

For the purpose of this meditation and exercise, it is most serving if you have safe space to be naked with a hand mirror, however, a still meditation where visualizing through the meditation is still useful. Light a candle and some incense if you can. Soft, lyric free, meditative music in the background at a low volume also sets the tone for this self-love exercise. This can be used individually or with groups as a guided meditation to assist in healing body image wounding of the feminine.

Once you are set up and ready to begin, start by getting yourself relaxed. Close your eyes and settle into your body through your breath. Inhale for 5 seconds, hold your breath for 5 seconds, exhale for 5 seconds, leave your breath at the bottom for 5 seconds and then repeat that until you feel fully present and ready to engage. Once that is done, use the following:

Look at your head and face.

What does it say about your heritage and the lineage of your ancestors?

How is it unique?

What is your favorite feature?

Smile at yourself.

Frown at yourself.

Look at yourself lovingly.

How many expressions can you and do you make for others?

What do you communicate with your face to others?

Do you look down as you go about your day or do you proudly show it off?

Many people have gone an entire lifetime without ever knowing what their own face looks like.

Are you grateful for your face?

What can you do to appreciate it and love it more?

What can you do to share it more with others?

Think about your mind that lies behind your face, inside of your head.

It operates your entire avatar without you having to think about it.

How many times a day are you using it to dream with?

How many times a day are you using it to process beauty and inspiration?

How often do you meditate and let it relax?

Are you sleeping enough to let it regenerate?

What types of thoughts would you like to use it for more?

Many people are born with the inability to control or use their mind like you can.

Many people have become injured and spend extended periods in comas.

How can you make love to another with your mind?

What can you do to appreciate it and love it more?

What can you do to share it more with others?

Feel your hair.

What do you like most about it in its natural state?

What does it say about your heritage and the lineage of your ancestors?

How is it unique?

Think of all the times it has allowed you to express authentically as a Goddess.

Think of all the ways you have decorated it or styled it.

Think of how relaxing it has felt when someone brushes your hair lovingly.

Think of how wonderful it feels when your lover runs their fingers through it.

Are you grateful for it?

What can you do to love it and appreciate it more?
What can you do to or with it to express yourself even more authentically?

Look at your eyes.
What color are they?

What does it say about your heritage and lineage of your ancestors?
Think of all the beautiful moments they have seen for you.
Think of all the nature they have witnessed.
Think of the things you would like to see with your eyes.
How often do you look others in the eyes?
Some people were born blind.
Are you grateful for your eyes?
What can you do to love them and appreciate them more?
How can you make love to another with your eyes?
What can you do to share them with others more?

Look at your nose.
Look at how perfectly it shows you more about your heritage and the lineage of your ancestors.
Think of all the assorted smells it has sensed for you.
Think of all the food cooking, flowers, lovers and other comforting scents it has taken in for you.
Think of your favorite things to smell with your nose.
Think of all the memories it brings back when you smell certain things.
Think of how you can nuzzle your nose on another.
Some people were born without or lose the ability to smell.
Are you grateful for your nose?
What can you do to love and appreciate it more?

Look at your mouth and lips.
Look at how perfectly it shows you more about your heritage and the lineage of your ancestors.
Think of all the things it has said and songs it has sung.
Think of all the kisses it has shared.
Think of all the meals it has eaten with your teeth and tongue's assistance.
Think of all the tastes your tongue has experienced.
Which flavors are your favorite?
Can you speak more love and wisdom with your mouth?
Some are born or have become mute.
Some cannot taste with their tongue.
Are you grateful for your mouth and lips?
What can you do to love and appreciate them more?
How can you make love to another with your mouth?
What can you do to share them with others more?

Look at your neck.

It is what connects all the wonders of your head to the rest of your body.
Think of how good it feels when a child, pet or lover has nuzzled your neck.

Think of how good it feels when a lover kisses or suckles your neck.

Think of the beautiful necklaces you have and can adorn it with.

The back of your neck allows your mind to connect with the rest of your avatar.

Your neck holds your voice, where all your words and songs can come from.

