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## At home with yourself



How nice that you have downloaded this e-book.

Let me start with the most important thing: **you are amazing!**

In this e-book I describe the first eight of a total of twenty ways to start loving yourself more. They are all simple things you can do to see more and more how amazing you are.

At the same time, they may be simple things, you have probably been thinking about yourself in a negative way for many years. Look what happens when you read the sentence 'You are amazing'. What a hurricane of thoughts and feelings that evokes.

Therefore: reading this e-book is not enough. Only by actually doing the things described here will you realize that you are indeed amazing.

This e-book is divided into two parts.

In this first part I focus on how you can change by being at peace with yourself.

The more you are at peace with yourself, the more you can begin to accept that you really are amazing.

In the second part, light is shed on how you can reduce your negative thoughts and even shake them off completely.



At the bottom of each chapter in the book is the sign you see on the right. It indicates that an exercise or explanation is starting.

If you want to get a quick idea of what is in the book, read those parts first.

If you really want to move forward and make a big step at once and want to get rid of your negative baggage: go directly to: <https://www.divinefulness.info/i-am-amazing>.

## Be your best friend



There was a time when you were little. At that time, you needed a parent or another adult person to lovingly guide you. Someone who showed you that you were amazing and how special the talents are you possess. And also, how valuable you are to those around you. The fact that you are reading this e-book most likely means that you did not have this person in your life. Or that the people who flooded you with negativity have been in the majority.

What is so incredibly unfortunate is that you have come to believe what you have been told. You have made the negative ideas your own, so to speak.

To make sure that you can change this, the first step is to decide that you are going to become that person, that friend, you needed so much when you were little, now to yourself. Now become the friend you so desperately needed then.

Maybe even that idea needs clarification. Because what is a true friend?

A friend is someone you can trust through thick and thin and who is always there for you.

It is also someone who listens to your concerns and speaks to you encouragingly.

But it is also someone who is honest with you and tells you that it is time to step up a little.

Of course, without ridiculing or belittling you.

Can't you imagine there could be someone like that? Take a look around you. There really are fathers and mothers walking around who deal with their children in a very gentle and loving way. Giving them room and encouraging them to be themselves. Or watch this video: <https://www.youtube.com/watch?v=KZ0YImE5waU>



One way to become your best friend is to work with what is called your inner child.

In this type of work, you will give a voice to the part of you from your childhood. A new person in you comes into being, as it were. At the same time, you work on developing a loving and mature attitude towards this part. In this way you become the friend, the supporter for yourself that you never had.

It may sound strange to get involved with yourself in this way, but in the long run you develop a loving attitude towards yourself and at the same time you learn to deal with things in a very mature and resolute way.

## Time to start loving yourself



Loving yourself is perhaps one of the most difficult tasks there is for a lot of people.

Because why would you love yourself? Your head is constantly telling you that there is something wrong with you. And even if you put all those things out of your head (which you certainly can if you read the rest of the e-book), you're still not really interesting, attractive or special.

Look at it from a completely different angle. Think about something you love. It could be a person, but also an animal or even a flower. If you think about it, something happens to your spirit. You become cheerful, light inside. The beauty radiates into you.

Now, imagine something happens to what you are thinking of, damaging it on the outside. Will the love you feel for it diminishes? No, in fact, the feeling of love probably only increases. So, it is not the outside with which you identify, but with something else: the inner.

So, you can feel love. For yourself, well, that is a different story.

Although. Why is that so. Don't you deserve to be loved as much as you love something else?



Here are two simple exercises to find the contact with love for yourself.

1. Take time to feel the love you have just imagined all the way inside you. Make the feeling a little bigger and bigger. Start with your heart and then let it grow both upward and downward. Bigger and bigger, until you can feel it from your crown all the way to the tip of your big toe.

When you are there, realize that you feel love, in your body. In you ..... and ..... for yourself!

**DON'T** give into the negative thoughts that may arise!

2. Stand close to the mirror. Now look deep into the pupil of your eye. If you look a little longer, you will feel that something is looking back at you. And that which looks back, you see with infinite love. It may very well be that you are startled by what you are experiencing.

Once you are used to the feeling, the next step is to look at yourself and say to yourself: "hello, how good you look! That will certainly feel strange in the beginning. Keep repeating it, day after day. There comes a moment when you suddenly think "wow, it's true!

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Become friends with your body



Your body. What a fight almost everyone puts up with that.

To a large extent this is the result of the ideal image that we are presented with day in, day out. An image that doesn't even really exist anymore, because it has been edited and 'perfected' with all kinds of photo and video editing techniques.

Did you know that a few centuries ago fat women dominated the fashion image? That is because it was associated with wealth and fertility. So, was is a beautiful body depends only on with what glasses you look.

