



The mini *self-love* bible

*Who am I?*

Hi there beautiful earthling! There's absolutely no coincidence in you finding this E-book. I believe you are ready for what I am about to tell you. Before we get to the juicy stuff, let me introduce myself.

My name is Silke, and I'm a 20-something 500-RYT certified yoga teacher. I love to share my experiences in life and the insights that come along the way. I love introspection as I tool to help me grow as a person. I'm only here to share my experiences in life. You do not have to take me for my word. I encourage you to think for yourself and find your own truth. I'm just here to share my thoughts and ideas.

As I said before, I am not a professional. I am not here to preach truth. I am here to share. I believe it is through sharing our thoughts and experiences that we can help others find their way in this world. I made this E-book with only one aim: helping you find your own truth. You may not agree with everything I lay out in this e-book, but I invite you to stay open minded. Please do not hesitate to share your views and tips via e-mail, a comment on the blog/video series or a direct message through Instagram. What I enjoy most about creating content is being able to connect with other humans like you!

I hope you enjoy!

Love,  
Silke

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[silkedewulf.com](http://silkedewulf.com)

or follow me on my Instagram:

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Or you can find me on youtube:

[youtube.com/user/BlossomingThoughts](https://www.youtube.com/user/BlossomingThoughts)

## *How to love yourself*

I get this question a lot. How do you love yourself? How do you do it?

I'll be honest: there's no magic trick. There are no shortcuts. It's going to take time. But it's so worth it. This might sound cliché, but a whole new world opens up once you truly love who you are as a human being.

It took me years to get to the level of self-love and self-respect I am today. I used to have very low self-esteem. I was always comparing myself to others. Why is she prettier than me? Why is she smarter than me? Why not me? What did I do wrong to deserve this? I used to flip through magazines thinking 'Why can't this be me?' Even today, I still have my moments of self-doubt. I sometimes still compare myself to others. Self-love is an ongoing process. It never stops, there's no end destination.

Before I start, I want to clarify one thing. As a child you already knew what self-love was. You were already practicing it. But somewhere along the way, we've forgotten. This e-book is just a tool to remind you of what you already know. I'm not telling you new stuff here. You already know how to love yourself. You've loved yourself before. But growing up, you've been taught to believe in separation and competition. You are not here to compete with anyone. You are here to develop your own gorgeous self.

In this e-book, I'll set out a couple of steps I had to take to get to where I am now. These are in no specific order. You can read this e-book all at once. But I advice you to read one step per day and try to implement that step into your day. And then move on to the next step the following day.

Lastly, it'll take time. Be patient with yourself. Be loving and gentle. You are trying your best, and that is all that matters.

## The six pillar stones of self-love

### *Step 1: forgive yourself*

This might be one of the hardest steps. You have to forgive yourself for all the mistakes you've made in the past. You can't move on when you keep holding onto the past. We easily forgive someone else, but forget that we need to forgive ourselves as well. You were doing what you felt to be right at that moment in time. Stop beating yourself up for something that happened decades ago. You can't expect yourself to be perfect at life. We mess up. It's part of the process. Learn from your mistakes and move on. Know that everything happens for a reason. Every mistake holds a beautiful gift within itself. A lesson to be learned, which will enrich your life. Love yourself no matter what. No matter how many times you've messed up. Your hick-ups were beautifully planned. Trust that there's a reason and a lesson in everything.

**Take action:** Take a piece of paper and write down all the things you are holding onto from the past. Why haven't you forgiven yourself yet? What thoughts are holding you back? Write it all out. Now fold the piece of paper in half. Say to yourself: 'I love and accept myself unconditionally. I let go of my past'. Burn the paper. Repeat this process as many times as you need over time.

### *Step 2: forgive others*

This one goes hand in hand with the previous step. Holding onto anger and resentment will only hurt you. You're not accomplishing anything by holding onto those feelings. You are only taking away the joy of the present moment. You cannot rewrite the past. You can only accept it. So forgive others for your own wellbeing. They don't need to know you've forgiven them.

