

<p style="text-align: center;"><b>LJUBEZEN DO SEBE</b></p> <p>Roke drgnem eno ob drugo, dokler se med njima ne ustvari ogromno toplote. Nato dam eno roko na predel srca in drugo na trebuh. Predstavljam si, da iz srca in iz vseh koncev veselja ljubezen skozi moje roke potuje v moje telo. To počnem tri minute, ali dokler ni telo popolnoma napolnjeno z ljubeznijo. Pozornost usmerjam na stik roke s telesom, na nežnost in ljubezen, ki iz te roke prehaja v moje telo. Lahko si pomagam tudi tako, da začutim varnost, ki se skriva v mojem dotiku, in zgolj usmerjam pozornost na točko stika moje roke in telesa.</p>	<p style="text-align: center;"><b>MASAŽA GLAVE IN TELESA</b></p> <p>Roke drgnem eno ob drugo, dokler se med njima ne ustvari ogromno toplote. Nato z rokami nežno pobožam svoj obraz in svoje lasišče. Začutim stik roke s čelom, očmi, licem, usti, lasiščem, vratom. Tako nežno raziskujem svoj obraz in glavo vsaj 3 minute ali dokler želim. Masažo lahko razširim tudi na celotno telo.</p>	<p style="text-align: center;"><b>KOZAREC VODE</b></p> <p>Vzamem svojo stekleničko/kozarec z vodo in jo napolnim (napišem na listek pod njo, ji govorim, vizualiziram) z ljubeznijo do sebe, občutkom miru, itd. ... ter nato čim bolj zavestno naredim nekaj požirkov, spijem kozarec, ... in začutim, kako te lastnosti preidejo v mene. Zgolj opazujem.</p> <p>(Če mi primanjkuje idej, lahko npr. pod vodo dam listek z napisom Sem ljubljena, sem varna, sem hvaležna ali te besede v mislih pošljem vodi ali ... omejuje me zgolj moja domišljija).</p>
<p style="text-align: center;"><b>BREZPOGOJNA LJUBEZEN DEŽUJE</b></p> <p>Za nekaj minut zaprem oči ali si zgolj predstavljam, da je nad mano velik oblak čiste brezpogojne ljubezni, ki skozi svoj dež ljubezni vsako celico mojega telesa napolni z energijo brezpogojne ljubezni, sočutja, nežnosti. Čutim, kako me te kapljice oživijo, umirijo, premaknejo nazaj k sebi ... Ta energija napolni tudi ves prostor okoli mene in avtomatsko transformira vse strahove, bolečine, itd. In njen čar je, da je neomejena, oblak se nikoli ne posuši, vedno znova sam sebe polni.</p>	<p style="text-align: center;"><b>LJUBEČE DIHANJE</b></p> <p>Roki podrgnem drugo ob drugo in jih dam na predel srca. Nato nekaj minut zgolj opazujem dihanje.</p> <p>Če opazim karkoli drugega, zgolj zaznam in dovolim, da je prisotno. Brez sodbe. Tako pač je v tem trenutku. In nato vrne pozornost nazaj na dihanje.</p>	<p style="text-align: center;"><b>LJUBEČE OPAZOVANJE</b></p> <p>Roki podrgnem drugo ob drugo in jih dam na predel srca. Začutim dihanje.</p> <p>In zgolj s popolnim sočutjem in brezpogojno ljubeznijo opazim in dovolim vse misli, čustva, občutja v telesu, zvoke, vse, kar je prisotno v tem trenutku. Brez sodbe.</p> <p>Če moj um hoče soditi, tudi njemu rečem, hvala, ker si in mi poskušaš pomagati, ter mu pošljem veliko ljubezni.</p>

<p style="text-align: center;"><b>KATERI DEL TELESA ME POTREBUJE?</b></p> <p>Ljubečo pozornost usmerim na telo. In zaznam, kje čutim kakšno napetost, bolečino ali pa zgolj željo po pozornosti. Nato roki podrgnem drugo ob drugo in ju napolnim z ljubeznijo in toploto. Potem pa dam roki na tisti del telesa in diham vanj. In z vsakim vdihom in izdihom pošljem temu delu telesa pozornost, ljubezen, sprejemanje. Lahko mu tudi kaj ljubečega in nežnega povem.</p>	<p style="text-align: center;"><b>HVALA TELO</b></p> <p>Namenim si nekaj minut za hvaležnost telesu. S pozornostjo (lahko tudi z dotikom) grem po celem telesu, sočutno pogledam, kako se počuti vsak del telesa in se mu zahvalim, ker se trudi po svojih najboljših močeh, ker me ohranja živega, ker mi omogoča vse, kar ta del počne ... Opazim, kako se počuti ta del telesa, in začutim hvaležnost zanj. Kaj potrebuje? Torej, noge, kako se počutite? Hvala, ker zaradi vas lahko hodim naokoli. Hvala ker ... In tako naprej po celem telesu.</p>	<p style="text-align: center;"><b>KOT DA PLEŠEM</b></p> <p>Ljubečo pozornost usmerim na telo. Opazim, kako telo diha. In potem začutim, kako bi se telo želelo premakniti. Sledim njegovim željam in skupaj slediva plesu nežnih gibov. Če imam dovolj časa in prostora si zavrtim tudi najljubšo glasbo ter zapešem nanjo. Vajo lahko izvedem kjerkoli, tudi na stranišču, če sem v službi in potrebujem več zasebnosti :)</p>
