



How Spiritual Practices Help You Grow to Love Yourself More

By Barbara Brodsho, M.A.



Welcome!

Congratulations on pursuing your soul's calling to learn how to really love yourself! As you grow in self-love, you'll create more space in your life to live your purpose and thrive.

This guide serves to explain how spiritual practices help you learn to love and accept yourself and provide life-giving choices.

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What is a spiritual practice?

First of all, what is a spiritual practice?

Spiritual practices do not have to be viewed as separate from our physical life. Your experiences don't have to be categorized as either a spiritual practice or not.

The spiritual exercises you will learn here are meant to be an integrated part of your life. They are part of life itself!

It is a natural desire to live a balanced life in which our physical being is unified with our spiritual being. We discover the truth of who we are through our relationships with others, our responses to events and circumstances, and the consequences of the choices we make.

As Cheryl Trine wrote:

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Simply, spiritual practice is a journey of truth, to find truth within, with the people around you, and in the events that form your life.

Spiritual practice can look like meditating or chanting, going to church, the mosque, and the temple. Spiritual practice includes prayer and song, yoga and dancing.

Spiritual practice can also include many activities not usually associated with faith and religion, like quilting, walking, scrubbing floors, washing the dishes, ironing, hauling garbage, waiting tables, and raking leaves.

Spiritual Practice is a process of living where the intention of experiencing spiritual and physical integration guides all experience and action.

Spiritual Practice connects meaning within our awareness and within the day-to-day experience of living life.

-- Cheryl Trine, *The New Akashic Records*



Spiritual practice then, is the process of assigning meaning to our life experiences—to our thoughts and beliefs about them.

- It is noticing the feelings that we associate with them.
- It is seeking to understand why we made the choices we made, i.e., What was driving us? What were the underlying needs we were trying to meet?
- It is reflecting upon and assigning meaning to the consequences of our choices, i.e., How did they affect the way we feel towards ourselves and/or our relationships with others?
- It is a process of self-discovery and self-examination.
- It is having compassion for ourselves because the decisions we made were the best way we knew how to respond in that moment.
- It is learning from our experiences and then making life-giving choices going forward whenever possible.

How do spiritual practices empower you to make life-giving choices?

Spiritual practices provide you with methods for self-reflection.

They provide you with an understanding of the mind, body, spirit connection . . . of how the thoughts you think and the beliefs you form affect the way you feel about yourself or others.

They help you to understand how your thoughts, feelings and beliefs can impede the flow of creative energy flowing through you. And, they help you open yourself to more abundance.

They can help you make conscious intentions for what you want to create for your life. Then they provide ways for you to align with those intentions.

They can help strengthen the connection between yourself and Divine Source or Creator and to tap into this power within you.

They can help you to understand how your physical body systems are designed to serve you. Then they teach you how your thoughts and responses to your experiences can affect the functioning of those physical body systems.

They can provide you with healing energy to make way for new ways of being by clearing old patterns. Spiritual practices give you language to speak messages to yourself from a higher energetic realm.

How is loving yourself and your body considered a spiritual practice?

We carry our life stories in our bodies. Our emotions, thoughts, and beliefs are held in the cells of our bodies, as well as in the energy fields that surround our bodies.

In addition, the events, circumstances, choices, consequences and history of our lives are held in the memory of our souls.

When our soul merges with our physical body, all of this history comes with us into this human life. It all has an effect on us. It can impact every part of our lives. We can't separate our spiritual being from our physical being.

Learning to love yourself and your body is a spiritual practice. Why? Because you, as a human being, are seeking to come to know who you are as a spiritual being through the form of a physical body.

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**We are not human beings living a spiritual experience.
We are spiritual beings having a human experience.**

~ Pierre Teilhard de Chardin

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It took great courage for your soul to choose to live a human life in a physical body on planet Earth.

As a spiritual being, your soul planned things it wanted to do, be, and become when it chose to have this human experience.

Your soul:

- has gifts you planned to share,
- experiences you wanted to have in order to learn from them,
- pain and suffering you wanted to work through and heal, and
- people you wanted to share this life with through different types of relationships.

