get your water in all day too. Your body needs water to function optimally first off, then the body will recover fast if you stay hydrated as well.

Don't know what type of exercise you should be doing? Unsure on how long you should work out to get the most out of your work out? Find out your blood type then check out the book called Eat Right For Your Blood Type, the book is based on 35 years of research. Everything in the book is centered on what your blood type is. The book is off the hook with the details. I'll even go so far as to say the book is a must read. You may think so to. The best exercises, food and more for your blood type can be found in the book, it's quite valuable. It's amazing. You can get an amazing exercise even if its just by cleaning the house and doing normal household chores. Once you get moving, energy (blood) will begin circulating better just by getting moving. **This isn't about losing weight.** It is about allowing love to prevail.

Meditation

Meditation is a good practice if you are looking for something to center you. Meditation is all about the inner you. Meditation has a root to it..Medi means space between waking and sleep. What the what does that even mean. There's a simple answer, Medi means sacred space right between waking and sleeping. Because meditation is about going into that space where you are relaxed, centered, **breathing..slowly**, focused breathing into the lower abdomen is what makes active what we call meditation.

Your breath pattern is lowered to a slower pace as if you are sleeping but you are fully aware of what's going on around you. **Your eyes would be closed, you can sit in a chair.** There's no need to sit in lotus position for meditation, so relax and just

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sit and breathe. Let your body slide into a quiet space. Reflect, witness yourself at peace, allow and enjoy the bliss.

Practicing meditation doesn't mean you belong to a cult first of all. Many people associate meditation with just Buddhism. There are many types of meditation. Meditation is a way to calm the breath. Meditation is a way to just be sitting- it's a way to BE. Since meditation is the point between waking and sleeping- There is a such thing as walking meditation.

Meditation is simple. Some people think meditation is complicated so they won't try it. Again its very easy to do once you get started. Those who won't try are missing out on something extremely important which could be exactly what they need to get balanced all the way around.

Meditation is one of the most effective ways to change your well being. **Doctors have proven meditation to generate brain activity on the left and right sides, which produces a tranquil effect within the body.** Meditation has immense benefits for your energy levels, overall psychical and physical equilibrium. Once you start remember to breathe, then start breathing correctly the body begins to heal itself to no end.

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Chapter 3 – Questions to Ask Yourself

You are looking to Manifest Self Love. You seek happiness in your life. Clarity is important to you. There is a void you want filled.

**Find the love you seek, by first finding the love within yourself.
Learn to rest in that place within you that is your true home.
- Sri Sri Ravi Shankar**

Carefully ask yourself the questions that follow. The questions will help you understand more about yourself and possibly what might be holding you back from loving you the way you want to be loving you. The answers from the questions will shed light on how you should go about being happy and pursuing your passions.

It's easier to take out a notepad to answer these questions or you can make a mental note of the answers here too. As always writing/ typing your answers is usually more effective.

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The Questions

1. What really inspires and engages you?

Not sure yet? You may have the answer after you go over the rest of the questions. However, you need to be clear about where you get your inspiration from. What are the types of things you find engaging and exciting?



2. If you chose to start over again, what would you do?

Many people find themselves in situations where they are not doing what they would prefer to be doing. For instance, some folks go to work because they feel they have to. Not because they are enjoying it. If you started again would you take advantage of a chance at a new beginning or would you go back to where you are currently in your life? What would you do?

3. As a child, what did you really want to be?

Did you follow your dreams? Or did you have dreams as a child and your life maybe didn't turn out quite as expected? Do you still wonder what it would have been like if you did follow your dreams as a child? If you had the opportunity, would you follow this dream today?

4. If money wasn't an issue, what would you do?

Some folks have dreams they desire to pursue but they never attempt to move forward with their deepest dreams because they

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fear they cannot afford to start. Think of what you would love to do if you had the money to do it. This can be anything.

5. What would you be doing? If you could not fail?

Many people don't do things because they are afraid to fail or they have failed in the past but don't want to fail again. If there is something that you would do for sure if you knew there were no chance whatsoever of failing at it what would that be?

