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Inspired & Empowered Living™

## Handout for Increasing Soul Qualities Self-Love, Compassion, Confidence, Joy and Gratitude

Each of these feelings are important aspects of the soul. Our soul's nature is to be and experience love, compassion, confidence, joy and gratitude. Yet our souls choose to incarnate into physical reality to learn these important lessons and to expand these experiences so they can be more connected to their Divine nature. Each of us as souls have different levels of these qualities and as we experience Earth life we grow and change and as we do these qualities become enhanced.

### **Self-Love**

Self-Love is the ability to love yourself unconditionally. This means being able to love yourself without conditions, no matter what. You don't have to do or be or say anything to be loved unconditionally. It is how our Higher Self, Soul, Guides, Angels and the Universe or God loves us. Being able to do this is a journey because there are infinite levels of love. We learn how to love ourselves by how we were loved. Although our parents did the best they knew how, most of us learned conditional love. If we do such and such then we will be loved. The journey is to learn how to love in new ways so we can heal and then love ourselves unconditionally. We grow and learn how to love ourselves more from our life experiences.

We have learned how to treat ourselves by how others treated us from when we were children. So by the time we are about six or seven years old we have established subconscious patterns of how to treat ourselves. Learning to change and heal these patterns is essential. In every moment, you make a choice how to treat yourself. So in this moment what do you choose? If you feel you do not know how, then ask for help from others, from your soul and from the Universe to show you the way to opening to more self-love.

Healthy relationships start with a healthy relationship with yourself. We treat others how we treat ourselves. Here is a list of what loving yourself means; it means you:

- Love and like yourself
- Trust yourself
- Honest with yourself
- Respect yourself
- Forgive yourself
- Accept yourself
- Talk nicely to yourself
- Acknowledge & praise yourself ( different than being egotistical – people who boast don't usually love self)
- Saying no to yourself and others – having good boundaries
- You support yourself and when you need to you reach out for support – we all need support and it is OK and essential
- Take responsibility for yourself

Ways to increase self-love is to discover ways to nurture yourself. Here is a list I came up with and add to it, change it and make your own list.

1. Meditate
- 2 . yoga
3. get a massage
4. drink tea or soup
5. go out in nature
6. sleep late

7. read a book
8. play
9. have fun
10. explore your sensual self, your sexual self
11. being loving and gentle and listening to your body and to yourself
12. learning new things and gaining new information
13. connecting to your Higher Self, Soul, Guides, Angels and the Universe
14. Taking time to be alone and allowing yourself to feel, and heal and/or be still in the silence.
15. Make dates with yourself including a play date with you and your inner child, or dates to explore places and things that interest you.

## **Compassion**

Compassion is defined as the ability to have empathy and concern for another and to treat that being with kindness, concern and caring. This includes yourself.

I have taken this compassion exercise from *The Enlightened Brain* by Rick Hanson, Ph.D. and have changed it. Here is an exercise in compassion you can use:

*Start with having compassion for someone you care about – that may be suffering or having a hard time*

*Then think of having compassion for someone perhaps in another part of the world who is suffering*

*Then think of the child part of you and send love and compassion to that part of you.*

*Now imagine the child inside you and begin to feel that compassion towards yourself.*

*Next then see if you can feel that compassion for someone you are angry at*

*Then see if you can have compassion for someone you may have hated or have a lot of difficulty for.*

What I do with clients is have them imagine the child in themselves, and say if you could have done better you would have –

Then imagine the other as a child who has been very wounded – see if that helps you feel more compassion for them.

If we have had lifetimes where we did not care for others and showed no concern, remorse, were abusive or cruel, we may come back in a lifetime to learn and feel what it's like on the other side in order to develop these soul qualities. If you have chosen to experience difficulties in your life, it might make you more compassionate toward others. Learning to then feel that compassion for yourself may be an important piece you need to learn. Often we are hardest on ourselves and learning the skills of self-love and compassion is an important lesson to learn. An advanced soul is able to feel and experience the qualities of love and compassion. Also know that although you may be an advanced soul, you may need to learn more about these qualities and to expand them.

## **Confidence**

Confidence is defined as being able to experience the feeling of reliance or trust in yourself and your abilities. You are also able to take action in spite of fear for when you feel confident you trust that you will be OK and that the best will happen. Being able to feel confidence in yourself and in the Universe is an important soul quality to have, especially as it relates to you following through with your mission. Each of us have incarnated with a mission and sometimes the thing you fear the most is the thing you are meant to do. So you need to develop the confidence in yourself in order to do it. Again it is part of the journey.

As we develop the qualities of self-love, compassion, and confidence, we are more able to allow ourselves to experience joy and gratitude.

## **Joy**

Joy is the feeling of being happy, content and it is very connected to gratitude. For when you feel gratitude, feeling thankful for what you have or who is in your life etc., you easily feel joyful.

