



**30 DAY**

**LOVE CHALLENGE**

# Day 22

## Body Love



# The Absolute Yearning



**Of one human body  
For another particular body  
And its indifference to substitutes  
Is one of life's major mysteries.**

**~ Iris Murdoch**

# How Can Someone Else Love You And Your Body If You Don't?





**”One Day,**

**I had to sit down with myself  
And decide that I loved myself**



**No matter what my body looked like  
And what other people thought  
About my body.”**

**~ Gabourey Sidibe**

# “Your Body Believes You



**Tell it what you want it to hear  
Your body speaks the truth  
Listen to its wisdom  
Your body is your temple  
Honor it, sanctify it, love it  
Your body and you are one  
Treat it as your beloved companion  
It Is Yours For Life.”**

**~ Dr. Erica Goodstone**

# Body Dissatisfaction

Studies Have Shown That Women



**Young  
Middle-aged  
And older**



**Reported body dissatisfaction**

**Despite hours of cosmetic grooming**

**And surgical procedures**

# Men Are Dissatisfied Too

They Spend Billions On



**Exercise equipment**

**Health club memberships**

**Grooming aids and fragrances**

**Hair transplants, rhinoplasty**

**Pectoral implants, chin surgery**

**Sexual organ enlargement**

**Libido enhancement drugs**



# Bodies In The Media

**Muscular, slender, tall, and youthful**

**Tanned, toned, flawless, wrinkle-free skin**

**Healthy, athletic, energetic, happy, free**



**“Everyone Tries To Look**



**A cookie-cutter kind of way,**

**And actually the people**

**Who look different**

**Are the ones who**

**Get picked up.”**



**~ Meryl Streep**

# How Does Your Body Image Fit With Your Values?

## Image

**Overweight Body**

**Aging Skin**

**Wrinkles, Gray Hair**

**Less Attractive**

**Less Active**

## Values

**Health**

**Life Experiences**

**Learned Wisdom**

**Heart Connection**

**Self-Awareness**

# What Do You Value?

**Quality Time With Family**

**Intimate Relationship**

**Authenticity**

**Exercise**

**Community**

**Education**

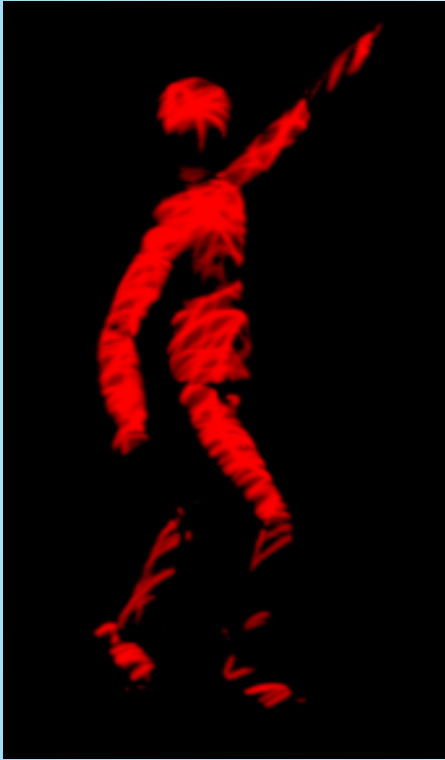
**Intelligence**

**Feeling good**





# “The Human Body Is Strange



**And flawed and unpredictable.  
The human body has many secrets,  
And it does not divulge them  
To anyone, except those  
Who have learned to wait.”**

**~ Paul Aster**

# **You Cannot Heal A Damaged Body If**

**Your spiritual energy is suppressed**

**You criticize and berate yourself**

**You speak unkindly to your body**



# YOUR BODY sends MESSAGES



**Physical symptoms are a warning  
From your subconscious  
Reminding you to pay attention to  
A person, situation or life event**

# Dis-Ease Is Not An External Event

**Dis-Ease Is Not A Noun – “I Have....”**

**Dis-ease Is A Verb, An Action, An Allowing**

**“I am tensing....”**

**“I am straining....”**

**“I am supporting the growth of....”**





# Let Your Precious Body Speak To You

## What Part Of Your Body Needs Attention?

**What is it telling you**

**About your life?**

**About your relationships?**

**Is someone or something causing you emotional pain?**

**What is the message?**

**“I can’t stand it/stomach it”**

**“He/she is a pain in my neck”**

# “Take Care Of Your Body

**It’s the only place  
You have to live.”**

**~ Jim Rohn**



# Touch Me ... Please



[Touch Me ... Please Ebook](#)

[Touch Me ... Please Book](#)

# Touch And Caress Your Body Part By Part

**Give Yourself A Big Tender And Gentle Hug**

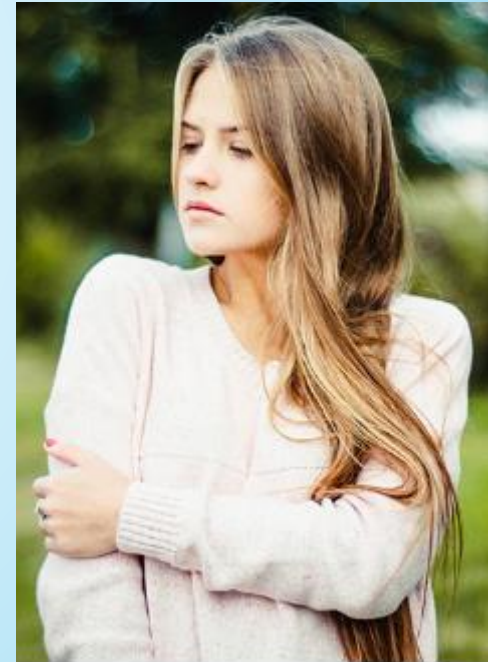
**Say The Words You Long To Hear**

**“You are precious and special.**

**You are pure love and I love you.**

**I promise to love you, pamper you**

**And always take care of you.”**





# Love Your Body As Your Closest Family



**Train it to perform well for you**

**Speak kindly to your body**

**Let every part have its voice**



**Reward it with relaxation and rest**

**Pay attention to all its messages**

# **This 30 Day Love Challenge is Serious and Life Changing**

**You will see amazing results**

**If you seriously intend to**

**Expand your loving – and -**

**Love fearlessly and openly**



# **As We Close** **Remember**

**Start each day** focused on love  
**In every moment** feel the love  
**End each day** realizing love  
**Every day** repeat the love pledge

# **Start Each Day** **Focused on Love**

**In every moment ask...**

**"What would love do now?"**

**For Me**

**Knowing all that I do brings me**

**Closer or further from love**

**End Each Day**  
**Realizing the Power of Love**  
**Review The Moments You...**

**Turned away from love**

**Shared your love freely**

**Felt loved by others**



# **The Love Pledge**

**Every Day I Develop Greater**

**Awareness and communication**

**Acceptance and forgiveness**

**Compassion and tenderness**

**Love, trust and respect**

**For My Self And For Others**

# **Love Agenda for Today**

## **In Your Love Habits Journal**

### **My Body Love**

**How Have I Been Treating My Body?**

**What Body Parts Need My Attention?**

**What Messages Have I Ignored?**

**Share Your Body Love In The Facebook Group**



# **Dr. Erica Goodstone**

## **RELATIONSHIP HEALER**

*Helping You Heal Through Love*



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