

free soul



What I learned from Lazaris:

There are four fundamental reasons to love yourself more

- 1) When you are able to love yourself completely you don't need any other technique, spiritual practice, or self healing work. The more you love yourself, the more any other technique works. Self Love always allows you to create the reality you want.
- 2) The only way to heal and transform the negative, wounded ego is to love yourself. It's how you give the ego back it's old job. The ego was ever only supposed to be a messenger between the illusion of the world around us, and our internal divine spark, to help us decide and take action. In that way it anchors us in this third density reality.
- 3) Love for yourself makes you more than a grown up, it makes you an adult. It creates a powerful synergy, that allows you to leave childhood patterns behind and brings about the alchemy of adulthood.
- 4) There is the desire in all of us to know the Divine, God/Goddess/All that is, the source of existence (whatever name you give it). Love is the only thread of communication we can use that connects us.

There are actually 49 different ways to create Self Love!

Take one of the 7 actions with the intention to create one of the 7 qualities

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| 1.) Give | 1.) Security |
| 2.) Respond, being responsible | 2.) Pleasure |
| 3.) Respect
(honor my emotional nature) | 3.) Honesty and Vulnerability |
| 4.) Knowing | 4.) Trust |
| 5.) Humility - Intimacy | 5.) Intimacy and Caring |
| 6.) Courage to commit | 6.) Reduced Fear of Loss |
| 7.) Care | 7.) State of Knowing |