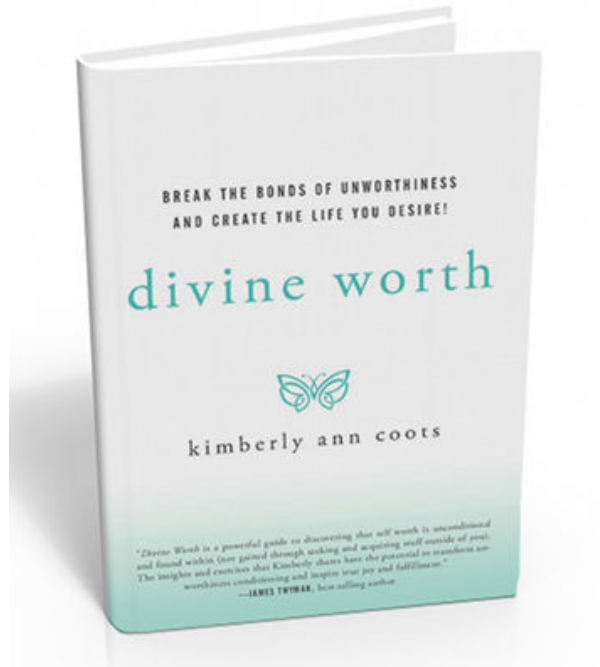


EXCERPTS FROM



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Divine Worth
Break the Bonds of Unworthiness and Create the Life You Desire!

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*ISBN: 978-1-4502-8244-4 (sc)
ISBN: 978-1-4502-8245-1 (dj)
ISBN: 978-1-4502-8246-8 (ebook)
Library of Congress Control Number: 2011900248*

*Printed in the United States of America
iUniverse rev. date: 02/03/2011*

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Acknowledgments

I would like to acknowledge the following beings for their love, support, and inspiration: Creator and all the divine energy that guides and loves me; my amazing husband, Steve, for your love and humor; my awesome dog, Louis, for your unconditional love, companionship, and the joy you bring to my life; Bronson Arroyo for your kindness, generosity and inspiration; my dear friends Pam Furlong and Judy Goldman, for your friendship, love, and guidance, which are priceless and treasured; Kavi Jezzie Hockaday, for your music, which deeply inspires me; Tej Steiner, for your mentoring and guidance that has deepened my love and joy for life; Shanda Sumpter and Allyson Spellman, for the clarity and guidance (you are both awesome coaches); Karen Daniels and all of the beautiful, amazing women in the Wise Womens' Circle; Donna Kingery, my dear friend and "sister"; and the many teachers and coaches who supported me on my journey. A special acknowledgment goes to Michael Jackson, for your big heart, love of healing the world, and profound gifts that have touched and continue to touch and inspire my heart deeply.

And a special thanks to *you*, the reader, for being part of this message and movement of love through reading and sharing it.

Part I: Awareness



Introduction

You are unconditionally, divinely loved and worthy ... always!

Hello! I'm delighted to connect with you. I wrote this book because it brings me great joy to help people connect with their true potential to live a life they love and desire. This message of worth and purpose is for those who desire to increase their self-worth and create greater meaning, joy, and fulfillment in their lives and for people who work with or support others with this desire.

Living your true potential is not a destination but rather a constant discovery and unfolding of the greatness and truth of what you are. I define success as living your true potential, and your true potential evolves as you learn and grow. As you trust stepping out of your comfort zone, your state of consciousness expands to open up and create space for your heart's desires.

I have a deep heart connection with the message in this book because I have struggled with self-worth and with having a meaningful purpose throughout much of my life. While this book is not about me, I do share with you some of my own experiences. The exercises and insights in this book have helped me transform my life, so I have become more empowered, joyful, and fulfilled. I'm excited to share them with you!

I've had experiences that have caused great pain, including abandonment, addiction, abuse, poverty, and judgment from other people. I formed deep-seated beliefs around these experiences that I wasn't good enough, that I didn't have enough, and that life was a struggle for survival. As a result of buying into these beliefs, I suffered from low self-esteem, addiction, suicidal tendencies, self-mutilation, and a tendency to engage in relationships that were not healthy for me. I had a need to prove that I was worthy, that I was good enough, and that I had a reason to exist because, inside, I didn't believe it.