All of these experiences give you the opportunity to come to know yourself better as a spiritual being. You learn to express your divine nature through a human body.

How does self-love fit into this divine purpose for your life? You must have enough self-love to deem yourself worthy of investing the time, money, and energy into discovering these tasks of your life.

If you don't deem yourself worthy, and if you put all your soul's hopes, dreams and desires on hold until you do believe you're worthy, it will affect your spiritual experience here.

Those hopes and dreams may never be realized. If that is the case, your soul will lose a wonderful opportunity to come to know itself better. You deny your soul the opportunity to share your unique love and light with the world.

Don't put the rest of your life on hold. Don't wait to pursue your hopes, dreams, and desires. Use this precious time to look within and discover who you are as a spiritual being!

Now is a perfectly good time to find what is causing you to feel disappointment with yourself or your body. Then, make changes to shift these things so that you can focus on living your purpose.

As you shift from self-judgment to self-compassion, you'll begin to honor the sacredness of your body. You'll recognize it as a sacred vessel for your soul.

You already have within you the solutions to the problems in your life. Really! Better yet, you also have the power to change them.

You just need a process and some support to help you discover those answers. Seize the opportunity now to look within. Discover the answers to the questions that have been nagging at you for much of your life.

The Solution Lies Within You

It is rewarding to find someone whom you like,
but it is essential to like yourself.

It is quickening to recognize that someone is a good and
decent human being, but it is indispensable to view yourself
as acceptable.

It is a delight to discover people who are worthy of respect,
admiration and love, but it is vital to believe yourself
deserving of these things.

For you cannot live in someone else.
You cannot find yourself in someone else.
You cannot be given a life by someone else.

Of all the people you will know in a lifetime, you are the only
one you will never leave nor lose.

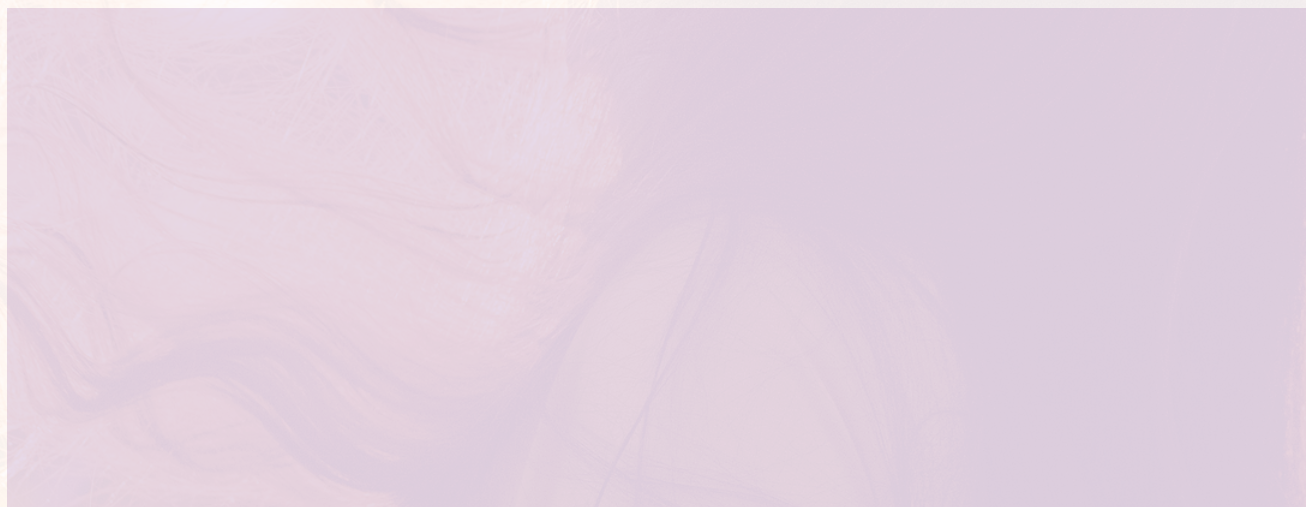
To the question of your life, you are the answer!
To the problems of your life, you are the only solution.