<p style="text-align: center;"><b>VONJ, KI ME POMIRJA</b></p> <p>Poiščem vonj, ki me pomirja. Diham in opazujem, kako ta vonj sprosti vsako mišico v mojem telesu ter me napolni z občutkom miru, varnosti, ljubezni.</p> <p>Lahko izberem eterično olje, lahko kakšno sadje, cimet, svež kruh, lase oprane z najljubšim šamponom, rožo, ... Če v tem trenutku, v svoji okolici, ne najdem vonja zase, si ga lahko tudi predstavljam.</p>	<p style="text-align: center;"><b>KAKO OKUSNO JE</b></p> <p>Vzamem si nekaj minut za slasten prigrizek. Lahko je sadje, kos kruha, čaj, ... Pri tem celoten obred opravim čim bolj ljubeče in prisotno. Npr. Če pojem jabolko, se zahvalim drevesu, na katerem je zrastle in ljudem, ki so mu pomagali, da je prišlo do mene. Opazim njegov vonj, okus, teksturo, ... Dovolim si čutiti vsak grizljaj in odziv mojega telesa, ko se sreča z njim.</p>	<p style="text-align: center;"><b>LJUBEČA RASTLINA</b></p> <p>Grem do svoje najljubše rastline (lahko tudi živali). Poskusim začutiti, kako je. Če karkoli potrebuje. In nekaj minut zgolj občudujem njeno lepoto, njeno moč, njeno čarobnost. Zahvalim se ji, ker dela svet lepši.</p> <p>Nato naredim to še zase. Ali si predstavljam, da te občutke prenesem tudi nase. Če v bližini nimam nobene rastline, si lahko v mislih predstavljam drevo (ali drugo rastlino ali žival), ki ga občudujem. Vse ostalo naredim enako.</p>

<p><b>LJUBIM TE - TOČNO TAKŠNEGA KOT SI</b>  Pozornost usmerim na telo. Začutim energijo stavka Ljubim te točno takšnega kot si. Kateri del mojega telesa ali moje psihe želi to slišati?  Povem to temu delu sebe.  Če mi ne verjame, si ga lahko predstavljam kot majhnega otroka, ki si želi zgolj biti ljubljen in sprejet. Lahko si predstavljam, da me napolni energija brezpogojne ljubezni, ali energija božanske matere, ki zmore ljubiti popolnoma vse, in skozi mene pošilja ljubezen temu delu mene.</p>	<p><b>HVALA GLAVA</b>  Roki podrgnem drugo ob drugo, da se segrejeta in jih dam na glavo. Lahko tudi zgolj usmerim pozornost na predel glave. Zahvalim se svojemu umu, za vse delo, ki ga opravlja. Začutim, ali predstavljam, si točko popolnega miru, takšnega - kot ga najdem v naravi, in opazujem, kako ta mir napolni mojo celotno glavo. Če mi ne uspe takoj, nič hudega. Zgolj diham nekaj minut v predel glave in dovolim, da moj um sam najde točko miru ali način, kako si lahko spočije.</p>	<p><b>HVALA, KER LAHKO DIHAM</b>  Nekaj minut usmerjam pozornost na dih. Lahko zgolj opazujem svoje dihanje, lahko pa dam roke na prsni koš in si predstavljam, da vdihnem ljubezen in izdihnem ljubezen. In ob tem se moje celotno telo napolni z ljubeznijo.  Lahko pa tudi uporabim tehniko 4-7-8 (ko vdihujem, štejem do 4; držim dih in v mislih štejem do 7, ko izdihujem, štejem v mislih do 8). Na koncu se zahvalim Zemlji in svojemu telesu, ker lahko diham.</p>
<p><b>LJUBIM TE</b>  Tale vaja zna malce razjeziti moj um. Ampak nič za to. Cilj je, da si vsaj 10 x rečem MOJE IME – LJUBIM TE. Ob tem se lahko igram in s prsti rišem srca, kroge, ali karkoli drugega po svojem telesu.  Povežem se z energijo lahkotnosti in igrivosti.</p>	<p><b>SEM DREVO</b>  Povežem se z energijo dreves; ali se spomnim meni še posebej ljubega drevesa.  Predstavljam si, da sem veliko drevo. Moja glava in roke, so moje veje, moj trup in noge so deblo, iz mojih stopal pa gredo korenine globoko v Zemljo. Začutim, kako skozi korenino dobim vse, kar potrebujem. Začutim, kako me greje sonce in mi daje energijo. Začutim, kako miren in povezan z naravo sem. Nekaj minut tako diham in dovolim, da me napolni mir, ljubezen in modrost dreves.</p>	<p><b>ČUDEŽ ŽIVLJENJA</b>  Začutim, kako dragocen sem. Kako poseben sem. Na Zemlji ni nikogar, ki bi bil točno takšen, kot sem jaz. V sebi nosim modrosti in ljubezen in moč tisočih generacij. Moje telo je ena najsvetejših in najbolj mogočnih energij v vesolju. Bilijoni in bilijoni celic me ohranjajo pri življenju. Sem eno z naravo. Skozi nas pluje isti zrak in ista voda. Kako sem lahko sploh kdaj pomislil, da nisem dovolj?  Da nisem svet? Da nisem ljubljen?  Nekaj minut zgolj diham in čutim, kako me vsak vdih in izdih poveže z naravo, kako čudežno, čarobno, dragoceno, posebno je moje življenje.</p>

