

Inner flame fuel

10 tuning-in
and nurturing practices
to spark and fuel a
**love affair
with yourself.**

Your job in this lifetime is feel good so that you radiate out your light.

That's it. Pure and simple.

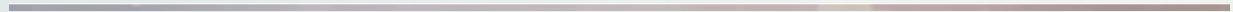
To do this we need to really nurture and nourish our connection with ourselves to fuel our inner flame.

So often we get trapped into thinking that it is our job to make other people happy and their job to make us happy and we start diffusing all our energy outwards. Meanwhile we show up in the world as a deflated and spent version of ourselves and emit an often cranky and spasmodic energy which is not helpful to anyone.

We are all the keepers of our own inner flame.

I have put together a list of tools and practices that will help you tend your inner flame so that you feel lit up and connected within.

NB: Pick and choose what feels right for you, use them in your own way, try one then come back and try another or choose one a night for 2 weeks and see how you feel by the end. Also there is no pressure to do any of them, no guilt if you don't, no failure here. If it feels right and it happens effortlessly then it is for you.



1. Body scan

This is an exercise in checking in to your internal world to see where you are at. If there is any tension you pause, breathe, and give it your presence.

To start:

Find a place to sit still where you won't be interrupted
Breathe deeply
First **scan your body**
Ask "how is my body feeling?"
Take your awareness all over from head to toes.
Is there any tension?"
If there is stay and breathe a while – do not feel like you need to solve or analyse
just be present.
Now smile into your body.

Feel the energy of the smile soften every cell of your being.

Next repeat by **scanning your mind, then your heart** and your **energy body**
(if you get a sense of it)
Give these aspects of yourself your time, space, attention and **your smile**.

Trust that just your presence and acknowledgement is enough.

2. Get intimate

Grab a journal, get cosy and answer these questions;

- What am I really afraid of right now in my life?
- Which part of my body and mind need my extra loving care right now?
- If I could do exactly what I wanted, with no concerns or limits, I would....
- What did I used to love doing as a kid? What were my dreams, hobbies, loves? Do I still dabble with them?

(tip – take this further by turning that into a heart prayer – see tip 14)

3. Shame Busting

What is something you have never admitted to anyone (possibly not even yourself)?

Now is the time, let it out. (shame busting! – shame does not survive being shared or accepted – inspired by the brilliant Brene Brown)

So grab your journal and let it all out.

You could offload:

What it is that you have been keeping hidden?
Why you have been hiding THIS?
What the effects of this have been on your life?
What living without this shame would look like and how it feels to have let it go?

If you are ready for the next level; Tell a friend, a kinesiologist / coach, your partner. Just make sure it is someone with the maturity not to dramatise nor demonise.

4. Let love in

Where are you holding yourself back from light/ goodness / love/ pleasure?

This is a very interesting question as you might think – "Naw, I am not doing that!" But the probability is that you are. We have been trained to hold back on joy.

Yet joy lights us up and lets us be an influence of light in our lives.

So shine a light on it. Bring your awareness to the forefront of where you hold back from all the good stuff. And next time there is goodness to let in, challenge your natural response to hold back and see where it leads you.

I know it is tough, in fact I have a whole online course dedicated to getting comfortable with pleasure because over and over again I have seen how hard it is for people to let love in. The Pleasure program is available here www.nicolemathieson.com/shop.

5. Soul lessons

Finish this sentence [with the premise that there is a higher power and that every experience and challenge you have is an opportunity to evolve and expand];

In this earthly lifetime my soul really wants me to learn...
My family were perfect for me because...
If my job is to be filled up with light and radiate it out, then this is what fills me up.....
My soul wants me to let go of my need for/to.....

My soul wants me to feel love.

6. Role playing

Which archetypes do I play with;

Mother, wife, minx, creative, business professional, healer, clown, victim, hero, saviour, comedienne, starlet, princess, prostitute, ruler of the world, Mrs Perfect, earth goddess, wicked witch, dick tease, mad scientist, wild woman, Buddha etc.

These archetypes are all you, you have them all as part of your expressive, expansive complex being.

You can put them on and take them off when you feel called to.

Which ones are uplifting, creative and arousing?

Which are a turn off?

For the next wee while, why not grab one of these archetypes – one of the ones that make you feel really rad – and play with it in the next few interactions you have. Have fun.

