



Video Transcript

Learn Seductive Self-Talk

Today we are going to elevate our mirror, speak, practice, and if you don't already have a mirror speak practice, that's no problem. I'm gonna show you where to start, but we're gonna really dial it up 'cause this is about igniting your passion, your fuel, your vitality, and your love for yourself, but in a really flirty and sexy way.

I wanna put that out there right away, that this is going to be a flirty conversation with yourself. So why don't we start somewhere that might be maybe a little more accessible, and especially if you're not used to this kind of work, a little more one-on-one. I would love for you to look in a mirror, and I want you to take an assessment of yourself, not to assess what you don't like.

This is what we do all the time. We look at ourselves in the mirror all the time. We walk by and we go, I like that. I'm like, like there's all kinds of stuff that we can criticize. It's not like that. I want you to look at yourself like you're new, like you've never looked at yourself before and you are just appreciating what you see.

So before we dial it up to like intensity, I want you to appreciate. Anything you see about yourself, and that's what I'm gonna do now. I'm looking at myself like I've never seen myself before, and it's very important to start there so that you can disconnect from any pre-established inhibitions or judgments you have about looking at yourself, which we all have. Totally normal just to work with me in this space.

So taking it in. You don't even as you're looking at yourself, have to impose judgment. And I don't mean in the negative, but I also mean in the positive. Can you look at yourself as just a

human, like, Hey, there are some shoulders. If you have both arms, you can look at both arms. You may be somebody with a different kind of body, and that is fantastic.

Remember, this is new. You can just evaluate, you can turn and just be curious like, Hmm, what's going on?

So that's the first step. The first step is being able to look at yourself like you've never looked at yourself before. And notice it might be hard to not immediately bring forward the. Personal ick factor of anything we have in terms of judgment about ourselves, that's totally normal that we all have that.

Even with many years of practice, I still have moments where I'm like, oh, ew. And that's also going to change at with time, especially as I get older. My active practices are about loving the parts of me that are changing, um, as I see them. So I'm encouraging you to do the same. So we just started with that.

Very basic. I evaluate checking myself out. Okay, there's a person here, well done. Now we're gonna build on that. I'm gonna say, Hmm. What do you like about what you see? There is a lot that you're gonna say, I don't like this and I don't like that. No, no, no. What do you like? And if you don't like something about what you see, I want you to know that that's also normal.

This is where the practice begins. So can you just take a look at your own neck and notice the inherent beauty of having a neck? The lines you can create, the tilt of the head, how your muscles work, what you can see moving. This is life. You are here. You deserve to acknowledge that in a way that feels affirming and exciting.

But first, just look at, I'm gonna take you into my practice now, remember, practice, pause, practice. This is about practicing. So I'm pausing you in your practice so that whenever something comes up that you're like, ah, I don't like to appreciate this part of me. 'cause it's not where I want it to be yet in terms of a look or performance.

I want you to know that that is okay. Your thoughts are all okay. We are carving out space for other thoughts and other experiences when working with our bodies. So it's okay to have whatever come up comes up to you. Feel it. Breathe now. Look at the rest of your body and start praising it. There's this beautiful collarbone.

These strong muscles here. That's something that I love. I love to see the strength in my body. If you don't see that in your body, what do you see that you can appreciate? You have limbs, right? And if you don't, then appreciate what you do. Have everything you have that you can be grateful for. Okay? I'm gonna take you back into my practice.

I really appreciate my legs because they take me places, but I also like the strength in them. Good. I'm gonna turn around a little bit and say I like my back. I like how it looks smooth. I like

the color of my skin. That's a big one for anyone here watching. Person of color, someone who has been taught to criticize the color of your skin for any reason.

Too light, too dark, all of it. That's garbage. That's bullshit. Love your skin. I love the color of my skin, and I have a little fat right now that goes well. I like it even more when I have more tanned and I go for brass. Ah, I love the color of my skin. So do you see in that moment how I exposed a little bit of that programming where I'm like, well, I'm gonna let myself, like my skin color.