— Jo Coudert

What is it that your soul, at its core, really wants?

- To love and accept yourself and to be loved and accepted by others.
- To feel good physically, mentally, emotionally and spiritually.
- To live life to its fullest.
- To feel connected to others through mutually trusting and respectful relationships.
- Companionship and belonging.
- To feel safe and secure being your authentic self.
- To live with integrity in a way that allows freedom for self-expression.
- To be seen, heard, and understood.
- To use your gifts in ways that are fulfilling and bring you meaning and purpose.
- To live from a place of deep peace and joy, regardless of the drama that may be going on in your life.

Fill in below what you really want deep down:



What is preventing you from experiencing this?

Have you bought into messages that have affected your self-worth or your ability to speak your truth? Society, family, friends, peers, religious teachings, media, and social media can be ruthless in demanding we bow to their values.

Have those messages affected your ability to be seen, heard and understood? Have you been told that you're too aggressive? Bossy? Difficult? Too Much? Awkward? Have these messages prevented you from living your life to its fullest? From celebrating life in all its glory?

What if the people giving you those messages were threatened by you or were trying to control you so that they could feel better about themselves?

What if those messages caused you to think you had to play small and shrink so that other people wouldn't feel insecure around you?

Don't play small or shrink yourself so that others aren't threatened by you!

When you let your light shine, your example might just give those around you permission to do the same. When you're liberated from your own fears, you can in turn embolden others to liberate themselves, too.

Fill in below what's holding you back:

So if you've been labeled . . .

Aggressive: Keep being assertive.

Bossy: Keep on leading.

Difficult: Keep telling the truth.

Too Much: Keep taking up space.

Awkward: Keep asking hard questions.

Let your light shine in all of its brilliance so you can manifest the glory of God that's within you.

Our Deepest Fear

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.

We ask ourselves who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?
You are a child of God.

Your playing small does not serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us.

It's not just in some of us; it's in everyone.
And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.

— Marianne Williamson

Are you scared to discover what's buried underneath?

I see you. I hear you. I've been there too. There are so many layers that need to be peeled back.

It's my experience that our souls guide us on a journey of healing at a pace that's right for us. They bring us to people who can help us at just the right time. They bring together the events, resources, and people in divine timing.

I also believe that our souls only reveal to us what we're ready to know and heal right now.

These emotions are here so that we can learn from them. When we choose to not feel them by suppressing them, we freeze them in our bodies. We hold the energy of them there. These feelings of guilt, shame, anger, and resentment all resonate at a very low vibration.

So when we hold them in our bodies, we restrict the flow of vital force energy through that part of our body. This weakens it and makes it vulnerable to disease or injuries to that area.

You can take steps to acknowledge and release these emotions.

You can meet yourself right where you're at and do what you can to heal when you're ready. Go at a pace that's right for you. You don't need to go faster or deeper than what you're willing or able.

Tempted to push your emotions away and suppress them? That's when you likely resort to coping mechanisms to distract yourself from feeling the pain. There's another choice. You can become friends with them! You can find out where you're holding these emotions in your body and then communicate with them.

It takes courage to look within. Courage is the ingredient that propels you to the next highest level of being. You can move toward a life of peace and joy. You can live out your hopes, dreams and desires.

I believe you have the courage and desire within you to do that.

Set the intention that your soul will lead you through this self-discovery process at a pace that you can manage.

Set the intention that the Universe or God will connect you with resources and people who can support you on this journey so you don't have to do it alone.

Set the intention that your soul will reveal to you the source of your pain. Also, that it will provide you with processes that will help you heal that pain without feeling overwhelmed by it.

Allow your emotions to teach you, to bring you to the root cause, to heal the source of your pain. See them as a guest to invite into your house. Look upon them with anticipation to discover what new delight they'll bring. With each layer that you heal, the more freedom you'll receive to become the highest and best version of yourself.

The Guest House

This being human is a guest house. Every morning a new arrival.