7. Big wide Love

Love is not exclusive.

Love is available in so many forms. It is within you, it is around you and it will come and warm your heart when you least expect it. Opening your heart to Love in all its forms really fuels your inner fire and helps you become more resilient.

Accept loving moments from strangers. You know those moments when you feel awash with love and care from a shop assistant.

Be open to it and let it wash into every cell of your being.

Why not take a courageous step towards feeling closer to love with a deepening session with me. Book at www.nicolemathieson.com.

8. Grateful for me.

Start a gratitude journal for ways you are grateful for yourself. This might seem silly, but let me promise you it is not, it is vital for you to learn to really appreciate yourself. Your thoughts direct your reality. This will shift the way you see yourself and the world. In fact this practice could change your life. Do it for 21 days to change a habit.

This practice encourages self-confidence and trust in your own capacity.

You will soon be the champion of your own heart.

9. Mirror work

Stand in the mirror and look into your own eyes for 1 minute. Look at yourself as though you were looking into the eyes of your own beloved baby. Feel connected to the truth of who you are and receive the loving look that you are giving yourself back.

It can take a wee while to feel comfortable doing this. It is not always easy to accept a loving look even from ourselves. You might notice as you start that your eyes seem hesitant. Stay a while longer and keep going, you will notice that they soften over time and with practice.

This practice helps you to be able to receive love & helps heal childhood bonding issues.

If this is too intense for you, start with 10 seconds and build up.

10. My greatness

**"Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us."**

Marianne Williamson

How do I hide my light?
What aspects of myself do I dim?
How do I sabotage myself?
How do I pull myself back from brilliance?
How do I not let others see me?

Close your eyes. Take a deep breath.

**Now feel yourself as a star. You are a star. Deep in your core, there is light beaming out. It is filling you up and radiating out of your skin.
Take a moment to bask in this lightness.**

Enjoy. The more you practice this, the more you feel comfortable in your light and the less you will pull away from owning it.

11. Love your imperfections

I have found a loop hole to hiding away from our greatness.

It is this;

Love your imperfections.

Yes! It is simple.

Instead of hiding away your greatness.

Let yourself shine, while embracing your faults.

Now try this

Make a list of your imperfections

"I am hasty
I am unco-ordinated
I have more ideas than I know what to do with
I have this big red mark on my...."
You get the idea.

Now feel how embracing these faults does all the dimming of your brilliance that you need, and that now while owning the stuff that used to make you cringe, you can truly shine your brilliance. All the while remembering that you are indeed human. Yes you are.

12. Play

Play is vital fuel for our inner flame. It taps us into and unblocks our life-force. It also directly influences our libido and desire. (Important stuff!)

What helps you get playful?

Ball bouncing, bubble blowing, kids games, sports, arm wrestles, **dancing**, art, beading, forest adventures, the ocean, taste testing, **gift making**, joke telling, charades, performing, **blindfold** taste tests, board games, **skinny dipping** (its' my favourite!) trying new things etc....

Try, experiment, invite & create moments for playfulness.

13. Deepening question

Give this one time and space.

What I really want is.....

But what that is actually all about (beneath that), is what I really really want which is

14. Heart prayer

What is it you feel like praying for?

Now take that prayer into your heart. Not as a thought, a wish or a vision, but as a feeling. As the feeling of already having your prayer answered.

Allow yourself to get familiar with the feeling of having it and letting your whole being rest and enjoy the sensations.

This is your heart creating ripples of desire in the universe, calling this prayer into being.

15. Jade Egg practice

All I can say is get yourself a Jade Egg. These little gems are one of the most beautiful ways to start an intimate practice with yourself.

Some of the benefits are;

Increased sensation in the vagina
Improved pelvic floor strength
Activation of sexual energy
Better lubrication
Increased desire
(all of which I can vouch for)

This one is a no-brainer, and is something I recommend to everybody who works with me.

