

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



"It doesn't matter what we do until we accept ourselves. Once we accept ourselves, it doesn't matter what we do."

- Charly Heavenrich

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Self-Acceptance Awareness – June Edition 2010

It took me a long time and many hard lessons to finally come to a stage of loving self-acceptance. I have to say it was the greatest gift I could ever have given to myself. I also believe it is the greatest gift that we can give to our children. Spending a life time trying to live up to someone else's expectations, trying to be something you aren't, combating the heartache that accompanies this – is a waste of precious energy and time. I love who I am, and in doing so, so many more blessings come into my life. Please do the same for yourself.

Natalie

Acceptance of Ourselves

By Fiona Marshall

How many of us look outside of ourselves for approval of who we are? I know I have been guilty of this in the past, what about you? So many of us are seeking confirmation that we are ok, loved and accepted by family, friends and others. The only person that we really need to worry about accepting us, is ourselves. Our own opinion of ourselves is what matters most. If we continually beat ourselves up for how we look & feel, what we say or do, then how can we expect others to think better of us, than we do of ourselves?

I have many clients come to me in a state of despondency about themselves and their situations. The following are tips that have been given to me by my guides and theirs, numerous times, for empowering and feeling better about themselves. So my clients and you too, can have a more fulfilled life without relying on others approval and acceptance of yourself.

Self love and nurturing is so important to our body, mind and spirits wellbeing. How do you nurture and love the self though? Treating yourself as your best friend is a great start, buy yourself some flowers, have a soak in an aromatic bubble bath with candles and your favourite music, go for a walk on the beach, meditate, do some exercise, get a massage or facial, & focus on your strengths, instead of your "so-called weaknesses". Build yourself up from your core strengths, some of which may be that: you are loving, kind, helpful, supportive, organized, creative, great listener, solution orientated, witty, have a great sense of Humour. You get the idea? By building upon our strengths we create a sense of Grace for ourselves. It starts with Honouring who you are and what you have to offer to the world.

Affirmations are brilliant for building our self-esteem, and how we perceive ourselves. Through reinforcing positive messages to ourselves on a daily basis we begin to flood negativity out and bring positivity in. Some

This Month's Recipe

Golden syrup and pecan self-saucing pudding

Ingredients (serves 6)

- 1 1/4 cups self-raising flour
- 1/3 cup firmly-packed brown sugar
- 1/2 cup milk
- 1 egg
- 80g butter, melted, cooled
- 2 tablespoons golden syrup
- 2/3 cup pecan nuts, finely chopped
- thickened cream, to serve

Sauce

- 1/2 cup firmly-packed brown sugar
- 3 teaspoons cornflour
- 1/4 cup golden syrup
- 1 1/4 cups boiling water

Method

1. Preheat oven to 180°C. Grease a 5-cup capacity, 6cm-deep, 20cm (base) round ovenproof dish. Place on a baking tray lined with baking paper.

2. Sift flour into a large bowl. Stir in sugar. Whisk milk, egg, butter and golden syrup together in a jug. Pour into flour mixture. Add pecans and gently stir until combined. Spoon into prepared dish. Smooth surface.

3. Make sauce: Combine sugar and cornflour in a bowl. Sprinkle over pudding. Combine syrup and boiling water in a heatproof jug. Pour over back of a large metal spoon, over pudding (see note).

4. Bake for 50 to 55 minutes or until a skewer inserted halfway into pudding comes out clean. Serve immediately with cream.

Notes

- Tip: Sauce will thicken and be absorbed by the pudding if left to stand more than 15 minutes after cooking.
- Self-saucing puddings:

examples are: “I love and accept myself for who I am now” “I am a great mother”, “I am kind, supportive and loveable”. From here you are more able to forge ahead with your head held high, fully accepting of yourself and affirming your core strengths. This will ultimately draw to you others who will accept you for who you are because guess what? YOU ACCEPT YOU!