Try to look at the situation from a perspective of love. They were only doing what they thought was best at the time. People mess up. Everyone is trying to find his or her way in this world. If the person in question made a hurtful comment, know that you can't possibly take personal what they said. For people's judgment is a reflection of their internal world. They were only projecting their own belief system. Therefore their comment or action has nothing to do with you, but everything with how they see the world. Knowing this, meet their hurtful comments with love. Know that every hurtful comment they utter, they have within themselves. Meaning if they're judgmental towards you, they'll be judgmental towards themselves in that same fashion.

**Take action:** Similar to the previous step, write down all the people you haven't forgiven yet on a piece of paper. Why haven't you forgiven them? What is holding you back? Fold the piece of

paper and say to yourself: 'I forgive you. I choose love instead'. When you say this, feel it deeply within your heart. Now burn that thing!

### *Step 3: Stop comparing*

Oh lord, this is a huge one. When you compare, you believe in separation. What do I mean by this? When you believe in separation, you believe we're all disconnected from each other. We're all individual islands. Individual islands competing against each other.

We're not individual islands. We're all interconnected. We are all one. We're not on this earth to compete with each other. We're here to develop ourselves to our fullest potential. We are here to help one another. When you compare, you believe in scarcity. You believe there's not enough to go around. Nothing could be further from the truth. There's enough for everyone. There's enough smart, beauty, money, you name it, to go around. We live in an abundant world. Beauty comes in many forms. Smart comes in many forms. You are put on this earth with a unique set of qualities. You are unique. There's no one out there like you. That's the beautiful paradox of life. We're unique, yet all the same. It's hard to explain. But I encourage you to meditate on this. The best example I can think of are flowers. A sunflower is not a rose. A rose is not a lily. A lily is not a hydrangea. Yet all are beautiful. They are unique in their own ways.

*"A flower does not think of competing to the flower next to it. It just blooms." – Sensei Ogui*

You are put on this earth, not by default or coincidence. You deserve to take up space. You have something that this world needs. This world needs your presence, for without it, it would be incomplete.

**Take action:** Take a piece of paper and meditate on what you can bring to this world. What are your strengths? What are your passions? If you don't know what your passions are, try to answer this question: If you had all the resources in the world (so you wouldn't need a job), what would you do with your **time**? I'm not asking you what you would spend your money on. I'm asking you how would you fill all of this free time you have?

## *Step 4: Take back your power.*

You are the creator of your own life. You are the creator of your own happiness. True happiness or love cannot be generated through external factors. They have to arise from within.

Many people look for love within other people to complete themselves. That kind of love will never deeply satisfy you. It might ease the emptiness for a little while, but it's not a durable solution. I read a quote somewhere saying 'Your first romantic relationship is the one with yourself'. You cannot love someone truly, if you don't know how to love yourself first. You need to be overflowing with love before you can love someone else. If you don't, the relationship will deplete your love-tank. If you love yourself, the tank will fill up and eventually overflow. You can't rely on someone else to top up your tank. You can't rely on anyone else but yourself to make you feel worthy and loved. You have to respect yourself first before anyone else can respect you.

So take back your powers. Everything you are searching for is already within you. I'm not saying that it's bad wanting to be loved. I just think that our image of love is wrong. Love is a self-less act. It is not saying I love you because you love me. It's saying I love you because of you. True love is unconditional. It's wanting the best for that person even if it means letting them go. Love is a connection on the soul level. It is not there to feed a deficiency. You are responsible for your own wellbeing.

**Take action:** Write down in what areas of your life you are not taking full responsibility for yourself. In what situations are you relying on someone else to fulfil your needs? How can you take back your power?

## *Step 5: Make yourself a priority*

If you have ever traveled by airplane you already know this. Put on your own oxygen mask before helping anyone else. You need to take care of yourself before you can take care of anyone else. Taking care of yourself first is not being selfish. It is essential if you want to be able to keep giving to others. Like I said, you are responsible for filling up your own tank.