How do you know when you feel joy? You know when you feel excited, powerful, confident, open, expansive, freedom. Your heart is open and you are heart centered. It has a very high vibration.

When you are connected to your Higher Self, Soul and the Universe you are able to experience the power of joy. Joy is the energy of your soul and the Divine coming through; it is the energy of living from your core essence. When we are experiencing joy, we are usually in a state of grace and allowing ourselves to be open, expansive, and free.

The soul's very nature is joy and our souls want us to feel that experience on the planet. When I have done Soul Adventures, many souls have said to allow the joy, to follow their joy and to experience the joy!

Begin to make a list of what you love to do. What brings you joy?

Way to create joy -

- a.1. Connect to yourself and learn to live more from your Higher Self and soul.
- a.2. Learn to love yourself – all of you!
- a.3. Ask yourself what do you love to do? What brings you joy?
- a.4. Learn to feel your feelings – all of them! As you feel you are able to let go of the old fear, sadness, grief, anger or whatever you are feeling which then allows you to open to joy.

- a.5. Ask your inner child what would be fun to do today. Learning to play and have fun are essential components to bringing more joy in your life.
- a.6. LAUGH, LAUGH LAUGH!
- a.7. Learn to create amazing relationships with yourself and others.
- a.8. Give from your heart. If you are giving from obligation or because you feel you should, have to, or must, know giving from this place will not bring you joy.
- a.9. Discover your life purpose and/or how you can serve. Whether you are doing your life's purpose or volunteering, giving to others from a balanced place, can bring a tremendous amount of joy.
- a.10. Allow yourself to be open to Divine Grace and the magic and miracles of the Universe! This can bring so much joy to your life!

## **Gratitude**

What happens when you feel gratitude? You feel expansive open and magnetic. As I have said joy and gratitude are closely related. When I'm feeling joy there is gratitude and when I feel gratitude I feel joy!

When you feel gratitude you feel excited, powerful, confident, open, free, and expansive. Your heart is open and you are heart centered. You are in a state of connection to your truth of who you are your source self.

Allow yourself to be grateful for your gifts, skills and talents.

There are different degrees of experiencing gratitude. When you think that you are grateful for something or someone, this can be helpful but being able to feel gratitude takes the feeling and your energy to a whole new level. Thinking thank you does have an effect but saying it is even more powerful. The most powerful way of expressing gratitude is writing it.

Gratitude can help you manifest. When you feel gratitude, you are connected to your heart and soul. You become magnetic to those things you want and you are more open to receive; so you more easily create that which you want.

In your relationships, appreciating, acknowledging, thanking and being grateful for the other person and what they do and who they are will change the energy of the relationship. Sending out telepathic heartfelt appreciation can stop a power struggle. Think how it feels for you to hear you made a difference or that you matter to someone or what you did helped etc. It is a huge and important piece in relationships. Most people don't hear gratitude and acknowledgement enough.

You can start by being grateful and acknowledging yourself and it will make you feel better about you.

Ways to create gratitude (many are similar to creating joy):

1. Connect to yourself and learn to live more from your Higher Self and soul.
2. Learn to love yourself and appreciate you and be grateful for who you are and what you do.
3. Learn to feel your feelings – all of them! As you feel you are able to let go of the old fear, sadness, grief, anger or

whatever you are feeling which then allows you to open to joy.

4. Be grateful for the inner child in you and love her. Ask her what does she need, what would be fun, what would bring her joy? When your child self answers you, thank this part for sharing with you and love her.
5. Be grateful for your ability to have fun, enjoy life, and to laugh.
6. When you live in gratitude and are appreciating others in your life, you become magnetic and your relationships transform and others want to be around you.
7. Give from your heart. Give your love, time, energy and acknowledgement. Be thankful to others and also allow others to acknowledge and be grateful to you.
8. When you are serving your life purpose or giving to others , it fills you with an energy of joy and love, which helps you feel more grateful.
9. Thank the Universe and feel the gratitude fill your heart. Living from this space opens you to Divine Grace and it the space of magic and miracles. You feel in the flow. This helps you feel even more grateful. Allow your energy to expand into infinite love , joy and gratitude!

An exercise to shift your energy is to make a list of all the things you are grateful for or start with a list of five. As you become aware of these things,



you will feel your energy shift. Either go to sleep making the list or start the day doing so, or if you choose do it both times. The more you make gratitude a habit the more your life will change!

## **Forgiveness**

Forgiveness is a powerful force that can help you heal on very deep core levels including the level of your soul. Forgiveness is not something you give to someone else; it is something you give to you. It releases you and energetically it heals you by helping to free yourself of emotions that keep you stuck and weighed down. It is an act of self-love.

