

A close-up photograph of a bumblebee on a red flower with yellow stamens. The bee is positioned in the center, facing left, with its head buried in the stamens. The flower's petals are a vibrant red, and the stamens are bright yellow. The background is a soft, out-of-focus green.

# LET ME LOVE ME!

15 Questions to Begin Unlocking  
Unconditional Self-Love

PAULA ROSENFELD  
from the heart center

Photo by [Laura Hamm Photography](#)



# What is Self-Love?

Many of us have felt unconditional love for a baby or a pet, but when it comes to ourselves...it's not so easy! Often we don't even like ourselves, let alone LOVE ourselves.

The truth is, we are love. Unconditional love is the energetic expression of the authentic Self, our Essence. When we are disconnected from who we really are, we cannot love unconditionally.

Let's look beneath the surface of this word "self-love". We'll do some digging and unearth what's blocking you from experiencing your true self and the unconditional love, peace, acceptance, and sacredness that's available to you in every moment.

## WHAT DOES UNCONDITIONAL SELF-LOVE FEEL LIKE?

Healing    Comforting  
Expansive    Nourishing  
Liberating    Peaceful  
Magnetic    Grounded  
Freeing

## The Biggest Block to Love

One of the biggest blocks to love is an identification with our thoughts. Negative thoughts and fears, generated by the mind, tend to overpower the energy of the heart. Identifying with our thoughts means we believe we ARE our thoughts.

Our thoughts often generate stories of blame and divisiveness, which reinforce perpetual victimhood and dis-empowerment. Our thoughts are often judgmental of others and especially ourselves. No wonder many of us struggle with a sense of fear, separation, and unworthiness.

Our thoughts quite literally hijack our attention, take us out of our heart, and cut us off from our essential nature of being! By connecting and identifying with your heart, you gain access to peace, joy, creativity, and connection—in any circumstance or situation!

## Unconditional Self-Love in Real Life

Living through the heart doesn't mean life is all sunshine, smiles and positivity. Being a human comes with real problems, uncomfortable emotions, and pain. But even in the most challenging of times, when unconditional love is present, you can feel at least a speck of peace, joy, fulfillment, and gratitude. This speck is enough to help you get unstuck. It is the light when you are lost in darkness. It gives you choice to move forward.

When you love yourself, you have no doubt that you will show up for yourself. You don't have to rely on others to make you feel validated, nourished and whole. Ideally, there is little sense of controlling or being controlled, judged or manipulated. You will attract people into your life who have the capacity to truly love you for who you are, no strings attached!

SELF-LOVE IS THE KEY TO UNLOCKING YOUR CREATIVITY, YOUR PASSION FOR LIFE, AND LIVING YOUR PURPOSE. WHEN YOU RADIATE IT, YOU CAN TOUCH OTHERS IN PROFOUND WAYS THAT CAN ULTIMATELY CHANGE THE WORLD.

## Self-Love Inquiry

**Let's start unraveling your blocks to love.**

Self-love is a work in progress for ALL of us. Like any loving relationship, self-love unfolds. It evolves in each moment, everyday.

I invite you to journal your responses to these questions as you feel moved to do so. Loving yourself is part of the process of awakening to your authentic identity. Be kind and gentle with yourself through this highly-transformative process. **Are you ready?**

**1 Feeling Your Feelings** - Do you allow yourself to feel happy? What uncomfortable feelings do you tend to avoid feeling (fear, shame, anger, envy, unworthiness)? Do you allow yourself to fully feel ALL of your feelings? Can you share your feelings with others, despite feeling vulnerable?

**2 Accepting All Parts of You** - When you consider your personality and tendencies, can you see both the "good" and the "bad"? Can you see tendencies such as being judgmental, jealous, obsessive, self-critical, blaming, negative, etc.? Do you relate to these parts of you with acceptance and compassion, or avoidance and shame?

**3 Hurts from the Past** - What hurts from the past are you carrying? What do they feel like? Can you sense how they close the heart?

**4** **Parents** - Do you hold blame or resentment toward your parents for your unhappiness? Are you able to feel compassion when considering your parents, your history, and your experiences of the past?

**5** **Giving and Receiving** - Do your relationships feel balanced in terms of giving and receiving? If not, what specifically feels out of balance?

**6** **Taking Responsibility** - Do you often feel that it's the other person that needs to change? Do you have the willingness and courage to look within and take responsibility for your part in creating the situation? Are you able to share your feelings in a way that does not blame others for them?

**7** **Knowing Yourself** - What do you value and love? What do you want for your relationships and for your life? Do you set boundaries for yourself that preserve your values, your desires, and your feelings?

**8** **Expressing Yourself** - Are you connected to your passions and creativity? How do you honor and enjoy your unique talents and gifts? Do you share them freely or do you hold them back in fear of being judged or feeling "not good enough"?

**9** **Trusting Yourself** - Can you hear your intuition? Do you listen to and trust your gut feelings?

**10 Nurturing Yourself** - How do you honor your body? Do you know what it likes and dislikes? Do you treat it with appreciation, sensitivity, love and respect? Have you experienced your body as sacred?

**11 Actively Participating in Your Life** - Do you set goals for yourself? Have you historically taken action toward your goals when appropriate? Do you acknowledge the Universal Intelligence at play and practice patience and non-attachment to outcomes?

**12 Un-identifying with Your Thoughts** - What is your relationship with your thoughts? How often do you see your thoughts versus being consumed by them? Have you experienced your own awareness that's greater than your thoughts?

**13 Connection to a Higher Energy** - Do you feel connected to some kind of higher energy or power? What do you call that energy? (God, Higher Intelligence, Universe, Divine, Higher Self, Soul, Source, Inner Buddha, etc.) What's your relationship like with it? Is it a friendly, loving and intimate relationship? Most importantly, can you call on it when you need help?

**14 Connection to Nature** - How would you describe your connection to nature? Do you feel illuminated by its beauty and divinity? Have you felt the nurturing mother-energy of the earth? Have you caught glimpses of the inter-connection and inter-dependence of all living things?

**15 Being Love** - Have you experienced that love is your Essence? To what capacity have you felt peace within? When you look at a lovely flower, do you realize that you are just as beautiful and perfect?





from the heart center

## **Paula Rosenfeld**

Shamanic Healer, Spiritual Empowerment Coach



Paula Rosenfeld has been dedicated to raising the consciousness of the planet for over 30 years. In 1992, she opened her healing practice and has helped over 2,000 people (and pets!) since. She is known for her ability to create profound, long-lasting shifts in her clients' lives around their relationships, compulsive behaviors, life purpose, holistic health, and being happy.

As a **light-based shamanic healer**, Paula is adept at working in the arena of energy and being the channel that connects humans to a higher consciousness. Her specialty, the ancient practice of shamanic soul retrieval and extraction, supports reconnection to one's innate spiritual wholeness and power. This embracing of one's divine self is the process of awakening to living with an open heart.



**Are you ready to liberate your energy and move forward with your spiritual power in tact?**

Learn more about the ways we are work together:



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