

# Self Worth Meditation



Painting by: William Bouguereau

Light a candle, it doesn't matter what color...you can even use a small white tea light (Jack loves it when I use these so I won't burn the house down...hehehe).

Sit and look at that light, and visualize the things in yourself that you don't like or that make you feel inadequate. Just look at them objectively...don't criticize or take on those feelings...you are just an observer.

Then hold your arms like you are holding a baby. Close your eyes and see all of those traits you imagined in the form of a newborn. Hold this "baby" and love it. When you pour love to it, raise your arms above your head and offer this baby to Goddess...feel Her take this baby from you and place another one in your arms.

Now look at this new child in your mind. See all of the magnificence She is giving you...all of the talent...all of the gifts. Hold this baby and love it... Then absorb these traits into your spirit.

Do this meditation as often as you can, and it will reinforce your belief in yourself. :)

*By: Danu Gray Wolf*