

Self Devotion

Embrace unique ways of loving yourself



Christina Peak

"Find the love you seek, by first finding the love within yourself. Learn to rest in that place within you that is your true home."

Sri Sri Ravi Shankar

You, my darling are a divine child of the universe and you deserve to feel strong, safe, loved and nurtured.

The following pages are an exploration for you. Discover the things, people, places, pets and activities that soothe and ignite your soul.

In my counselling practice, the process of discovering resources supports clients to step more fully into their lives with joy. There is no right or wrong, only what works for you.

My hearts desire is for you to use what you discover to bring more love into your heart and life daily.

*With much love
Christina*

2017



I am delighted to look at:



I am nurtured by the sounds of:



My tastebuds relish:



I cherish the smell of:



I am comforted by the feel of:





Places I feel most myself:



**People who support and strengthen
me:**



Pets who have been there for me:



Items that remind me I am loved:



**Activities that bring me joy,
comfort and love:**



"Loving yourself...does not mean being self absorbed or narcissistic or disregarding others. Rather it means welcoming yourself as the most honoured guest in your own heart, a guest worthy of respect, a lovable companion."

Margo Anand



Childspeak

p: 0439756314

e: christina@childspeak.com.au

w: www.childspeak.com.au