Take some time to think about how amazing it is that your body does all kinds of things for you, without you having to do anything for it. Your lungs breathe in and out, your heart pumps blood around, your kidneys filter your blood, food is turned into fuel.

Of course, something may malfunction or even stop functioning in your body. Even then, your body does everything in its power to enable you to continue your life as well as possible. You really move and live in a miracle of technique and ingenuity. Reason enough to love it.



I myself have fought against my body for many years. I thought it had to be faster, better and stronger. Until one day I started to have pain in my back. That pain grew into a triple hernia. For nights I could not sleep because of the screaming pain in my back.

In a miraculous way I found someone who was able to remove the pain completely. From that moment on I realized how amazing it is when your body just works. And how important it is to make peace with the body you have. Even more so to start loving it!



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## Body posture



The posture of your body has a wonderful connection with your feelings.  
You can use this connection very well to feel good.

Just pay attention to what happens when you do the following:

Sit down and think about what is not good about yourself. Again, saying to yourself that you are amazing or fantastic is a simple way to unleash a hurricane of words in your head.

If you pay close attention to what happens to your body, you will notice that your shoulders sink in, your chin goes down, as do the corners of your mouth. It is even possible that your breathing becomes flatter.

Continue to think calmly about all that is wrong with you.

At the same time: force yourself to bring your chest forward, shoulders back, head up. Take a deep breath. To perfect the whole, bring a smile on your face. Probably you will say that this is impossible. What helps is to take a pencil or pen between your teeth and gently bite it. This will raise the corners of your mouth by itself.

Are you still able to maintain the negative flow? Probably not.



Therefore, be aware of your posture.

Do not allow yourself to collapse and thus give your mind the opportunity to fall into negativity.

Did you wind up there anyway? Then it is important to raise your head and bring your shoulders back, chest to the front.

Something else that also works very well. Is to walk. When you move, it is even more difficult to worry and be negative.

## The voice in your head



A great killjoy, when you start believing that you are amazing, is your thoughts. As said before: what a resistance arises in your head when you say to yourself that you are good, let alone amazing!

We will therefore first examine how much truth there is in your mind.

In addition, it is very important to learn how you can reduce these thoughts. Or even better, say goodbye to them once and for all.

Realize with all the information you read here, that you have practiced being negative about yourself and your environment for many years. That is why you can be sure that you cannot leave your old behavior behind in a few days, a week or even a month.

You can change your mind in a split second.

What takes time is to keep yourself constantly alert to make sure that you do not fall back into old behavior.



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## Worry yourself bigger



Worrying, brooding, being anxious, putting yourself down. You can be endlessly busy wondering how another person will react and then with all the possible answers consider what the person will do. In this way a whole forest of possibilities emerges from one question. After all, every answer can lead to different situations. From moments when someone completely goes along with you, to moments when you are completely burned down. I call that 'building trees in your head'. You create, as it were, whole trees of all possible scenarios that you can come up with.

In your head it all seems very real. In fact, you probably believe that it makes a lot of sense to go through all these possibilities. Here is a question to consider. Look back at something you've been worrying about. Of all the ideas you've come up with, was there one that matched the actual outcome? Usually this is not the case. Because the trees you build in your head is fed by the way you look at the world, not how others look at it.

In the movie [Bridge of Spies](#), a Russian spy is captured. In the first conversation that his assigned lawyer has with him, he ask him: "Aren't you worried?" To which the spy answers with a straight face: "has that ever helped?

If you think about it carefully, this is simply true. You can't come up with someone else's reactions. You might as well try to get bigger by constantly worrying that you're too small. Worrying just doesn't help! In fact, the reverse is truer. Worrying will cost you tons of energy. Energy that you don't have when you are facing the situation you have been worrying about.

You may wonder why I choose to start with this topic. The answer: only when you start to realize that something does not work and you want to change it, are you willing to make the change.



Take some time to become aware of times when your head is brooding.

Just try to observe, without wanting to change it. Observe and see what happens. One possibility comes up, a number of reactions are thought up, and for each of those reactions you come up with an answer.

Next when the situation finally takes place in real life, see if there is anything true about what you have thought up while pondering.

## STOP and turn it around



If brooding or bringing yourself down is so unproductive, then the question is of course: "How do you stop this?". The answer lies in the word you see above: STOP! That may seem like a nonsensical remark. Because if it is so simple, why doesn't everyone do it?

This is because many believe that it makes sense to think about things from all sides. A lot of value is also attached to preventing you from becoming high and mighty'. It is better not to think too positively about yourself. Shouldn't you? If you believe this, there is no point in trying to stop your thoughts. Simply because you value what you are thinking.