I'm really gonna let myself like it when it gets to this place. And this is a little trick we do with, it's not like. I don't wanna demonize it, but these are thoughts we all have where it's like, well, I'll love myself, or I'll appreciate something about myself when it looks like this, or when I've gotten to this point, or I've lost this much weight where I can run farther.

That is the opposite of what I'm trying to bring to you here. When you feel those thoughts come up, just like I had the thought come up, I want you to take the pause that I took and remember why you're here. Oh, I really love my back. I love this fold. This is a fold that I don't often love in real life, and I'm learning to love it.

And I want you to know that this is the language. This is a practice. You can learn to love these parts of yourself. You were taught to judge yourself. You can now teach yourself to accept and adore what you have, no matter where you are, no matter how old you are, no matter what you look like. I love this fold.

I love the curve, my lower back, and I love seeing my bums. So now I'm really starting to dial it up. I don't always feel this way, and I want you to know that I sometimes struggle. So this is the practice. Oh, I love the curve of my butt. Oh, I love it. Yeah, it's great. Oh, I love my stomach. Another part of me that I've often struggled with, but now I love it.

Look at this face. Look at these eyes. Do you see the expression I'm imposing. It's excitement. It's a thrill. You're doing great. And I know this might be new and I know this might be uncomfortable or we're, if you're sticking with me, we're gonna dial it up just a little bit more. I'm taking my hair down 'cause I want this to be about you flirting with yourself.

I want you to get really comfortable. And so if you were flirting with somebody right? I'm not great with flirting with other people, but I'm really good at flirting with myself. Like, Hey, look at you Notice that my position is changing. One of my knees is bending, taking the hip out, and I'm starting to accentuate certain lines in my body.

You're gonna play with this. This is playtime. So like, can you kind of give yourself an evaluation again? But this time you're gonna skew it even more the positive, like. Look at this beautiful creature, son of me. I've never seen anyone so alive before. I've never seen such hair. I've never seen someone with such beauty and sex appeal.

Pause. This is not something I'm telling you that you actually have to feel about yourself in this moment. This is a practice, I promise you. With enough practice of looking at yourself in the mirror and making it audible, you start to change your thoughts about yourself. You might even feel resistance to this, not because of disbelief, but you might even feel resistance to this practice because you do believe me and you believe that it will happen, and you're gonna say.

I don't deserve that, or I'm not ready yet. You deserve it and you're never gonna feel completely ready. Fuck that. You love yourself now. So, hey. Hi. Look gorgeous. You are. Can you play with those lines again and then flirt with that body a little bit? Can you look behind you and go? Oh, yes. Touch yourself with that.

Love that iteration. Can you, can you kind of peacock a little bit? Like, oh my God, look at this. Look at my God, yes. I'm so, oh, I'm so hot. Ugh. How is, how is it that I walk out the house? How is it legal to be this hot? That's a very exaggerated way to talk to yourself, but I want you to practice that because.

If you dial it up enough, you might be able to confront some of the deeper programming we all have around how we are not deserving, how we are not worthy, because of what we look at, look like in this moment. So if you can go, wow, let your eyes light up. Look at yourself. Oh my God, you were so, so worthy of everything you've ever wanted.

You are so beautiful and magnetic. You're gonna attract everything. You are so smart. You are so fantastic. You are so present. Call in the qualities in this practice of what you want the most. Touch yourself, flirt with yourself. Look, look at yourself, and then look back, but look away like you are flirting with yourself like you're a stranger at a party.

That's exactly what I want for you. Take one more moment to look at what you have to look at the gift of what you've been given. This is a gift. Don't let anybody tarnish that or take it away from you because you rob others of your gifts as well. When that happens, keep your fire lit. This is one way to do so.

This is one form of body magic. Keep that fire lit so that you can shine it on others. Thank you for joining me in this practice today.