A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all! Even if they're a crowd of sorrows, who violently sweep your house empty of its furniture, still treat each guest honorably.

He may be clearing you out for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing, and invite them in.

Be grateful for whoever comes, because each has been sent as a guide from beyond.

— Jalaluddin Rumi



Your body is your soul's sacred vessel.

To have a human experience is to experience life through all of our senses. That's one of the reasons our souls choose to incarnate into a physical body.

That's one of the unique things about a human experience that as souls we aren't able to experience in the spiritual realm. Our soul's desire is to celebrate this physical life to its fullest by experiencing pleasure through all of our senses:



- To see the beauty of Mother Earth in all of its glory.
- To breathe in the fresh air, to smell the variety of aromas and scents, and then allow their essences to fill us.
- To hear the sounds of the birds, the crackling of a fire, the crunching of the fall leaves, and the voices of our loved ones.
- To feel the touch of another's hug or warm embrace or hold hands.
- To enjoy the exquisite taste of food.

How would it feel to be fully in your body when . . .

- you experience life through all of your senses?
- you experience it mindfully, without distraction or multi-tasking?

Here's an example.

The Center for Mindful Eating recommends these principles: (www.tcme.org)

- Listen to your body's wisdom and eat when you're hungry. Make the process slow and delicious, eating one piece at a time. Take a bite and really savor it and not feel guilty.
- Give gratitude to all of the people, insects, and plants that went into bringing this food to you.
- Notice the textures and smell the aroma and distinct smells of the food itself.
- Take a breath between bites and smile. It is great to be alive and eating delicious food!
- Take a sip of water between different foods.
- Stop when you feel satisfied and then notice how your body feels after you've eaten.



The spirit and vital force energy of the Divine dwells within you and each person. It's expressed through you, through your senses, and through your words and actions. How are you honoring your instrument through which the Great Beloved sings, laughs, labors, and loves?

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There is only God, infusing and infused into everything.
These bodies of ours, these are our soul's sacred vessels, the
instruments through which the Great Beloved sings, laughs, labors,
and loves.

We are the eyes through which God sees,
the mind through which God ponders,
the hands through which God touches.
As we dwell as cells in the body of God,
God dwells in us as our vital force pushing outward,
awaiting release, prompting communion, awareness, and joy.

To love ourselves is an act of faith,
a sacrament of acknowledgement,
a gesture of solidarity with the holy one within.
It is the first and most important step, for we can
only love others as we love ourselves.

No matter what you were ever told about loving yourself, remember
now that
your body is the materialization of divine energy.
Love it extravagantly, cherish it, adore its mystical workings and
miraculous potential.

Look beyond the surface as you peer into your mirror, and thank the
one within for this chance to be alive,
to be of use, and to be a co-creator
of this magnificent experience called life.

— Jan Phillips

Why the time is now to shift directions.

Studies show that social media is harmful to our mental health. Why? This happens because people are constantly filtering, photoshopping, and projecting their lives in social media to look better than others.

Social media makes people compare and despair. This is having devastating consequences, especially for girls starting at a very young age.

Jonathan Haidt, an American school psychologist interviewed on the 2020 Netflix documentary, “The Social Dilemma,” shares that

“... there has been a gigantic increase in depression and anxiety in American teenagers around 2011 and 2013.

The number of girls out of 100,000 admitted to a hospital every year because they cut themselves or harmed themselves increased significantly since then by 62% for teen girls ages 15 – 19 and 189% for pre-teen girls from 10 – 14 years old.

Suicide in older teen girls from 15 – 19 increased 70% and in pre-teen girls increased 151% from the first decade of this century.”

He attributes that pattern to the use of social media platforms by Gen Z children born between 1996 and 2015.

Tristan Harris, co-founder of the Center for Humane Technology, says that social media is contributing to people comparing themselves to unrealistic standards of beauty.

Social media can have a negative effect on your self-esteem and self-worth.

According to the British cosmetic doctor, Tijion Esho, social media is having a negative effect on people’s self-esteem and self-worth based purely on the number of likes and followers they have. That is linked to how good they look or how great these images are.