I looked for things outside of myself to convince me that I was worthy of being loved and accepted. I tried to be whatever somebody else wanted me to be to gain their approval, love, and acceptance, and I often lost sense of myself in that process. I did things I didn't want to do and sacrificed my own needs to please other people. I didn't pursue the relationships I desired because I believed I wasn't good enough. I attracted partners who were needy so that I felt I had a purpose, or I attracted partners who "weren't available" to feed my belief that I wasn't good enough. Emotionally, I distanced myself from most people because it felt safer. I tried to hide my belief of being unworthy by being a perfectionist (because if I'm perfect, I must be good enough). I felt so alone, even though I had friends and family. I didn't know who I was or what I really wanted. I was not enjoying my life, so I would drink alcohol and smoke cigarettes to try to escape

from or cope with the stress and pressure of trying to prove my worth and avoid feeling unfulfilled.

Living this story was so energy consuming, but I was not even aware that I was living it. It wasn't until I became conscious of where I was internally in my life—when I'd had enough of the struggle and admitted that I was not truly happy even though I did all this work to be “perfect”—that I realized I believed that there was more to life than this.

I started an inner dialogue with God (I'll refer to “God” as Spirit, Universe, Creator, the One, Source, and All That Is, for example, and you can substitute whatever name(s) you feel in your heart fits your truth about the awesome source or energy that creates everything). This was a whole new experience for me because I had never had a relationship with God—at least not with a God that I felt could love and believe in me. I had felt abandoned by God (because I wasn't good enough). I had been brought up to believe that God was a religion, and since I didn't belong to any certain religion, I wasn't connected to God. So I became a spiritual seeker. Eventually, I realized that I had been connected to Creator all along, and I was not separate, nor had I ever been.

I worked on forgiving *myself* for believing I wasn't good enough and all the things I did in response to that illusion, and I connected with my spirituality on a deeper level. I took classes, joined groups, and continued discovering my connection with Source. I had a strong desire to find out who I was and why I was here. Saying yes to this desire brought many teachers into my life to help me. I learned that we never do it alone, and I had to open up and trust. I had done a great job of not depending on anyone, and inviting people in to help me was difficult at first.

Eventually, I developed the courage, faith, and strength to make significant changes in my internal and external life. It is a process, and one step leads to the next. Before I knew it, I couldn't believe how far I'd come in shifting out of my pain and into my joy! The changes were not easy but definitely worth it. I finally ended an unhealthy relationship of two years, quit my habits of excessive drinking and smoking, let go of many relationships where I had engaged in this behavior, and gave up a house that was causing me a lot of stress, even though it ruined my “perfect” credit. My desire to help others discover their divine connection—their light—and let it shine opened me up to becoming a life and business coach, spiritual counselor, and author. I also allowed my feelings, all the ones I had shoved down inside, to surface. What was once pain became a gift, because I realized that those experiences help me to relate with others who are experiencing pain. I can support others to understand and transform their suffering like the teachers and healers who supported me in my process.

I went through a period of fear and sadness as I allowed myself to feel the feelings I'd buried and became *aware* that I really believed I wasn't good enough. I hadn't realized that my beliefs of unworthiness had caused the suffering I had been experiencing. That pure awareness and allowing myself to really “feel” opened me up to start letting go of those disempowering beliefs and let new things come into my life.

I identified what my passions are, and I now engage them. I still have challenges, and there are times when those beliefs of not being good enough surface. But now, I have an awareness of it and I can work through it, instead of being stuck in it. My potential keeps opening up more and more as I embrace it.

I see people all around me who live by what they think they're supposed to do rather than what their hearts desire. Many people suffer from worthiness issues, from all age groups, genders, and races. In this book, you'll discover some of the ways unworthiness may be showing up in your life.

Many of the clients I've coached and counseled and participants in my workshops and telecourses have contributed to this book through their sharing how these exercises and insights have supported them in living more joyful, fulfilling lives. I hope that you enjoy them too.

Stating Your “YES”

Everyone is the divine spark of Creator. My joy is in helping people connect with that spark and experience a life of joy and fulfillment. This book is one way I am living my passion of helping others discover and live their true potential. As each person awakens to his or her divine truth and worth, the world becomes a more loving, united, and peaceful place to be.

Lack of worth affects many people, even though they may not be consciously aware of it, and it can create disempowering blocks that keep them stuck or disconnected from living a life of joy and meaningful purpose. In the coming chapters, we'll explore what unworthiness is and how it tends to show up, and we'll complete some exercises that will help you become aware of and transform these blocks. We'll also discover what your gifts are, what your heart desires, and how to create abundance from a place of love, rather than fear.

Let's Begin!