So, it is essential to take the first step and decide for yourself that you do not want these thoughts any longer. Actually, it is important to rephrase the sentence. Namely to say: that you want different, positive thoughts. This reversal is necessary because your brain omits every denial from a sentence. There is a simple exercise that shows that. Say a few times inside yourself 'I am not thinking of a pink crocodile', 'I am not thinking of a pink crocodile'. What are you thinking about now? Exactly, a pink crocodile. What do you do when you want to think of a yellow parakeet instead? Right, by saying to yourself: 'I'm thinking of a yellow parakeet'.



If you notice that you are brooding, or bring yourself down by saying all kinds of negative things about yourself, say very loudly in your head:

**STOP!**

Then take one of the thoughts wandering around and look at the message.

Probably it is a negative one, like: I'm not going to succeed anyway, I don't know what to say, you are ugly. Just like with the pink crocodile it's now important to turn the message into something positive: It's going to be all right, I know exactly what to say, I'm beautiful!

## Negative thoughts out the door



We'll go one step further. Because constantly saying stop to yourself and then turn your thoughts around, certainly works, but it can be more effective. For this you can use a simple technique that I describe below. For this exercise, it is useful to sit in a place where you can talk to yourself undisturbed for a moment. Because not everyone needs to hear what you are about to say.

Now think about the sentence 'I'm amazing' and notice the orchestra of denials again. Choose from all the sentences you hear, such as 'how can you believe that', 'who do you think you are', 'Come on, you're stupid, dumb, crazy, ridiculous, ugly, bad at math' one that stands out for you.

Listen how the voice speaks to you. Most likely the voice sounds anything but nice to you. It is a kind of nagging, complaining, or judgmental voice. Listen to this voice for a moment and notice how your mind is being pulled down immediately.

Time to change. As an example, I choose the sentence 'You are really ugly'.

What you are going to do is very simple.

You are going to repeat the same words out loud, but with a different intonation.

And one that is funny or strange. An example can be a sexy voice. Or that of Donald Duck. Can't you think of a crazy voice? Then squeeze your nose while you talk. Sounds crazy too.



Now go say the sentence out loud with the chosen voice. So, with a sexy or Donald Duck voice say 'You're really ugly'.

Something funny will be happening now. Because what you say and the intonation don't match, a smile probably appears on your face. Repeat it a few more times and you can hardly hold back your laughter.

More importantly, your brain can't handle this. Something that is considered serious but puts a smile on your face cannot be true. That is why the thought is rejected. Try it.



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## Weigh what others say against your Truth



Another great liberation comes when you start to see that what others say is only an opinion proclaimed by another. So, when someone says to you 'you can't do that', it is nothing more or less than what the person thinks about you. It is not yet a truth. So, you are allowed to think differently about it. And it is quite possible that this opinion is colored by the negative thoughts the person hears in his own head.

What is also good to realize is that very often things are said very firmly, while what is said is actually based on an assumption. Take the statement 'women should take care of the household'. There was a time when almost everyone believed that this was a truth. Not so long ago, women had to quit their jobs when the first child was born. Times change, so do insights.

For the foregoing it is clear that insights change with time. Why then should an opinion be valid forever. Something you believe now, is valid for now. You may simply adapt your idea. If you can embrace this idea, it gives you a lot of freedom. Just say: "that's how I see it for now".

Because everyone can have a different opinion, it is so important that what is said to you, or what you read, is always weight against your truth. What do you think of this, how do you look at it?

Maybe you're someone who isn't quick with having an own opinion. But that does not mean that you have to take over what someone else throws on your plate. In any case, what helps is to ask yourself: 'is that really the case?'



If you get stuck in the question of what to think about something, it can help to ask yourself: 'does this apply to everyone? Everyone breathes. So that is a truth. If you can point out people or circumstances to which something does and does not apply, then you have the choice of which side you want to support. Your inner compass is a good advisor.

And as said before: you can always adjust your opinion.

## Meditation



With this, eight ways are described.

Yet I add a number 9 to this book. The last one, but not the least, actually the most important one.

First of all, let's consider what meditation really is.

There are many ways and ideas about meditation. The way I use is the quieting of thoughts as you reach out to the Divine, the Source of all Being.

As a result, a number of things happen at the same time.

First of all, through meditation it becomes easier and easier to let your mind become quieter and quieter. In addition, you discover that you are in control of your mind and not the other way around.

But more important than that is the fact that you make contact with the Loving Intelligence that is the Divine nature. In this way you will experience, feel, know that 'I am amazing' are not just some words, but that it is a truth about you.

You are incredibly loved. You are in exactly the right place, have the perfect talents for what comes your way. Just as the Divine takes care of everything in the most perfect way, so it takes care of you.



Want to know more about meditation?

On the youtube channel of Divinefulness you will find a number of videos on the subject.

There is also a weekly meditation meeting, which is open to everyone.

Information about both topics can be found at: <https://www.divinefulness.info/free/>

**If you really want to move forward and make a big step at once and want to get rid of your negative baggage: now to: <https://www.divinefulness.info/amazing> .**



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## Pictures

Front page

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