Cosmetic procedures are becoming so popular with teens; he created the term for this new syndrome called, “Snapchat Dysmorphia.” Young patients want surgery so they can look more like they do in filtered selfies.



I believe the time is now to take a hard look at what's happening in our culture through the influence of social media and change the direction it's taking us.

We need to stop the devastating effects that this body shame and hatred is having on adults and especially young people.

We need to stop comparing ourselves to unrealistic standards of beauty. It's time to stop the anxiety and depression it's causing.

Too often we try to change our physical appearance from a place of hatred, criticism or self-abusive behavior.

People try forcing starvation, ignoring cues from their body that it's hurting, demanding of themselves that they be something they aren't naturally.

The problem with those common strategies is that they're stripping away their connection to how their soul knows they can best accomplish their mission here.

We choose a certain body for a reason.

Dr. Michael Newton, in *Journey of Souls*, explains that we as souls take great care when choosing just the right body to serve us in our lives.

Linda Howe, author of *Discover Your Soul's Path through the Akashic Records*, describes the process. She writes that each person is shown all the bodies available to them the year of their birth.

You had the choice of which body would best serve your soul's purpose for coming here. Considerations might include:

- the geographic area you wanted to be born into,
- the racial group,
- the cultural surroundings,
- gender,
- sexual orientation,
- physical body size and shape, and
- physical attributes.

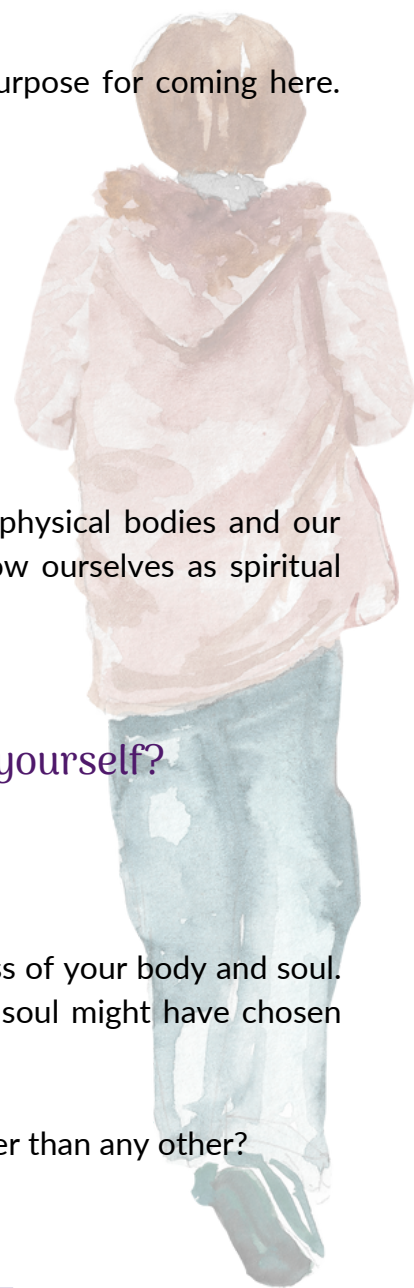
Howe says that when we are in a state of harmony between our physical bodies and our spiritual selves, our bodies will actively support us to come to know ourselves as spiritual beings.

And you?
When will you begin that long journey into yourself?

— Jalaluddin Rumi

I encourage you to embrace this opportunity to honor the sacredness of your body and soul. Seize this moment! Take a deeper look now to discover why your soul might have chosen your specific body to express its purpose for coming here.

How might your body be helping you realize your soul's destiny better than any other?



Does this journey overwhelm you?

Does it cause you to feel that you're all alone? Do you feel like you don't have the support you need to follow through and succeed?

Gifted people like you struggle with this all the time and wonder why it feels like you're trying to climb Mount Everest.

Does this sound like you?

- You can't figure out what's wrong or how to create a change in your life.
- You're scared to step out of your comfort zone even though it would mean you can do what you love.
- You don't know how to shift out of habitual patterns to change your circumstances.
- You lack support to achieve the outcomes you desire.