This doesn't only apply to the social aspects of your life, but also anything work-related. We live in a society filled with deadlines. There's a constant pressure to deliver. Stress is great in the short run as it helps you to get things done. But our society is way past the 'short run'. We're in a chronic state of stress. We put work before anything, especially our own wellbeing. Think of the message you are sending your body every time you get greasy take-out because you don't 'have the time to cook? What you're telling your body, is that work is more important than nourishment. "You are not

worthy of my time, my job is more important than you". You may not be thinking this consciously, but subconsciously that's the message you're sending your body. So start making time to nourish yourself. Not only nutritiously, but also spiritually, emotionally and socially.

**Take action:** Yep, you've guessed it. Take out that piece of paper! Write down your current top 5 priorities. Be completely honest with yourself! What can you do to make your wellbeing a nr° 1 priority? What steps do you need to take to achieve this?

### *Step 6: have a daily self-love ritual*

I love those AHA-moments, when everything starts making sense and I am just ready to jump on the self-love train. Most of the time, the initial motivation starts rubbing off after a week. To prevent this from happening, you need a daily ritual. Something as small as a five-minute meditation can be a great start. It can be literally anything you want. For me it's making a wholesome breakfast. I usually switch between oatmeal and a kick ass smoothie. For inspiration, you can watch some of my video, but I encourage you to get creative in the kitchen and start experimenting yourself!

**Take action:** For the next couple of weeks take 5-15 minutes each day doing something that you love. At first you might feel guilty for taking off time for yourself. This is absolutely normal! Try to explore these thoughts. Why do you feel guilty? Is it because you feel you're not worthy of this time? Do you have a lot of responsibilities and feel like you don't even have time to take off 15 minutes? Write down everything you do in a day and look for those little gaps where you could fit in some self-love time. If you're really committed you could even wake up 15 minutes earlier! You are so worth these moments of me-time!!

If you are curious about what my favourite daily rituals are, keep scrolling because in the next few pages I'll share all of them!



*My self-care* routine



## *My self-care routine*

In the next section of this e-book I share with you my favourite self-care routines. Feel free to draw inspiration from these and don't be shy to share yours with me through my website or youtube. I would love to learn from you too!

### 1. Having an intervention routine when shit hits the fan

All the self-love routines in the world are great but sometimes you need a quick-fix to get you out of a sticky situation. I have learned a technique that helps me stay calm and find my center again whenever I am confronted with uncomfortable emotions or sucky situations. In the past these situations would 100% guaranteed lead to me binging on sweets to soothe myself. Which worked in the moment, but I always felt terrible afterwards. It has taken me years to combat emotional eating and I have found one ever so simple trick to release me from the bondage of food comas: relaxing behind the emotions I feel in the moment. "That's it?!", you might think. Yep. Whenever we are confronted with unpleasant experiences we tend to constrict in an attempt to protect ourselves. We do everything to repress the emotions because we are so terrified that they'll swallow us whole. Reality-check: they won't. I believe we are here to experience all the different human experiences possible. So allow yourself to experience them without getting attached to the experience itself. Let me explain with a personal example: I recently moved countries. I left my familiar nest of comfort for a new big city (London) where I knew just about one person. I expected to have a hard time adjusting and living all on my own, but it was probably one of the smoothest transitions. No binging, no food coma's, no hating on myself. Just a whole lot of deep breaths and staying present in the moment. So here's what I do from the moment I start to feel uncomfortable or I experience something I'd label as 'negative'. I sit down, I close my eyes and I start breathing towards my belly. I try to pin-point where the emotion in my body is the strongest. With time I have noticed I feel fear in my hips, anger in my tummy area and sadness in my chest. Once I have identified where I feel it, I start breathing towards that place. I allow myself to relax in the emotion. I don't breathe it away, I breathe with it. I give it space to release. I allow myself to experience the wide range of human emotions. I believe we are souls that are having a human experience so truly allow yourself to experience what it's like to live as a human!

Besides this quick-fix trick, I have a few daily or weekly routines that help me keep my love tank full. Keep reading to figure out which ones are my favourite.