It is my wish that this book inspires you to realize that you are unconditionally and divinely loved and worthy always, heal the pain caused from believing otherwise, and discover what brings you joy and passion so you can live it. It all begins with your “yes” to the Universe that you desire to move out of fear, lack, and separation and into love, connection, and abundance. When you connect with your divine, unconditional worth and a meaningful purpose, you can't help but feel more love, connection, and abundance in your life. So if you're ready, then state your heartfelt “yes” right now; say it out loud or to yourself. It is your desire, your “yes” from your heart, not just from your words, that puts the energy of the Universe in motion to support you in this desire.

I recommend having a journal and pen handy while reading this book. There are several exercises designed to support you in bringing awareness and healing around disempowering blocks and in connecting with your gifts and desires. Don't just read the exercises, do them. While unworthiness can feel pretty serious, I invite you to embark upon this journey with an intention of celebrating and embracing your truth and your gifts to create a more joyful and fulfilling life. Come from a place of nurturing and empowering yourself for the amazing creation that you are rather than thinking you "need" to read the book and do the exercises to "fix" yourself. You're already "good enough"—we're going to uncover that truth in you and help you connect with meaningful purpose in your life. Let's begin!

Chapter 1 The Wounds of Unworthiness

Self worth does not require gaining or proving anything. It is awaiting the acknowledgment and celebration that it already exists within you.

Much of the suffering in the world results from people believing that they are not good enough or that they have to prove their worth through acquiring and having stuff or power. If you buy into the belief that you have to fit into the “worthiness mold”—that you have to be a certain way or have certain things to be worthy and accepted—then you are more likely to function from a place of fear, lack, and separation. You may beat yourself up for not fitting into this mold, causing feelings of unworthiness. You may have such a need to prove your worthiness that you manipulate others or create lies and stories. You may tend to sacrifice your true desires and give up on your dreams because they don’t fit what you think the mold of worth and acceptance is. You become afraid that you’re not good enough to achieve them. This self-deprecation can create deep internal conflicts. Your ego tells you to “play small” and attempts to protect you from the pain of failure and rejection. But your heart longs to embrace who you really are and what you really want. You may feel so disconnected from your heart’s desires that you don’t even know what you want. This disconnection can lead to addiction, codependency, depression, loneliness, and other forms of suffering. A lack of meaningful purpose may cause you to feel like you’re “floating” through life, or just existing.

However unworthiness shows up for you, the wounds can feel deep and painful, blocking you from living the life you desire. Throughout this book, we’ll explore ways to transform unworthiness, connect with your gifts, and discover a meaningful sense of purpose that inspires you toward true fulfillment and joy.

Humanity’s Unworthiness Conditioning

Unworthiness forms in many ways but is largely a result of the belief systems you’ve developed from conditioning and experiences, as well as the meaning that you’ve given to your experiences. It is also an effect of functioning from the ego consciousness (the “false” self that we’ll explore in more detail in Chapter 5). Ego consciousness can show up as separation, fear, lack, survival mode, and the struggle for power in order to justify worth and purpose.

Many religious beliefs equate being human with being a sinner and falling from the grace of God. These beliefs may set up a conditioning that when you are born, you are already not good enough and have to prove your worth. This also can create an unconscious fear, especially if you believe that God is angry or vengeful, or that you may

go to hell for not being “good enough.” Being in fear always stems from ego consciousness. I’m not going to tell you what you should or shouldn’t believe in. In fact, no one should—it is *your* choice. But consider this question: Do you believe God is unconditionally loving, or do you believe God is judgmental and condemning? You are a creation of God. If you are uncertain or don’t feel content with your answer, I invite you to explore this spiritual aspect. If you don’t know where to start, ask Spirit to guide you into discovering your truth about this. Be open to finding these answers within you, through the information and teachers that flow into your life and inspire you. The insights and exercises in this book help you create a better understanding and connection with your true divine nature.

Throughout history, humanity has demonstrated the propensity toward a hierarchy, or caste system. The higher you are in the system, the “better” you are. The lower you are, the more “worthless” or undeserving you are. In this system, the people on top are rewarded with riches, privilege, power, and respect, whereas people at the bottom of the system are viewed as less worthy and serve those at the top. This creates an ego-based system of “I’m better than you,” or “I’m not as good as you.” While we don’t have the same types of hierarchies or caste systems today as we did in the past, we are still conditioned to believe that the more material gain people acquire, the more worthy and better they are. This is not the truth of who you are, nor is the purpose in life to get as much “stuff” as you can.