When you are stuck, it usually means there is forgiveness work to do. When you are not able to be in the present moment, you have more healing which usually involves forgiveness work. According to Louise Hay, "Love is always the answer to healing and the pathway to that healing is forgiveness."

Forgiveness doesn't mean forgetting what happened; it means letting go of the feelings about what happened. So you may remember the event and remember the lessons learned but not have all the intense feelings associated with the event or experience. It is a process that takes time. It's really important to allow yourself to go through all the emotions that could come up as you process your way to forgiveness.

The following excerpt was from an article I found and it is an amazing story I wanted to share it with you.

### *The World's Most Unusual Therapist*

*by Dr. Joe Vitale  
www.mrfire.com*

*Two years ago, I heard about a therapist in Hawaii who cured a complete ward of criminally insane patients--without ever seeing any of them. The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness. As he improved himself, the patient improved.*

.....

*However, I heard it again a year later. I heard that the therapist had used a Hawaiian healing process called ho 'oponopono. I had never heard of it, yet I couldn't let it leave my mind. If the story was at all true, I had to know more.*

*His name is Dr. Ihaleakala Hew Len.*

*We probably spent an hour talking on our first phone call. I asked him to tell me the complete story of his work as a therapist.*

*He explained that he worked at Hawaii State Hospital for four years. That ward where they kept the criminally insane was dangerous.*

*Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.*

*Dr. Len told me that he never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal.*

*"After a few months, patients that had to be shackled were being allowed to walk freely," he told me. "Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed."*

*I was in awe.*

*"Not only that," he went on, "but the staff began to enjoy coming to work. Absenteeism and turnover disappeared. We ended up with more staff than we needed because patients were being released, and all the staff was showing up to work. Today, that ward is closed."*

*This is where I had to ask the million dollar question: "What were you doing within yourself that caused those people to change?"*

*"I was simply healing the part of me that created them," he said.*

*I didn't understand.*

*Dr. Len explained that total responsibility for your life means that everything in your life - simply because it is in your life--is your responsibility. In a literal sense the entire world is your creation.*

*Whew. This is tough to swallow. Being responsible for what I say or do is one thing. Being responsible for what everyone in my life says or does is quite another. Yet, the truth is this: if you take complete responsibility for your life, then everything you see, hear, taste, touch, or in any way experience is your responsibility because it is in your life.*

*.....*

*I know this is tough to grasp, let alone accept or actually live. Blame is far easier than total responsibility, but as I spoke with Dr. Len, I began to realize that healing for him and in ho 'oponopono means loving yourself.*

*If you want to improve your life, you have to heal your life. If you want to cure anyone--even a mentally ill criminal--you do it by healing you.*

*I asked Dr. Len how he went about healing himself. What was he doing, exactly, when he looked at those patients' files?*

*"I just kept saying, 'I'm sorry' and 'I love you' over and over again," he explained.*

*That's it?*

*That's it.*

*Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world.*

*In an article by Matthew B. James, Ph.D., "The Hawaiian Secret of Forgiveness; Ho'oponopono Can Help Anyone Let Go Of Resentment" Published on May 23, 2011 by [Matthew B. James, Ph.D.](#) in [Focus on Forgiveness](#)*

*"When it comes to learning to forgive others, it turns out we can learn a lot from ancient indigenous people such as those who inhabited Hawai'i before the coming of westerners. They understood on a gut level that to harbor resentment against others hurts the person who refuses to forgive.*

*As I've explained in recent posts, ho'oponopono, the Hawaiian forgiveness The Hawaiian word ho'oponopono comes from ho'o ("to make") and pono ("right"). The repetition of the word pono means "doubly right" or being right with both self and others. In a nutshell, ho'oponopono is a process by which we can forgive others to whom we are connected.*

*The process is saying – I am sorry*

*I forgive you.*

*Thank you.*

*I love you."*

Give yourself sometime to do this process and then journal about it.

Take a moment to feel where you feel a block about moving forward or needing to forgive yourself or another. Feel in your body where you feel that block. How old does this part of you feel or imagine how you may feel.

See if you can feel the child inside you. Then in an exercise by Marci Shimoff & Debra Poneman, spend a few moments sending your younger self the healing messages of forgiveness from your heart from the Ho'oponopono practice: I'm sorry, please forgive me, thank you, I love you.

Notice how you feel after doing this process.

So how do you know when you have forgiven? You know you have forgiven someone when you don't need to get even or get revenge. When there is no

more anger, resentment, hatred etc. When there is peace, acceptance and love. Then you have forgiven.

The same applies to yourself. Remember to remind yourself that you did the best you could and if you could have done better you would have. You know you have forgiven yourself when you have let go of the anger, resentment, hatred etc. You have forgiven yourself when there is a sense of peace with your past and when you feel acceptance, love, and compassion towards yourself.

All these soul qualities are important to develop during your lifetime in order to become more of your soul on the planet.