Get one here. www.nicolemathieson.com/resources

16. I Love my breasts

Loving my breasts has been an ongoing challenge for me since puberty. Now, for you it may not be breasts. What is it? Complete this sentence so that we can find out; "the part of my body that has always been hard for me to accept is my _____"

Let's start healing this right now – grab a journal;

1. Gratitude (What have they taught me / What are the often forgotten benefits / How have they made me me?)
2. Forgiveness (I forgive you breasts for ___ and _____ and _____and & I forgive me for _____ and_____etc.)
3. Acceptance. I am safe and well, I have the capacity to live a beautiful life with these _____ and **I can** do this.
4. Declaration to love and enjoy my _____
I _____ declare that I will love my _____ for what they are and allow them to excite and delight me.

17. Sacred Love making for one

This practice is for you to explore your body, your desires and your pleasure. It helps you get intimate with yourself without the pressure of your partner so that you can get clearer on what you desire and how to tune and turn on this pleasure seeking body of yours.

Find a private place (preferably not your bed as we do not want you to slip back into old habits)

Give yourself about 30 minutes where you will not be disturbed

Set your intentions to explore without any attachment to a result

Light some candles, play music of your choice, choose some delicious aromas, put on something arousing to wear, have a mirror ready.

In your own time, start moving and making noise in any way that feels good. Include, dance, yoga, moaning, groaning, touching, rubbing, tickling, slapping, massage, different positions, and expressions.

How do you like to be spoken to? How do you like to be touched?

Slowly become more and more intimate and physical. And if it feels natural and arousing you could move towards bringing yourself to climax.

The aim of this practice is purely exploratory. This is not about orgasm. Steer clear of fantasy and sex toys if you can. Let this be a holiday from pressure and a way for you to really get to know yourself as a lover with freedom to express. I guarantee that this practice will give you insights into lovemaking that will empower you in the bedroom.

(Inspired by my Sex coach – Lauren - www.laurenwhite.com.au)

18. Meditate

This list would not be complete without meditation. Meditation is the magic ingredient in all these activities. It is what brings you to a deeper, closer and more intimate relationship with yourself. There are so many ways to meditate. Meditation is your own.

All you need to do, is be still with yourself and take your awareness within.

Meditation is creating space to be with yourself.

It is presence.

It is care.

It is the most loving thing you can do.

With time and practice you will hear the voice of your soul (That part of you that loves you more than anything). She is there guiding you towards your fulfilment. All you need to do is create the stillness and space to hear her voice.

She speaks to you in visions, ideas, feelings, knowings and sensations.

Your life will be infinitely more satisfying and effortless with her insight.

Carve out a daily practice for meditation.

Your body, mind, heart and soul will thank you for it.

Here are some wonderful free meditation resources;

www.nicolemathieson.com/resources www.nicolemathieson.com/resources for my most popular meditation 'sweet soul whispers'

Sarah Blondin YouTube Live awake

positivityresonance.com/meditations.html

You are your light keeper. You are the master of your flame. The brighter your flame, the more you can give and receive love.

It is not always easy, but it is so, so worth it.

I have helped hundreds of women find their flame and given them the tools to fuel it for themselves. I have watched them blossom and light up in front of my very eyes. If you feel like you need a bit more support in finding your flame or fuelling it, come work with me. Book your free Skype call. www.nicolemathieson.com/workwithme

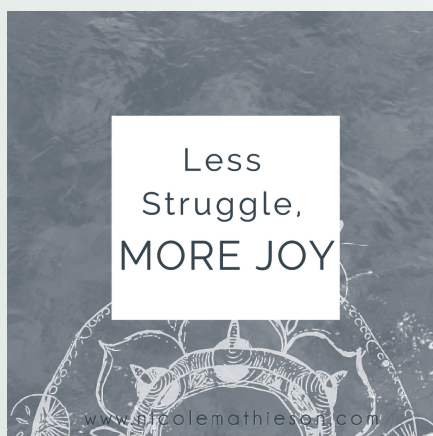
Intimacy with yourself, opens you up to living the life you love.

Need some relationship tools and guidance to improve your love life?
These might be for you.



Feel more loving and positive in your relationship with this 21 day guided relationship gratitude challenge

nicolemathieson.com/shop/



Feel good inside even in a hectic world.

A program to inspire pleasure, Fun and joy

nicolemathieson.com/shop/



One-on-one relationship coaching for women. Revive your relationship and fall back in love

nicolemathieson.com/work-with-me/

It takes courage and commitment.
I encourage you to be brave. To take a bold step and tune in.

Take really good care of yourself,

Lots of love

Nicole xx