## 2. Food that makes you feel good

It's true that what you eat you become. Not literally obviously. Otherwise I'd be looking like a banana by now ;). But it is true that food affects your mood. There are plenty of studies and TED talks on the affect of food on the micro-biome in your gut, and how this in turn affects the production of hormones and neurotransmitters in your brain. So treat yourself with the most luscious and nourishing foods. I prefer a plant based diet as it allows me to feel my best (and also look my best). Below I'll share a few of my all time favourite dishes that I like to indulge on. They don't only taste good but also make me feel amazing from the inside out. Let's get cooking!

### Peanut Butter Granola



**Ingredients:** 2 cups oats / 1/4 cup peanut butter / 3 tbsp maple syrup / 1 tbsp cinnamon

**Instructions:** preheat oven at 150° celsius / mix peanut butter, maple syrup & cinnamon in a big bowl / stir in the oats a little at a time / spread coated oats onto parchment paper / bake in the oven until golden brown (depending on your oven it might take anywhere from 5 to 15 minutes)

## Overnight bircher



**Ingredients:** *1/4 cup oats / 1/4 cup pumpkin seeds / 1/4 cup sunflower seeds / 1/4 cup golden flaxseeds / 2 tbsp cacao nibs / 1/2 cup frozen berries / 1/2 cup soy milk / 1/2 cup coconut yoghurt / 2 tsp cinnamon / additional fresh fruit to top the next day*

**Instructions:** *mix all the ingredients together into a jar / place into freezer overnight // add more fresh fruit the next morning*

**Did you know?** Soaking your seeds and nuts overnight ‘activates’ them. All nuts and seeds are covered by a layer of enzyme-inhibitors that make it harder on your body to digest them. They bind to the receptors of your stomach’s enzymes (which digest your food) thus making them unable to bind to the food present in the stomach for digestion. By soaking them for a few hours the seeds think it’s ready to germinate so it will release the enzyme-inhibitors and start sprouting. This process makes the seeds much more digestible and allows you to get all the nutrients that it provides.

## Mineral Elixir Smoothie



**Ingredients:** 1 banana / 1 cup frozen pineapple chunks / 1/2 cup soy milk or coconut water / 1 tbsp blackstrap molasses / 1 tsp spirulina / 2 medjool dates / 1 tbsp coconut yoghurt / 1 Brazil nut

**Instructions:** blend all the ingredients in a blender / pour into a cup

This smoothie is my favourite go-to when I feel fatigued or have major cravings for not so healthy food. Cravings can come either because of unresolved emotions, by which you use food to comfort yourself. Or, cravings can be a sign of nutrient deficiency. I find that after drinking this smoothie about 75% of the time, my cravings are gone. Here's why: this smoothie is a bomb of nutrition.

Take a look:

- B12: 375% of daily requirement (thanks to Spirulina)
- Vit. A: 428% of RDA
- Vit. C: 119% of RDA
- Calcium: 42% of RDA
- Iron: 42% of RDA
- Magnesium: 74% of RDA
- Selenium: 179% of RDA



**Ingredients:** 2 cups veggies / 1/2 cup beans or tofu / 1 cup starches / 1 tbsp dressing  
my favourite combo: pea shoots, broccoli, red onion, chickpeas, seitan/tofu, potato wedges & hummus

**Instructions:** preheat oven at 200° celsius / cut potato into wedges and add seasoning of choice (i like garlic powder and Italian herbs) / bake the potatoes for 15-20 minutes / cut veggies / drain the beans or make them from scratch (best way to save money) / add all the ingredients into a bowl and if you want to, take the time to make your food look pretty

Green veggies are a powerhouse of nutrients. In general they tend to be high in iron and calcium. Two minerals that people eating a plant-based diet should be extra aware of. If you hate greens try to add some fats to them for flavour and better absorption of the nutrients in the greens. My favourite dressings are guacamole or hummus. Both add a ton of flavour and creaminess which makes salads so much more palatable!

