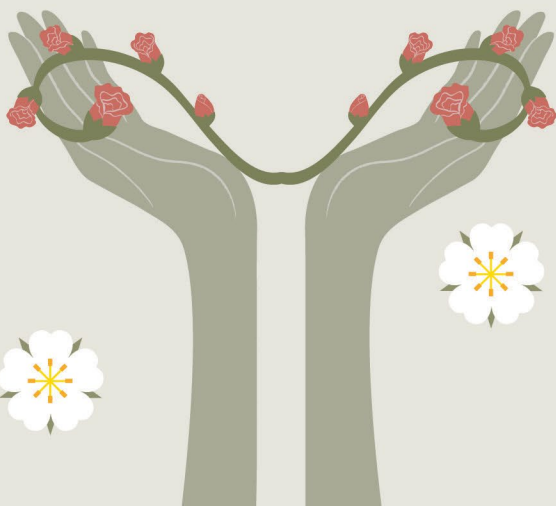




BODY LOVE

A Companion Journal to The Invitation





Let us make friends with our bodies,
once and for all.

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3. SELF-HELP / Personal Growth / Self-Esteem

FIRST EDITION

*This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Introduction

This is our one body in this lifetime. It's an amazing vehicle for fun, love, play, service—everything we do. We've imbibed so many stories on how to be, how to look. But what if we just dropped them, stopped apologizing, looked at these bodies with love, and invited freedom? Loving our bodies is like any habit or muscle, it gets stronger with practice. That's what this journal is meant to help with. Changing the stories and living at peace with this magnificent organism of us.



Ways to show the body love

On the upcoming journal pages, you'll see a little checklist of suggestions on how to show your body love on a daily basis. There are also blank boxes for you to write in your answers. You might add other boxes for other actions and rituals—like “doing my physical therapy exercises,” or even highly targeted interventions like “massaging the scar tissue on my knee.”

It's our perspective that humans are incarnate spirits, woven of consciousness and energy. While we have a permanent consciousness (or “soul”) that isn't anchored to the body, we are living in a body. Our bodies' health responds to our thoughts, as well as to the thoughts of the collective culture. When those thoughts are negative, they can limit our freedom and happiness.

We're here to tell you that those beliefs can be unwound. The Body Love Journaling, and the suggested self care practices in the checklists, are designed to support a reintegration: a restitching together of the body, mind, and spirit.

In addition to these exercises, questions are sprinkled throughout the book. They were created to help you evoke and examine the cultural beliefs that you've inherited about your body. They are questions about sex, shape, size, function, illness, and aging. About who your body belongs to, and who can make decisions about it. About what it can eat or drink or ingest. About what medical procedures are allowed and disallowed—even about how your body should be dressed. We ask things like: “Is your body here to please others?” “How is a body's quality related to a person's worth?” Our hope is that, upon examination, there are some beliefs you might like to leave behind forever!

For thousands of years, women's bodies have been under the control of others. Our sexuality has been controlled to regulate reproduction (largely to manage transgenerational wealth, but I won't go into that here—you can read about that elsewhere, which I hope you do!).



An Example of a Self Anointing Practice

5 to 20 minutes a day

- Start at the toes and work upwards
- Rub and massage in varying ways: light finger brushing for lymphatic massage; kneading for improved circulation and muscle relaxation; pulling skin from muscle over fascia, scars and lumpy tissues; deep and pressure points for sore areas, caressing for gentle loving touch.
- At each body part, say thank you — the more specific you are with your appreciations, the better. For example, “thank you feet, that feel the grass; thank you calves, that allow me to stand on my toes; thank you ribcage, that protects me. Include your vulva, rear, anus, and breasts. Work all the way up to the ears.
- Sample anointment mantra goes like this. “Thank you, I love you, I will listen to you and I will care for you, you are perfect.”