The Collapse of Ego-Based Models

People often base the measurement of success on how well they are living “the American dream.” Due to societal conditioning, they believe they need to live up to this standard to feel successful and worthy. The model of the American dream tends to include having a fat bank account, secure job, perfect spouse, nice house, 2.5 kids, a white picket fence, a dog named Spot, and a nest egg for future security. This is not to say that there is anything wrong with this dream, as long as it is what you truly want and you find joy in creating and experiencing it. But if it’s not truly what you want or if you’re sacrificing your true dreams to obtain it, will it really make you happy? If you knew you were already worthy regardless of what you have, what you look like, or what you’ve done (or not done), how would you choose to live your life? Doing something only to prove your worth while dishonoring what’s in your heart can bring out the “shadow self,” a part of the unconscious mind that represses weaknesses and shortcomings. The shadow self can cause you to act in ways that do not benefit you or align you with your heart’s desires. Because you are trying to prove your worth rather than doing what truly inspires you, you may find it necessary to seek other types of gratification or means of escape. These acts may include addiction, infidelity, hiding your authentic self, lying, overspending, and more.

During the first decade of the twenty-first century the United States is experiencing a severe decline in the economy, which has resulted in significant home foreclosure and unemployment rates. The model of the American dream is collapsing and, for many, so is

their sense of self-worth. Many people have needed to let go of some or most of their financial and material possessions. I've experienced this personally, and I, as well as many others, have learned that money and material possessions do not define who we are unless we let them. It is the meaning you give to these things that determines the power they have over you. The truth is that these outside things have nothing to do with the measurement of your worth. What you truly are is love. The measurement of love is to love without measure, so no real measurement of your worth can exist. You are already worthy, just as you are!

I believe that the shift occurring on the planet at this time is occurring to help humanity awaken to its true worth and purpose. The previous foundations of greed, power, and selfishness that humanity has functioned from are collapsing because our race and our planet may not be able to survive much longer if we continue operating this way. This has shaken up many people's sense of security and worth because they've believed in the illusions of the ego, that things outside of them create security and worth. You are being stirred to become aware of the truth that divine worth exists within, and living from your heart is the key to connecting with true joy and fulfillment, even in these changing times. The divine feminine energies of love, peace, compassion, and nurturing can transform the suffering on the planet. These energies are in every one of us, stirring us to awaken and balance the divine masculine energies of action, creation, and strength. It is in being and practicing peace, love, compassion, and nurturing toward yourself and others that you can shift from fear to love and from pain to joy.

The Personal Side of Unworthiness

Your individual experiences also may feed your feelings of not being good enough, although many people suffer from these feelings unconsciously. You may or may not actually say to yourself, "I'm not good enough," but the thoughts, words, feelings, and actions you engage in may be playing off the program of that belief. I did not know that my belief of not being good enough was even present until I stopped engaging in all the distractions I created to avoid realizing it. The ego is very clever in disguising our feelings of inadequacy.

I'd like you to visualize two children. The first child grows up in a very nurturing, supportive, loving environment where the child is given the freedom to pursue his passions and express his feelings. The second child grows up in an emotionally distant environment, is told that he never does anything right, and has no support in growing and learning. Does that mean the first child is better or more worthy than the second? Of course not! But the meaning that each child gives to his experiences may be very different, and the beliefs that each child develops will be also. Beliefs are so powerful; they can determine our feelings, thoughts, words, and actions, creating how we perceive our reality.

A common belief among people who experience any form of unworthiness conditioning is that they must not be good enough. Here are some other common beliefs:

“If I were good enough, my parents wouldn’t have abandoned me.”
“If I would have gotten better grades, my dad would have loved me more.”
“If I were prettier, I would have more friends.”
“If I had better clothes, I would have been more popular.”
“If I were (taller, thinner, shorter, prettier, etc.), I would be good enough.”
“If I were more responsible, my mom would love me more.”
“If I were good enough, my partner wouldn’t abuse me.”
“I’m not worth loving because I’m not good enough.”
“I’m stuck in an unhappy relationship because I don’t deserve the partner I desire.”
“I don’t deserve to be abundant.”
“I’ve made mistakes that have made me a bad person, and I’m not worthy of anything good.”
“I have to work hard to prove that I’m good enough.”

The list goes on and on.

You may not consciously say these things, but be aware of what your thoughts, words, and actions say. Are they a reflection of underlying unworthiness beliefs? How you feel about yourself and life is a good indicator.

The good news is that whatever anyone “did” to you (such as your parents, peers, or partners) that caused you to feel unworthy or not good enough was not because of you. Everyone has her own beliefs that developed from her own conditioning, and everyone acts upon those beliefs accordingly. For example, if your mother’s actions made you feel that you weren’t good enough, she probably engaged in those actions because she, perhaps unconsciously, believed that *she* was not good enough. Her thoughts, words, feelings, and actions are based on the beliefs she’s formed, possibly because her parents’ actions made her feel as though she were not good enough. The negative spiral can go back generations.