Visualisation takes Affirmations one step further in reinforcing your strengths and acceptance of yourself. In taking 5- 10 mins a day, bringing in all of your senses: sight, smell, taste, feeling & sound, we embed into our brain, a clear picture of acceptance and love for self. If for example you wanted to be more loving, You could see yourself being loving, hear what being love sounds like e.g. harp music, feel in your whole being what it is to be love, what does it smell like? E.g. roses. What does it taste like? E.g. Chocolate. Immerse yourself into the whole sensation of love, really feel it in your visualisation and before long this will be a natural occurrence for you.

Fiona Marshall is a Sunshine Coast intuitive healer and psychic. Find out more about what Fiona has to offer by visiting www.fiona-marshall.com.au

Self-Acceptance – 7 Ways To Improve

By Susan Derry

Self-acceptance is the key to self-improvement. Unless you can accept yourself you remain stuck, unable to do what is necessary to create the change that you want. Self-acceptance can be difficult for many people to achieve. The following are some suggestions that can help you feel more accepting of yourself:

1. Begin and end each day with gratitude.

Spend a few minutes thinking about the things that you are grateful for. Remember to include the things about yourself. You may be grateful for your sense of humor, your skill, talents and abilities. Allow that feeling of gratitude set the tone for your day.

2. Breathe in the good; breathe out the bad.

Breathe in confidence, love and acceptance; breathe out judgment, criticism and complaints. Breathe in the positive and breathe out the negative. If possible take a few minutes each day to do this while you enjoy some aspect of nature-at a tree, flower, lake, brook or star lit sky. Be good to your soul.

3. Look at yourself in the mirror for one to two minutes a day.

Look yourself in the eye and give yourself a sincere compliment. Smile and accept yourself just as you are. Do this every day for 30 days and notice what happens. Many people find this difficult at first. You may find yourself giggling, tearing up or wanting to escape. Whatever your response, it is natural for you and know that if you persist it will get easier.

4. Dress to bring out your best.

Get rid of clothes that are unflattering to you. How you dress not only affects how others see you, it also affects how you see yourself. Start dressing like you see yourself as confident and successful and watch the

Spoon pudding batter into dish (it should one-third-fill dish). Smooth surface to help pudding rise easily. If using a dish wider than recipe requires, bake for 8 to 10 minutes less than recommended time. Place pudding on a baking tray lined with baking paper to catch spills during baking. Ensure topping is well combined before sprinkling over pudding. Pour boiling water over the back of a large metal spoon. This prevents topping sinking into pudding and produces the maximum amount of sauce.

This Month's Poem

Self-Acceptance

When I look at myself,
What do I see?
What are all the things
That add up to ME?
Not always approval,
That is for sure -
(My motives and actions
Are not always pure;)
Nor complete self-
abasement,
There has to be more.
Though solving the puzzle
Can be quite a chore,
Assembling the pieces,
Assembling each one,
And filtering together
Till the picture is done.
Then, with an effort,
I must make myself see
That this is a portrait
Of the real ME.
Some colours are bright,
While others are grey,
My task is now
To accept things that way.
Where I need improvement,
I'll change if I can,
But just at the moment -
This is the person I AM!

By: Honoria (Nora) A. Groves

feelings follow.

5. Walk tall.

Hold your head up and pay attention to your posture. Walk as if you were confident and self-assured and completely accepted yourself. You will start to feel more confident and self-assured and accepting of yourself. You can start to change the way you feel by changing your physiology.

6. Smile and connect with people.

Make an effort to brighten someone's day by doing or saying something nice. If someone doesn't accept your kindness, smile and carry on. Choose to act rather than react, choose to accept yourself.

7. Spend time with confident and friendly people.

Spend more time with people who inspire and uplift you and less time with people who drag you down. You will find that as your self-acceptance improves that you will be more accepting of others.

Self-acceptance can take a bit of practice and effort for some, but it is well worth the effort. Give yourself permission to accept who you are and love yourself.

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Co-author of Marriage Prep: Beginnings a downloadable marriage preparation course
Offers a free Nurturing Marriage Ezine
Co-author of Intimate Sex: Manual for Lovemaking, a sex manual for couples

Acceptable Reading

The Magic of Self-acceptance: How to be Happy

By Michael Sharon

I'm Okay Being Me: Activities to Promote Self-acceptance and Self-esteem in Young People Aged 12 to 18 Years

By Anne Betts