- A longer affirmation might go like this, “My body is nature. My body is made perfectly in harmony with sun and air and food and water. Thank you body, for giving me so many experiences and sensations.” or “Life wants itself and is expressing through me in this body. In this body, I create and serve and reflect a completely unique view of creation. Thank you body.”
- No person or thing thrives in criticism. If any negative self talk arises around that body part, just notice and release it. This is the way your body is made right now, give it unconditional love. Over time this negative talk will diminish.

To complete:

- Express some gratitude for life and stay in silence for a few moments, while the body absorbs the oil and the love.
- Pass the loving kindness on to someone else energetically, thinking of someone who needs space and time and touch and kindness



Journal

How did I relate to my body today?

The chance of you being born at all is 1 in 400 trillion.
This life is a precious incarnation.

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
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DATE: _____ LOCATION: _____

How did I relate to my body today?

Taking the time to practice awareness, inquiry, silence, gratitude is a gift not only to yourself, but to everyone you encounter and to the world at large. So thank you! Thank you for journaling today.

I showed my body love today by:

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How did I relate to my body today?

“Body shame is absolutely contagious,
and so is radical self-love. We get to decide
which one we’re going to spread.”

- SONYA RENEE TAYLOR

I showed my body love today by:

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How did I relate to my body today?

If you are getting activated by the same things over and over, there's something to investigate: it's a pointer to a place where more freedom may be possible.

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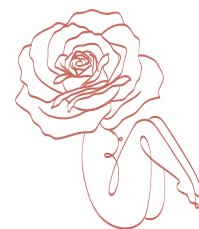
How did I relate to my body today?

“Body Peace is the confidence and strength we possess when we trust our body’s natural wisdom and beauty and draw on this trust to develop a healthy, flourishing life. Body Peace is a type of Power that allow us to feel confident with ourselves and our place in the world.”

- SHELLY PRUITT JOHNSON

I showed my body love today by:

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DATE: _____ LOCATION: _____

How did I relate to my body today?

What is considered “beautiful” changes with the times, but your actual beauty does not. What were you told was a “beautiful” body? Has that not changed even in your lifetime? Who wants their joy to be dependent on what’s in fashion?

I showed my body love today by:

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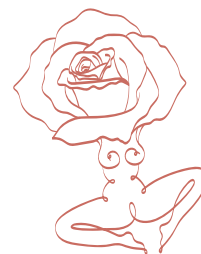
How did I relate to my body today?

“Thousands of years ago, sculptures and artworks portrayed curvaceous, thickset silhouettes. More recently, in the late 20th century, thin, waif-like models filled the pages of fashion magazines. Now, shapely backsides are celebrated.”

- JACQUELINE HOWARD

I showed my body love today by:

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DATE: _____ LOCATION: _____

How did I relate to my body today?

Sometimes even the things we get compliments on are a sort of prison, shaping our behavior. Do the things you get compliments on support the part of you that is emergent and true?

I showed my body love today by:

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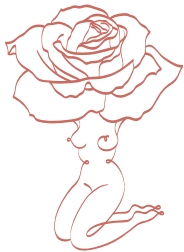
How did I relate to my body today?

“If you’re pretty, you’re pretty; but the only way to be beautiful is to be loving. Otherwise, it’s just ‘congratulations about your face.’”

- JOHN MAYER

I showed my body love today by:

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“Where did I get that belief? Who taught me that? Who profits off of my self-loathing? Who does well because I feel terrible about myself? Is it true? Do I personally, objectively, believe it? Can I choose not to believe it anymore?”

- SONYA RENEE TAYLOR



DATE: _____ LOCATION: _____

How did I relate to my body today?

“Our culture is a punishment ethos, meaning that we base a lot of our decisions on how to avoid pain or how to avoid discomfort. Instead, we can start asking ourselves ‘What feels good for me?’”

- DR. CAT MEYER

I showed my body love today by:

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How did I relate to my body today?

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What do you desire?