## Dates + Peanut Butter



**Ingredients:** *1 medjool date / 1 tsp peanut butter / a whole lot of love*

**Instructions:** *cut open the date / remove the pit / spread peanut butter inside date*

This is one of my favourite deserts or quick snacks when I am craving something sweet and creamy. The flavour combination reminds me of a mars or snickers bar. These guys don't only taste bomb, they actually fill you up and give you loads of juicy energy. Don't take my word for it, try it. ;)

### 3. People that make you feel good



There is a saying that you are the average of the five people you spend most of your time with. The people you surround yourself with, can have a profound influence on your outlook on life and your current state of being. So take a good and honest look at who you spend the majority of your time with. Keep track of how you feel on average after spending time with them. Obviously even high vibing people have off-days and will need someone to vent to every once in a while. But on average how do you feel after having met up with them? Do you feel inspired, light-hearted, calm, centred, depleted, sad, annoyed, unstable? Notice these things and base your judgement upon that. Decide to release people that make you feel like crap and invite more people into your life that nourish your soul. At the beginning it might be lonely, especially when you realise no one around you really helps you become a better version of you. This was my case a few years ago, I dropped almost everyone in my life. Not because I thought they were 'bad' people, it just didn't fit anymore. I was on my own for a while but that didn't stop me. I kept doing me, I kept expressing myself authentically and sharing myself with the world. Today, I am surrounded by the most beautiful souls. I leave an encounter feeling excited, grateful and inspired. You truly attract your tribe by the vibes you share with the world. I hope my experience inspires you to take your well-being serious enough to cut those people from your life who no longer feel 'right'.

#### 4. Little things that make you feel good

There are certain things I like to weave through-out my week to keep me grounded and centred. These are small little acts towards myself that make me feel good. They make me feel like I have my shit together. They're an expression of the love I feel towards myself. Here are just a few of my favourite ones.

flowers



Since moving to London, I've gotten into the routine of buying myself fresh flowers. Not only do they brighten up my apartment, just the pure sight of them makes me happy. Some people think it's odd to even consider paying for something that cannot be consumed and will die within a week or so. But I see it more as a standard; a non-negotiable. You don't have to start buying flowers if that's not your thing, but ask yourself: what small act can I do on a weekly basis with the only purpose of pleasing myself? Maybe it's going to the farmer's market each weekend. Or going to a yoga class in town you really enjoy.





A year ago I've gotten into the routine of taking a daily nap around noon. This is partially because my body needs it, as it is recovering from adrenal fatigue. But even today when I don't really need a daily nap every single day anymore, I keep it into my routine because it give me a second start for that day. Had a crappy morning? Take a nap, you'll have a 'second morning' and a second chance to start over. I don't only like it for this reason, but also because it boost my productivity. It gives my brain a chance to process what happened during the first part of the day and helps me to reset myself. Also did you know that there's some research showing a correlation between naps and longevity? Cool he! To avoid that drowsy feeling after a nap make sure your naps don't go beyond 30 minutes. My golden time is 20 minutes. I end up feeling refreshed and re-energised.

## essential oils

There is something about scents and mood. I have noticed that different scents have a different influence on my mood. Here's a list of my favourite essential oils to use:

- *orange* + *lavender* to uplift mood in a gentle way
- *orange* + *frankincense* to energise
- *lavender* + *geranium* to soothe

5. Create a life that feels good

All of the things we have talked about so far, are small acts that add up over time. Now in my opinion there's only one more big piece missing, and that is creating a life that feels good to you. Going after your dreams and cultivating your passions. Nothing feels better than waking up in the morning feeling inspired by your life, feeling excited for the day ahead.

I remember a time back in high school, when I used to feel so uninspired by my life. I'd see all these people around me and online, doing the things they loved. And I felt stuck in a routine that I couldn't break out of. I think feeling fulfilled and inspired has a lot to do with self-love and confidence. When you live a life that fills you up and feel inspired by it, it radiates out from you. You radiate that joy and happiness. So if you are reading this and you are stuck in a routine (high school, college/uni) try to find little spaces within your day where you can do something that inspires you.

Let's figure this out together:

- when was the last time you felt truly inspired? What were you doing?

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- what activities make you jump out of bed in the morning?

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- what activities can you lose yourself in, in a sense that you lose track of time?

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*- the end*