<p style="text-align: center;"><b>SELF-LOVE</b></p> <p>I rub my hands together until a great deal of heat builds between them. Then I put one hand on the heart area and the other on the stomach. I imagine that from the heart and from all corners of the universe, love travels through my hands into my body. I do this for three minutes, or until the body is completely filled with love. I direct my attention to the contact of the hand with the body, to the tenderness and to the love that goes from my hand to my body. (I can also support myself by feeling the safety through my touch and simply directing my attention to the point of contact between my hand and my body.)</p>	<p style="text-align: center;"><b>HEAD AND BODY MASSAGE</b></p> <p>I rub my hands together until a great deal of heat builds between them. Then I gently stroke my face and scalp with my hands. I feel the contact of the hand with the forehead, eyes, cheek, mouth, scalp, neck. I gently explore my face and head like this for at least 3 minutes or as long as I want. I can also extend the massage to the whole body.</p>	<p style="text-align: center;"><b>GLASS OF WATER</b></p> <p>I take my bottle/glass of water and fill it (write a note under it, speak to it, visualize) with self-love, a sense of peace, etc. ... and then I take a few sips as consciously as possible or drink a glass, ... and feel how these qualities goes into me. I'm just observing.</p> <p>(If I lack ideas, I can, for example, put a note under the water with phrases like I am loved, I am safe, I am grateful; or I consciously send these words in my mind to the water or ... I am only limited by my imagination).</p>
<p style="text-align: center;"><b>UNCONDITIONAL LOVE IS RAINING</b></p> <p>I close my eyes for a few minutes or just imagine that there is a big cloud of pure unconditional love above me, which through its rain of love fills every cell of my body with the energy of unconditional love, compassion, tenderness. I feel how these drops revive me, calm me down, move me back to my wholeness ... This energy also fills the entire space around me and automatically transforms all fears, pains, etc ... And its magic is that it is limitless, the cloud never dries up.</p>	<p style="text-align: center;"><b>BREATHING WITH LOVE</b></p> <p>I rub my hands together and place them over my heart. Then I just lovingly observe my breathing for a few minutes.</p> <p>If I notice anything else, I merely notice it and allow it to be present. No judgment. That's how it is at the moment. And then I bring loving attention back to breathing.</p>	<p style="text-align: center;"><b>OBSERVING WITH LOVE</b></p> <p>I rub my hands together and place them over my heart. I notice my breathing.</p> <p>And only with complete compassion and unconditional love to myself I notice and allow all thoughts, emotions, sensations in my body, sounds, everything that is present in this moment. No judgment.</p> <p>If my mind wants to judge, I say to him Thank you for trying to help me and I send him lots of love.</p>

<p style="text-align: center;"><b>WHICH PART OF MY BODY NEEDS ME?</b></p> <p>I direct my loving attention to my body. And I notice where I feel some kind of tension, pain or just a want or a desire for attention. Then I rub my hands together and fill them with love and warmth from my heart. After that I put my hands on that part of my body and breathe into it. And with each inhale and exhale I send this part of the body my attention, love, acceptance. I can also say something loving and gentle to it.</p>	<p style="text-align: center;"><b>THANK YOU BODY</b></p> <p>I take a few minutes to be grateful to my body. With attention (or touch) I go all over my body, observe it with compassion and notice how each part of my body feels and thank it for doing its best, for keeping me alive, for enabling me to do everything that part does ... I am noticing the impact of my loving attention and gratitude.</p> <p>So, legs, how are you feeling? Thank you for allowing me to move. Thank you because ... And so on throughout the body.</p>	<p style="text-align: center;"><b>LIKE I'M DANCING</b></p> <p>I direct my loving attention to my body. I notice how the body breathes. And then I sense how the body would like to move. I follow his instincts and together we create a dance of soft gentle movements. If I have enough time and space, I can also play my favorite music and dance to it.</p> <p>I can do this exercise anywhere, even on the toilet if I need more privacy :)</p>