6. What is your most profound dream?

There must be something you really want to do that you have often imagined. Think about this one thing and focus on it.

7. Why aren't you following/ living out your dreams?

List some of what has caused you to **not** follow your big dreams. These things could be people who do not support you, money, fears etc. There are many challenges that can be overcome. You might not see opportunity or success with your dreams or you may fear that people would make fun of you. You might not even be skilled as you would like to be. You may feel that you often lack natural talents. Some of these may be barriers causing you not to move towards your dreams.

8. What are you passionate about and afraid of admitting?

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Many people have dreams and passions they are afraid to talk about out of fear of being made fun of by other people. You might think your passions are silly sounding to other people. List one here?

9. If a doctor told you that you there was no more time left for you. Perhaps a few weeks, then what would your regrets be?

It is often too late for folks to go back and do the things they missed out on once they see they are soon to transition. Many people have regrets. Some even say they would have lived their lives slightly or drastically different if they had known better early on. What would you want to do before your life cycle time was up?

Now that you have answered the questions you should have a good idea of some of the things that make you happy. You should now have a clear idea of what you have always dreamed of doing or being. You can always love yourself better if you know who YOU are. Knowledge of the answers to these questions is very empowering for your present and future. Now the fun part is next!

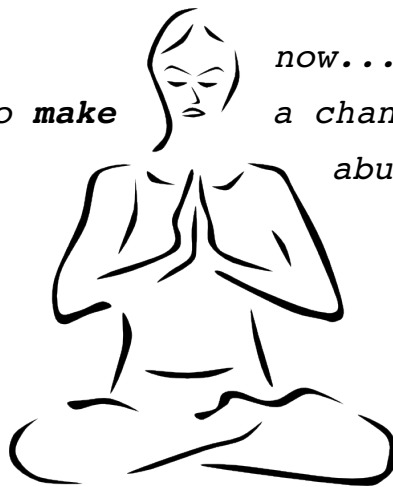
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Chapter 4 – Affirm Acceptance of Self Love

The following exercise is a ultra powerful one. The affirmation below is a vital part of your healing Self Love journey~

*Most importantly, don't take the practice of affirming a new reality as a heavy burden..Don't take it lightly..Although you should Be light with your inner work, please also enjoy it! When you're speaking your new truth (Affirming it) **Stand or sit up tall..no slouching allowed.** (If you want this to work for you anyway) **Speak with authority and reverence.** Feel the words that come out of your mouth reverberate through your body for maximum impact on your mind, body and spirit. If you have time stand in front of a mirror as you repeat the affirmation below and look into Your eyes take the time out to do the exercise. You will be glad you did.*

*Truth be told
for stepping up to **make**
powerful and*



*now...I'm so proud of you
a change. You're so
abundant.*

**When you recover or
that nourishes your**

**discover something
soul and brings joy,**

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care enough about yourself to make room for it in your life.

~Jean Shinoda Bolen

Affirmation Exercise

(Repeat out loud)

The universe is guiding me towards my dreams
My choices are unlimited
I am love itself, one with all, I am nurturing to myself
My reality is a positive one
I blissfully welcome life's lessons
I am thankful for everyone in my life
I am happy, healthy, complete, I accept, honor and love myself
Right now in this very moment more than ever
I live in a balanced space, I am receiving the best in life
I honor the greatness in others, I celebrate others
accomplishments with joy, I am abundant in self love
I know in my heart There is enough prosperity for everyone
I embrace my past, present and future
Now I release all that doesn't feel good
I now forgive others
I allow all the great energy to surround me now
I feel the embrace of source, I forgive myself totally
I am vibrant, juicy, wise and loved by source
I am loved, especially by me, I am free to be
I allow success to flow into my life
I am always divinely guided towards holistic living
I release all that doesn't heal me now
I embrace and accept all that heals me right now
I am free to love me, I am whole, loved and sweet
I am grateful for my life, I am thankful for this blessing
I feel wonderful, I'm so grateful!