DATE: _____ LOCATION: _____

How did I relate to my body today?

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“People are so impressed with an app or a machine. But think about life itself: an infinite, self evolving, self reproducing thing that contains all of a species history, and all of its future. This complexity and perfection is beyond human comprehension. The only answer is wonder and awe.”

- CHRISTINE MARIE MASON



How did I relate to my body today?

“I could be wrong” is an invitation to the self to break a patterned belief. What might I be wrong about today?

I showed my body love today by:

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How did I relate to my body today?

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When are you most alive, happy, at peace?



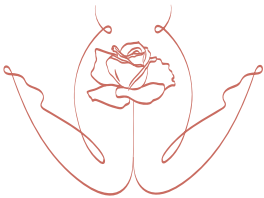
How did I relate to my body today?

“Where are you vulnerable? What soothes you? Can you self-soothe or do you lean on others to regulate you?”

- DR. CAT MEYER

I showed my body love today by:

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How did I relate to my body today?

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What are you pretending not to know?



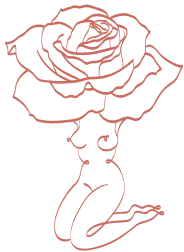
How did I relate to my body today?

“Hiding from sight is a byproduct of shame—
but we don’t have to come out all at once. Just
give yourself a little bit more freedom every day
and watch how it accumulates.”

-CHRISTINE MARIE MASON

I showed my body love today by:

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“We are all of our ages at once.”
-CHRISTINE MARIE MASON



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When does your body feel best?



How did I relate to my body today?

What could you let go of right now
to find a little more freedom?

I showed my body love today by:

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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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How did I relate to my body today?

Waiting for life to begin is a habit of mind: when I get fit, when I get wealthy, then I will be happy. Are there any “waiting for” or “putting off” patterns at work in my life?

I showed my body love today by:

- | | | |
|---|--|---|
| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
| <input type="checkbox"/> Drybrushing | <input type="checkbox"/> Hydrating | <input type="checkbox"/> Being outside |
| <input type="checkbox"/> Breathing deeply | <input type="checkbox"/> Resting | <input type="checkbox"/> Giving it sensory pleasure |
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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



How did I relate to my body today?

If you could make one change in your relationship to your body, what would it be?

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



DATE: _____ LOCATION: _____

How did I relate to my body today?

“Our words have magic, they are incantations, literally enchanting the mind. Thoughts precede emotions, which precede actions. When we change our language, we change the way we feel, and slowly, our lives begin to change.”

-CHRISTINE MARIE MASON

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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| <input type="checkbox"/> Anointing | <input type="checkbox"/> Playing | <input type="checkbox"/> Giving it sexual pleasure |
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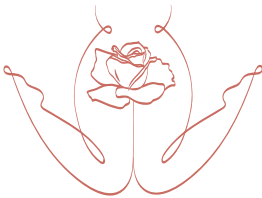
How did I relate to my body today?

“Love is the through line, it connects us to the source of life and to each other, it animates our life and work. In all we do and say, let our love be our fuel.”

-CHRISTINE MARIE MASON

I showed my body love today by:

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| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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How did I relate to my body today?

What did you learn about sex and sexuality in your formative years? Which of those ideas are helpful and true and which do you want to leave in history?

I showed my body love today by:

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|---|--|---|
| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



DATE: _____ LOCATION: _____

How did I relate to my body today?

What did you learn about the shape and size of bodies, especially your body, in your formative years? Which of those ideas are helpful and true and which do you want to leave in history?

I showed my body love today by:

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| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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How did I relate to my body today?

What did you learn about health and illness and capacity of your body in your formative years? Which of those ideas are helpful and true and which do you want to leave in history?

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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How did I relate to my body today?

What did you learn about aging as a woman in your formative years? Which of those ideas are helpful and true and which do you want to leave in history?

I showed my body love today by:

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|---|--|---|
| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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How did I relate to my body today?