In the news, we often hear that people who commit heinous crimes were themselves victims of abuse or neglect. This doesn’t excuse the crimes they committed, but it does go to show what can happen when you’re not aware of what beliefs you’re operating from or taking action to transform the disempowering beliefs.

The Power of Beliefs

Beliefs are formed from the meaning you give to your experiences and what you choose to believe as true. Your beliefs create what you know to be your reality. Because we all have different experiences, assign different meanings to those experiences, and choose different information to believe as our truth, we all experience a different sense of reality. Sometimes you may get stuck in thinking everyone is functioning from the same reality as you, and this can create misunderstandings and conflict. It can also create pain if you believe that your worth is tied to other people’s actions. When someone else acts based

on his beliefs and reality in a way that doesn't resonate with your beliefs and reality, you may feel that there's something wrong with you. You may want so badly to be in agreement with the other person—so that you can feel loved and accepted—that you give up parts of yourself to fit into another's sense of reality.

Because each person operates from an individual sense of reality, you may tend to project your “stuff” onto others, and others may project their “stuff” onto you. The insights and exercises in this book will help you to stop the vicious cycle by extending compassion and forgiveness toward yourself and those who have caused you pain. The key is in recognizing that it's their stuff and not yours. You're not responsible for their stuff. On the other hand, you also want to recognize what is your stuff and that you are responsible for what you choose to believe. This is a very important message: You do not *have* to maintain the beliefs from which you currently function. You can change any beliefs that do not resonate with your truth. Believing them to be true is what gives them power. You can change the beliefs by assigning new meaning to the experiences that caused them.

Transforming the beliefs that resulted from how you were treated comes from the acknowledgment that you are not the reason someone does something. It comes from having the compassion to understand that their beliefs cause them to be the way they are and that it's not your responsibility to “fix” them. No one can blame you for their actions, because they choose how they respond to their circumstances. Likewise, you cannot blame anyone for your actions, because you choose how you respond to circumstances. For example, I grew up not having a relationship with my father. When I was twenty-four years old, I asked my father if I could meet him. He lived about three hours away at the time. My original intention was to tell my father about all the pain and suffering I had endured in my teenage years and make him feel guilty for not being there for me. I was very angry at him and carried this around for a long time. My negative feelings toward my father were reflected in my relationships with men.

But my father started telling me about his life and how, when he was a young child, his mother had been committed to a mental institution and ended up committing suicide. He told me about all the struggles he had had and the addiction he went through as a result. I realized that the beliefs he developed from these traumatic experiences, and the meaning he gave to them, created much pain in his life. I felt tremendous compassion for him. He wasn't absent in my life because I wasn't good enough. He was truly doing the best that he could with the beliefs and pain he was living in. This understanding created a profound healing within me.

He also showed me an eight-millimeter tape of me when I was a baby. He told me how he would watch this video over and over through the years. Even though I didn't know it, I was in his heart. Sometimes we don't realize the truth of a situation if we don't have proof, but that doesn't mean that the truth doesn't exist. I also realized that I was expecting my dad to prove that I was worthy through his actions, and because he hadn't acted the way that I thought he should, I determined that I wasn't good enough. I can't control what other people do, but I can decide to take my power back and remember that

my worth is unconditional and not based on what other people do or don't do. It may be difficult for some, especially for those who like to be in control, but releasing attachment to other people's actions and reactions is vital in maintaining your true sense of worth.

Exercise 1: *From Blame to Compassion*

In your journal, write about an experience where you may be blaming someone for the pain they caused you. Now think of what this person may have experienced that caused him or her to behave a certain way. You don't even have to know what the person's experiences were, but you can create compassion around knowing that something painful must have happened in order for them to treat you in that way. Having compassion for a person doesn't mean that his or her actions were okay, but you can take back your power and decide not to be a victim. You can release yourself from the blame that disempowers you. Any grievance that you hold keeps you stuck in experiencing pain.

Exercise 2: *From Guilt to Love*

Now think of a time when you caused pain to another. What beliefs or pain were you operating from at the time? Is it possible that you were projecting your pain onto that person? Your ego will cause you to feel guilty about this, but do not buy into this illusion. Have compassion for yourself, and send love to that part of yourself that is wounded for causing pain to another. Send love to the other by connecting with the feeling of love and thinking of that person, with the intention of giving that love to them.