Remember when I said earlier . . . that the solution lies within you to the problems in your life, and you have the power to change them.

The answers lie within you, you just need a process and support to help you discover them.

I have created a process for you to follow on your transformational journey that will provide you with resources, tools, and support. You'll begin to change your pattern of self-sabotaging thoughts and actions. First, you'll discover why you feel the way you do about yourself and be able to pinpoint the root cause.

You'll then be given spiritual practices you can use to replace your current actions. Making new life-giving choices using these spiritual practices will empower you to change your life.

When you implement them, your old patterns will take a back seat. They won't consume your time and energy. They won't distract you from living the life you desire.

Seize the opportunity now to look within and find the answers to the questions that have been nagging at you for much of your life.

Allow me to be your Spiritual Sherpa.

I'll provide you with support as I guide you through the mountains and valleys of this journey.

- A Sherpa prepares a route for climbers to follow as they guide them on their expedition to the mountain peak. I provide several routes that can support you in experiencing your unique adventure in this lifetime.

The self-study online course provides you with discovery exercises for self-reflection and spiritual practices to implement new ways of being. You'll also receive individualized soul guidance from me to support you along the way.

- A Sherpa provides you with a view of the big picture of your expedition. I'll provide you with an overview of your expedition from a holistic, soul-based viewpoint. I can provide the long-term vision.

The process you'll follow teaches you how your mind, body, soul, and spirit work together holistically and affect each other. Through individualized soul guidance, you'll dive deep into the questions you've had for a long time. Then you can tap into the answers that lie within your soul. You'll also receive healing of your issues at the root cause.

- A Sherpa inspires you to tap into your strengths in order to survive. I'll inspire you to expand your creative energy so that you can access your inner strength to propel you forward.

This process will teach you how to discern and trust your own inner truth and authority. You won't have to rely on others outside of you to tell you what's best for you. You'll learn how to take responsibility for your own choices and their consequences. You'll create the life you desire.

- A Sherpa taps into their wisdom to provide guidance and support along the journey. Their experience is invaluable because they know the culture, the area, the people, and the terrain. They know how to live, survive, and adapt. They clear the way through the obstacles.

I've hiked this journey myself and have done the heavy lifting. I'll provide the education, and experience to clear the path and assist you by providing the tools needed for this journey up the mountain. You can read more about my experience at <https://barbarabrodsho.com/about/>

The process I've created and the coaching I provide is a culmination of a lifetime of experience. I have over two decades of formal and informal education and professional experience.

I've been seeking the meaning of life and my purpose since I was 16 years old. What I found was that I didn't discover my purpose until I began to heal what was keeping me stuck and preventing me from loving myself.

This included learning to love and accept ALL of me – including my body. This yearning for self-love and self-acceptance has driven me on my spiritual journey my whole life.

- A Sherpa helps you reach your destination by implementing a carefully thought-out plan. They guide you through challenging wind and weather conditions, hazards from avalanches and icefalls, and even altitude sickness.

After you've completed this process, I won't leave you hanging on the side of the mountain. I'll continue to support you through individualized soul guidance, as well as other options. Together, we can co-create a customized plan that will guide you through the challenges you may experience on your way to achieving your goals.

I'm so happy for you that you listened to the prompting of your soul to help you grow to love yourself more.

And I'm honored to serve as your Spiritual Sherpa on this journey of **healing, enlightenment, and transformation.**

I invite you to enroll in my online self-study course with Individual Soul Guidance sessions, **"8 Steps to Boost Your Self-Confidence: Trust Your Soul to Guide You.** You can learn about it **HERE.**

Let's get started!

Barbara Brodsho,
Soul Purpose Coach & Holistic Healer

“WHEN YOU RECOVER OR
DISCOVER SOMETHING THAT
NOURISHES YOUR SOUL AND
BRINGS JOY, CARE ENOUGH
ABOUT YOURSELF TO MAKE
ROOM FOR IT IN YOUR LIFE.”

~Jean Shinoda Bolen