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Before you come out of the affirming phase...read a few more lines (here) and Do the next exercise.

Then you're just about done.

Congratulations you did it!

Now, It's okay to laugh, smile...

or even cry if you haven't yet..allow it now. right now...

release

You just gave yourself permission

It's time to feel

If you can feel you can Heal.

(Exercise)

Place your hands over your heart and

Then give yourself a great big hug

*And **know** that all is well*

*Allow all you **want** to sink into*

heart center and the rest-

Now see all that 'stuff' you want to let go

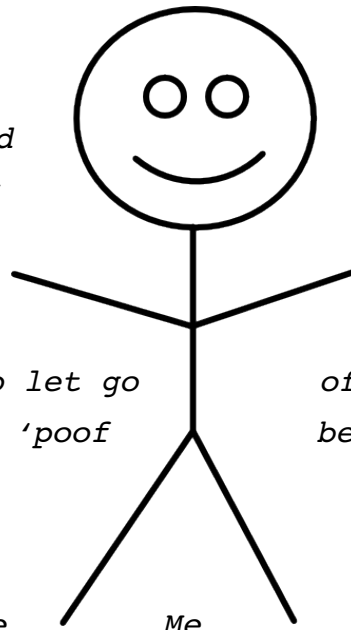
Open and close your eyes to make it 'poof

instantly.

Feel the strength in you now

you're lighter than ever.

Say I AM Divine, I AM Loved, I Love



breathe

your

of

be gone'

Me

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Chapter 5 –

The Conclusion

A passion is something that you want to do and you were meant to do with your life. Everyone has a passion and they can live a full life when they know exactly what their passion is and what they need to do. The power is in your personal outlook on life.

Here's what we've learned so far:

- *Success is not measured by money. Even the richest people are often super unhappy with their lives.*
- *In order to be happy and to feel loved you have to choose to allow self love to reign. You have to stay a bit balanced. Your love will rise then.*
- *Follow your passions and success will surely follow.*
- *Always set goals with stepping stones to get to them. Take the time to map out your goals in a step by step fashion. Then you will witness the progress towards your goals. Then you will know precisely how to reach your goals.*
- *This step is quite important. Make it a point to celebrate your achievements as you meet your milestones and get closer to your goals.*

You are deserving of love. You are love. You are not alone. You have the same capabilities as the rest of the world. You deserve to be happy and you deserve to live out your destiny in a memorable way. Enjoy Manifesting Self Love.

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Ahh yes, you've made it to the final pages of this book. A true doer is what describes you. You are officially a finisher. It is proven that up to about 97% of people usually don't finish what they start. **Most people are usually only great starters and talkers.** YOU are an amazing part of the 3% who Do finish what they start. Those who finish will embark upon success because they initiated it by following through.

What an Accomplishment! You must not stop there with your new focus.

Now is the time for you to TAKE ACTION with your new outlook!

So, You can start RIGHT NOW!:-)

And How? Come work with me. **You can see EXACTLY what to do next – With guidance: a STEP-BY-STEP nuts and bolts essential guide to actually boosting confidence in your life** by visiting [here](#)

Or if you are already a member – let's continue with your step-by- step training.

I hope that this eBook has fired up the best inside you, encouraging you to think 'YES – I am going to do something to improve my self image.

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The very fact that you attracted this
Information says that you have the capacity to
create your own dreams.

All you have to do now is be one of the 3% that does something about it. Yes I know you can do this! There's no doubt in mind about it. The funny thing about life, is if you refuse to accept anything but the best- the best is so very often what you will get- and that alone can be so Positively Life Transforming. In fact you and I deserve exactly that. Life doesn't have to always be rough. We can change our fate. And, it doesn't have to take forever. It can happen fast, really fast... as I go I say to you Thank you for going through this self love guide. I wish you the best and here's to breaking through!

I hope this helps.

With love,



Sereda

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Then visit: www.naturallyhighlife.com**