Who does your body belong to
and who can make decisions about it?

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully
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pleasure |
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How did I relate to my body today?

What have you been taught about what’s okay
for you to eat or drink or ingest?

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
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How did I relate to my body today?

Is your body here to please others?
What have you been taught, and what do
you want to carry forward?

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
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How did I relate to my body today?

How is a person’s body related to a person’s worth? Ideally and in reality? How do you experience this personally?

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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DATE: _____ LOCATION: _____

How did I relate to my body today?

“In times of stress, our greatest friend is our breath. It’s the only part of our nervous system that we can consciously override. Big, round, slow deep breaths are medicine.”

-CHRISTINE MARIE MASON

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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How did I relate to my body today?

We're operating on multiple developmental levels at once—can you tell when you're responding to the world from a young place and from a wise adult place?

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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| <input type="checkbox"/> Anointing | <input type="checkbox"/> Playing | <input type="checkbox"/> Giving it sexual pleasure |
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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



DATE: _____ LOCATION: _____

How did I relate to my body today?

I love eating! It's one of life's great sensory pleasures.
I reclaim all tastes and nourishments as wholly
available to me. Nothing is off limits. How could your
relationship with food be more of a celebration?

I showed my body love today by:

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|--|---|--|
| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
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DATE: _____ LOCATION: _____

How did I relate to my body today?

“Girl, put your records on, play me your favorite song,
go ahead let your hair down...”

- CORINNE BAILEY RAE

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
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How did I relate to my body today?

“You’re not 30 or 50 or 80: Your body is hundreds of thousands of years old. It contains all the evolved wisdom and experience of every generation before it.”

- T. HUEBL

I showed my body love today by:

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| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
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How did I relate to my body today?

Were you ever told to “contain yourself”—that you were too much? Too much color? Too loud, too big? If yes, what would it feel like to drop that story?

I showed my body love today by:

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|---|--|---|
| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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How did I relate to my body today?

The mind wants to see the dangers and risks, but there are always hundreds of other things going on at the same time. This flower over here, the way the light reflects, the love of a friend, these are all just as real and present.

I showed my body love today by:

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How did I relate to my body today?

If all of the frosting is stripped away, the makeup, or clothes that we use to cover and shine and costume, how do we feel then about our bodies and faces? Can we love ourselves unadorned?

I showed my body love today by:

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|---|--|---|
| <input type="checkbox"/> Talking to it with kindness | <input type="checkbox"/> Taking supplements | <input type="checkbox"/> Receiving touch |
| <input type="checkbox"/> Feeding it healthfully and beautifully | <input type="checkbox"/> Dancing and/or Exercising | <input type="checkbox"/> Sitting in silence |
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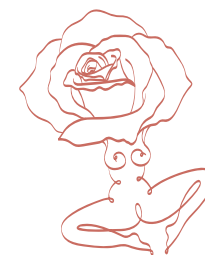
DATE: _____ LOCATION: _____

How did I relate to my body today?

What would it take to be free, to respond in the moment to what's arising, without closing our hearts? To keep releasing the past and meet the world as it is now?

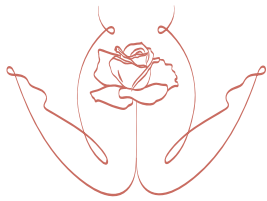
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Reflection



Noticing changes over time

How did these practices influenced my relationship with my body?
It's helpful to take a moment to see how doing these practices for 6 weeks
have impacted you. These pages are meant for open ended reflection.



Closing exercise

Write a letter to your 13 year old self.
What would you want her to know about her body?

CLOSING EXERCISE



True wellness is about being free in mind, body and spirit.
We are each an agent of transformation.
Let us pass on our freedom and wisdom, not our suffering.



An intentional practice of changing
your relationship to your body for the better
from Rosebud Woman™

BY CHRISTINE MARIE MASON

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