

LOVE ME PLEASE

First Book in the Series

LOVE ME, TOUCH ME, HEAL ME



THE PATH TO

- * PHYSICAL**
- * EMOTIONAL**
- * SEXUAL**
- * SPIRITUAL**

REAWAKENING

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LOVE ME ... PLEASE

Sample from Chapter 2

Be Who You Are

The Greatest Gift Of All

When someone asks, "Who are you?", what is your immediate response?

Do you describe yourself by your:

- family roles - wife, husband, mother, father, daughter?
- abilities, skills, hobbies, or favorite leisure activities
-golfer, chess player, guitar player, photographer, physically challenged, collector?
- work, profession, or non-profession - teacher, lawyer, secretary, truck driver, actor, unemployed, housewife, retired, government subsidized?

- personality or life experiences, either positive or negative - honest, reliable, intellectual, creative, easy-going, hot-tempered, recovering alcoholic, adult child of sexual abuse?
- physical appearance - facial features, body shape, height, weight, age, attractiveness?
- feelings - angry, sad, lonely, happy, sensual, frustrated, sensitive?

You are unique and special - no matter what you think about yourself!

Who Am I?

The exercise you are about to do is a quick method for gathering information about your self from a very deep source within. You will ask the same questions in the 1st person (Who Am I?), 2nd person (Who Are You?), and in the 3rd person (Who is [Your

Name]?). For the third part of this exercise, if possible, have a fairly recent photograph of yourself available; a driver's license or work I.D. is okay. Have a journal or blank sheet of paper and a pencil or pen ready.

Sit quietly facing a mirror. Breathe deeply, slowly and softly. Let your body relax. Ask yourself the following questions as you gaze deeply into your own eyes. Allow the answers to come to you spontaneously. Speak your answers out loud, directly to the face you see in the mirror. Then, immediately write your responses in your journal or on a plain sheet of paper. Do not edit. Do not pause to think. Looking directly into your own eyes in the mirror ask yourself and answer, in the first person:

Who am I? I am a woman/man

who...._____

Who am I afraid I

*am?*_____

What do I like about

me? _____

What do I dislike about

me? _____

What do I want to change about

me? _____

Who would I like to be?

Why? _____

Who am

I? _____

Repeat the above exercise in the 2nd person, inserting the words,

“Who are you?” “You are.... etc.

Repeat the exercise again in the third person, inserting the words,

“Who is [your name]?” She/he is.... etc.

Be Who You Are – the Greatest Gift of All, the 2nd chapter in *Love*

Me ... Please, the 1st book in the *Love Me, Touch Me, Heal Me*

Series, is about you: who you are, who you have been told you are,

who you believe you are, and who you choose to be. Nobody in

the world can tell you who you are. You have your own DNA,

your own fingerprints, your own beliefs, and your own sense of

self. The purpose of this chapter is to help you discover and reveal

who you are so you can be more fully yourself in all your

relationships.

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