Cultivating Self-Love

1. **Metta/Lovingkindness Meditations** (see www.dharmaseed.org)
2. **Self-Compassion Practice** (see Kristin Neff and Christopher Germer)
3. **Ultimate Love Meditations** (see Adyashanti and Mukti)
4. **Relative Love Practice** – Cultivating a felt sense of cherishing a friend or pet and then working toward seeing yourself that way as well. Think of a friend or being who has a little quirk that is annoying but also is so them that when they do it you cherish that about them - touching that flavor and growing it and then learning to cherish oneself in your particularities similarly.
5. **Using a term of endearment** liberally in inner self-talk (such as sweetheart, precious one, cupcake, darling, etc.)
6. **Self-care**
7. **Preferences Practice** – Practicing choosing your outfit, your socks, your earrings, your music, your seat, your meal, show, your walk, making all the little choices you make during the day about honoring your preferences
8. **Loving Self-Touch Practice** – Stroking one's arm, placing a hand on the face, heart, or belly, giving oneself a massage, etc.
9. **Self-soothing**
10. **Personality Tests** (Myers Briggs, Enneagram, get an Astrology or Human Design reading - exploring from a perspective of knowing your strengths)
11. **Parts Work/Inner Child Work**
12. **Singing loving songs to oneself** or listening to another sing them (Mr. Roger's songs like 'It's you I like')
13. **Benefactor or 'Retinue'/Field of Care Practices** – Practicing remembering a moment of feeling cared for, contemplating a benefactor or a field of beings supporting you, such as a field of spiritual ancestors or buddhas/bodhisattvas, and imagining that they are with you in this moment and that you're being seen and loved in your very being. Letting any feelings of warmth, care, etc., suffuse the body. (https://sustainablecompassion.org
14. **Self-Understanding/Belonging** over a larger timescale – Developing an understanding of one's cultural and ancestral resources/connections and the gifts and struggles/particularities that are a part of that inheritance
15. **Seeing Ourselves/Acting as Part of the Collective** – Inquiry into how we're meant to serve and what our unique expression of truth/dharma in the world might be. Understanding that there is no one quite like us and we are needed for a complete expression of collective well-being and liberation

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