<p style="text-align: center;"><b>A SCENT THAT SOOTHES ME</b></p> <p>I look around the space for a scent that soothes me. I breathe and notice how this scent relaxes every muscle in my body and fills me with a sense of peace, security, love.</p> <p>I can choose an essential oil, some fruit, cinnamon, fresh bread, my hair washed with my favorite shampoo, a flower... If I can't find a physical scent for myself at this moment, I can also visualize or imagine it.</p>	<p style="text-align: center;"><b>HOW DELICIOUS IT IS</b></p> <p>I take a few minutes for a delicious snack. It can be a fruit, a piece of bread, tea, etc. I create an entire food/snack ceremony as lovingly and present as possible.</p> <p>For example If I eat an apple, I thank the tree it grew on and the people who helped it to get to me. I notice its smell, taste, texture, ... I allow myself to feel every bite and the reaction of my body when it meets it.</p>	<p style="text-align: center;"><b>A LOVING PLANT</b></p> <p>I go to my favorite plant (it can also be an animal). I try to sense how she is feeling. If she needs anything. And for a few minutes I just admire her beauty, her strength, her magic. I thank her for making the world a better place.</p> <p>Then I do the same for myself. I imagine transferring these feelings to myself.</p> <p>If I don't have any plants nearby, I imagine a tree (or other plant or animal) that I admire. I do everything else the same ...</p>

<p style="text-align: center;"><b>I LOVE YOU - EXACTLY AS YOU ARE</b></p> <p>I focus my attention on my body. I feel the energy of the phrase I love you exactly as you are. What part of my body or my psyche wants to hear this. I say this to this part of me. Over and over again. If it doesn't believe me, I can imagine it/him/her as a small child who just wants to be loved and accepted. I imagine being filled with the energy of unconditional love; or I feel the energy of a Divine mother who can love absolutely everything, and she sends love through me to that part of me.</p>	<p style="text-align: center;"><b>THANK YOU HEAD</b></p> <p>I rub my hands together to warm them up and put them on my head. I can also just focus on the head area. I thank my mind for all the work it has been doing. I feel or imagine a point of perfect peace, as I find it in nature, and watch that peace fill my entire head. If I don't succeed right away, no big deal. I just breathe into the head area for a few minutes and let my mind find a point and a way to rest on its own.</p>	<p style="text-align: center;"><b>THANK YOU BECAUSE I CAN BREATHE</b></p> <p>I focus my loving attention on my breath for a few minutes.</p> <p>I just observe my breathing, or I can put my hands on my chest and imagine breathing in love and breathing out love. And with that, my whole body fills with love.</p> <p>I can also use the 4-7-8 technique (when I inhale I count to 4; I hold my breath and mentally count to 7; when I exhale I mentally count to 8). In the end, I thank the Earth and my body because I can breathe.</p>
<p style="text-align: center;"><b>I LOVE YOU</b></p> <p>This exercise can make my mind a little suspicious. But it doesn't matter ...</p> <p>The goal is to say MY NAME - I LOVE YOU - at least 10 times. At the same time, I can play and draw hearts, circles, or anything else on my body with my fingers. I connect with the energy of lightness and playfulness.</p>	<p style="text-align: center;"><b>I AM A TREE</b></p> <p>I connect with the energy of trees or I remember a particularly beloved tree.</p> <p>I imagine that I am a big tree. My head and hands are my branches, my torso and legs are the trunk, and from my feet the roots go deep into the Earth. I can feel myself getting everything I need through the roots. I feel the sun warming me and giving me energy and life. I feel how calm and connected to nature I am.</p> <p>I breathe like this for a few minutes and I allow the peace, love and wisdom of the trees to fill me completely.</p>	<p style="text-align: center;"><b>THE MIRACLE OF LIFE</b></p> <p>I feel how precious I am. How special I am. There is no one on Earth who is exactly like me. Within me I carry the wisdom and love and strength of thousands of generations. My body is one of the most sacred and powerful energies in the universe. Billions and trillions of cells keep me alive. I am one with nature. The same air and the same water flows through everything and everyone of us. How could I ever think I wasn't enough? That I'm not holy? That I am not loved?</p> <p>For a few minutes I just breathe and feel how every inhale and exhale connects me with nature; how miraculous, magical, precious, special my life is.</p>