





Mirror, Mirror On The Wall...

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Fwd: Self-Love: Helpful Tools to Reprogram Your Mind ❤️ - itsunitalkshow@gmail.com - Gmail

Did you know that your mind saves energy by recycling thoughts? The average person has about 30,000 thoughts per day, but 95% are recycled thoughts from the day before!

To choose a new pattern of positive, supportive and self-loving thoughts you need to interrupt the subconscious habitual thinking with conscious attention and repetition.

What are you thinking right now?

When you start to pay attention to your thoughts and feelings, you may be surprised at what comes up. Fortunately, increasing awareness of information bubbling up from your subconscious mind will help you identify errors and distortions.

Consciously questioning your thoughts separates you from habitual patterns of the past. To be in the present, you need to pay attention to the information entering your mind and discern its truthfulness.

This is a gradual process that you can start right away by simply asking yourself:

- What am I thinking?
- What am I feeling?
- Why am I thinking and feeling like this?
- What just happened to trigger these thoughts and feelings?

Placing conscious awareness and attention on your thoughts is a powerful act of mindfulness which actively changes your thought process. Just like your self-healing body, you have a self-repairing brain which will take new direction, and dissolve erroneous thoughts, when you shine the light of awareness on the present moment.

How do you want to think and feel?

After awareness comes action! You can interrupt a thought, like catching a ball, analyze it, and choose to keep it or throw it away.

Keep the thoughts which work for you, throw away those that don't and replace them with something better!

Here's an exercise you can try by simply walking into the bathroom and looking in the mirror. Glance at yourself quickly and 'listen' to the thoughts that pop up. If the first thought is negative or critical, simply 'throw it away' and replace it with a more compassionate one! You can even gesture 'throwing' the thought away to add more power to the conscious shift you are creating.

Making Your Mind Up

When you start to sensor thoughts as they come into your awareness, you'll notice they quickly change. Only you can choose what thoughts to fill your mind with and mirrors are powerful tools to help you 'edit' your mind, and specifically learn to love how you look.

Simply look in the mirror, into your own eyes, and say 'I love you'.

For most people this feels really awkward at first, but after a few days it gets easier and after 21 days of consistent effort.....it will feel blissfully true. You will have reprogrammed your mind. It really is that easy. All it takes is repetition.

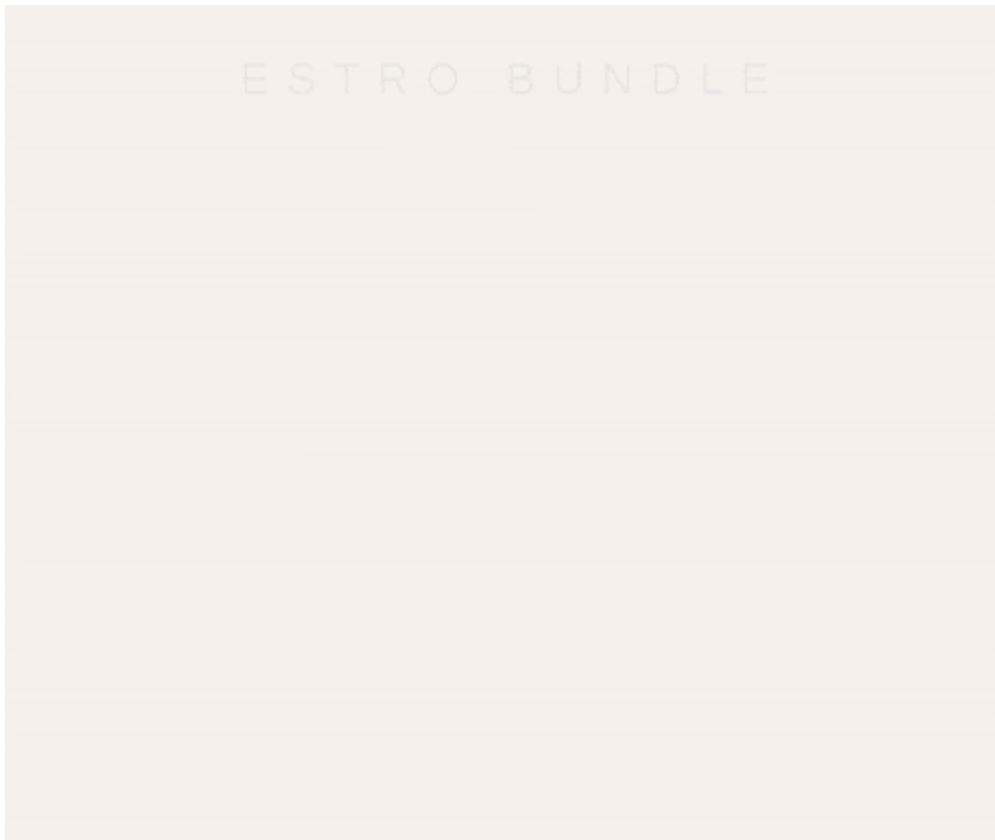
You can make it even easier by playing with other languages, which will have less resistance as there is no conflicting data if it's not your native tongue (saying 'I love you' in French also sounds kinda sexy).

What languages will you use?

- Afrikaans – Ek het jou lief
- Bambara – M'bi fe
- Creole – Mi aime jou
- Dutch – Ik hou van jou
- Ethiopian – Afigreki'
- French – Je t'aime
- German – Ich liebe dich
- Hawaiian – Aloha Au la`oe
- Inuit – Negligevapse
- Japanese – Aishiteru
- Kiswahili – Nakupenda
- Latvian – Es tevi miilu
- Malay – Saya cintakan mu
- Navaho – Ayor anosh'ni
- Portuguese – Eu te amo
- Romanian – Te iubesc
- Setswana – Ke a go rata
- Spanish - Te Amo
- Thai – Phom rak khun
- Urdu – mai aap say pyaar karta hoo
- Vietnamese – Anh ye^u em
- Welsh – 'Rwy'n dy garu di
- Yoruba – Mo ni fe
- Zuni – Tom ho' ichema

A little bit of effort goes a long way. You can start to love yourself, and how you look, right away. Will you say '**I love you**', to yourself, today?

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