Not everyone has the privilege of being able to feel or use the rest of their body through the connection of their neck.

Are you grateful for your neck?

What can you do to love and appreciate your neck more?

Look at your shoulders.

See their strength and softness.

They connect your arms to the rest of your body.

Think of the purses and backpacks they have held for you.

Think of how many times they have been the place a loved one has rested their head.

Think of how many hugs they have lifted your arms for.

Some people don't have the ability to feel or use their shoulders.

Are you grateful for your shoulders?

What can you do to love and appreciate your shoulders more?

How can you share them with others more?

Look at your arms.

See their strength and softness.

Think of all the hugs they have given.

Think of all the waving to others they have done.

Think of the ways you use them when you walk and dance.

Are they decorated with tattoos or jewelry?

What do the decorations or lack thereof on your arms say about you as a unique Goddess?

How much of your expression do you use your arms for?

Some people don't have arms or the ability to feel or use them.

Are you grateful for your arms?

What can you do to love and appreciate your arms more?

How can you share your arms with others more?

Look at your hands and fingers.

See their strength and softness.

Perhaps you are young and they are smooth and perhaps you are older and they are wrinkled.

Think of all the things you have done with your hands.

Think of all the times they have clapped for someone, waved at someone, or gave someone a high five.

Think of all the food they have prepared.

Think of all the writing and typing you have done with them.

Think of all the massages you have given.

Think of all the hands you have held in yours.
Have your hands been peaceful or violent?
Some cannot use their hands or do not have any.
Are you grateful for your hands?
What can you do to love and appreciate your hands more?
How can you make love to another with your hands?
What can you do to share your hands with others more?

Look at your chest.
This is where your heart, lungs and breasts are.
This is where you have felt love and heartbreak.
This is where you have felt joy and sadness.
This is where you have felt excitement and fear.
This is where the essence of mother outside the womb is represented.
Do you feel love for yourself right now?
Do you feel the life within your chest?
Some women are forced to hide their chests and others walk the Earth with their chests bare and free.
Are you grateful for your chest?
What can you do to love and appreciate your chest more?
How can you share your chest with others and free it more?

Feel your lungs.
Inhale as much as you can.
Exhale as much as you can.
Inhale slowly. Exhale slowly.
Hold your breath.
Think of all the moments your breath became important in your awareness.
Think of the infinite potential that lies in each breath.
Think of all the fresh air they have breathed in.
Think of how they have breathed faster or slower for you to support what you are doing, whether active or relaxing.
Some have limited function with their lungs.
Are you grateful for your lungs?
What can you do to love and appreciate your lungs more?

Feel your heart.
Feel the way it is beating right now.
Feel the pulse of life it sends through your entire body.
Feel your pulse in your neck, on your wrist, in your fingers.
Your heart has alerted you to all of your most intense emotions.
Your heart is the source of all the love and light you experience.
Your heart has the blueprint of your destiny within it.
How much attention do you give to your heart?
Do you allow your mind to overpower the soft, loving voice of your heart?

Some have defective hearts that challenge their ability to live and thrive.

Are you grateful for your heart?

What can you do to love and appreciate your heart more?

What can you do to share your heart with others more?

Look at your breasts.

Are they petite or voluptuous?

Are they firm or do they hang?

Have they fed or will they feed babies?

Think of the times your lovers have touched your breasts and how good it felt.

Think of how much they represent Goddess and Mother and how alluring they are to your lovers.

Realize they are beautiful in their own unique expression.

Touch your nipples gently and feel how sensitive they are and how sensual they are.

There are women who hide their breasts and others who bare them.

Which type of woman are you?

Some women have lost their breasts.

Are you grateful for your breasts?

What can you do to love and appreciate your breasts more?

Who can you share your breasts with more?

Look at your belly.

Feel how soft it is.

Think of all the important things your belly does for you.

Think of all the meals it has digested.

Think of how it can be the focal point of your dances.

Think of how alluring it is to your lovers.

Is it smooth or does it have stretchmarks?

What does the smoothness or stretchmarks say about your journey as a Goddess?

Look at your belly button that represents your infinite connection to all of your foremothers.

Look at where your womb is on your belly.

This is the ultimate part of us that represents Mother and Goddess.

How many babies have been in your womb?

Will you invite more babies to give life to through your womb?

Think of how your womb is a stargate that brings souls from other dimensions into an avatar you grow inside for them.

Are you grateful for your belly and your womb?

What can you do to love and appreciate your belly and womb more?

Look at your back.

It holds your spin for you and is what bears the weight of your experience.

Is it decorated with tattoos or is it a blank canvas?

Think of all the times someone has put their hand on your back as a show of support.

Think of the times you have been patted on the back as a congratulations.

Think of all the massages you have received.

Think of how alluring it is to your lovers.
Think of how you can use it to move and gyrate your body as you move and dance.
Some people cannot see or feel their backs.
Are you grateful for your back?
What can you do to love and appreciate your back more?

Look at your hips.
Are they petite or voluptuous?
Is the skin on them smooth or does it have stretchmarks?
What does the skin on your hips say about the journey you have been on as a Goddess?
Think of what it feels like when a lover grabs you by your hips, from the front or back.
Think of the ways they move and gyrate to when you express as a Goddess.
Think of the ways they can be used to make love to another.
Some do not have use of their hips.
Are you grateful for your hips?
What can you do to love and appreciate your hips more?
How can you use your hips to express your inner Goddess more?

Look at your booty.
Is it petite or is it voluptuous?
Think of all the useful, entertaining and sensual ways you can use your booty.
Think of all the ways you have chosen to express with your booty.
Shake it a little right now.
Do you like to have your booty massaged?
Do you like to have your booty spanked?
Some people cannot feel or see their booties.
Are you grateful for your booty?
What can you do to love and appreciate your booty more?

Look at your yoni.
Feel your yoni.
Feel how soft, warm and moist it is.
Feel your clitoris and appreciate its singular purpose of stimulating you into the power of your orgasm.
Your yoni is the portal to and from your womb.
Your yoni is the Goddess temple your lovers worship.
Your yoni is the epitome of you as a Goddess.
How often do you give your yoni attention?
Some women cannot feel or see their yonis.
Are you grateful for your yoni?
What can you do to love and appreciate your yoni more?

Look at your legs.
Are they petite or voluptuous?

Feel how strong they are.

Think of all the ways they have helped you to stand up in literal and symbolic ways.

Think of all the times a child or loved one has sat on your lap.

Think of how they can wrap themselves around your lover.

Think of how they move while you express as a Goddess.

Think of how alluring they are to your lovers.

Think of the times your lovers have rested their head on your thighs.

Do you shave them or let the hair grow natural?

Do they have tattoos on them or are they bare canvasses?

What does that say about who you are as a unique Goddess?

Think of all the weight they carry for the rest of your avatar.

Some people have lost their legs or cannot use them.

Are you grateful for your legs?

What can you do to love and appreciate your legs more?

Look at your feet.

Think of all they do for you.

Think of how they hold up the rest of you when you stand.

Without your feet, your legs lose most of their purpose.

Where have your feet been?

What are you walking towards?

What are you running from?

What kind of a dance are you doing?

Some people have lost use of their feet and cannot move like you can.

Are you grateful for your feet?

What can you do to love and appreciate your feet more?

Look at your whole body.

Look at yourself and every bit of you as a Divine Goddess.

Look at the avatar you were gifted with to carry your soul through this life.

Think of the lovers you have enjoyed.

Think of the lovers you will enjoy in the future.

Think of all the things you're capable of accomplishing in the physical with your avatar as a vessel.

Think of all the ways your avatar is alluring to your lovers.

Think of all the ways you have served with love that can only happen in a physical avatar.

Think of all the things you can start doing with your avatar right now.

Some have left the physical plane and no longer have an avatar.

Do you see yourself as beautiful, as all others see you as beautiful?

Are you grateful for your avatar?

What can you do to love and appreciate your avatar more?

What purpose can you serve with love in this avatar?

What missions can you accomplish?

How much more passion and love can you share?