



Video Transcript for Summer Healing Sessions: Week 3 - I am the Treasure

Jada: All right, summer healers. We are into week three. All right, we're almost done. This week the theme is, 'I Am the Treasure.' This is a good one. This is one of my favorites and this is all about our self-worth and making sure that we understand and know what makes us feel good. I wonder if you actually know what makes you feel good. This is 'Eliminating Scarcity Thinking' chapter. This is the chapter that we are reading this week. It has a lot to do with our perceptions of ourselves. What causes us to think that we don't deserve the best of everything? That's the thing that we're going to examine, in regards to understanding scarcity thinking; thinking that we can't have the things that we want in life. And many of us, and I'm talking about- I have relationships with people in all walks of life, from people who have lots of money, to people who have no money. This is not a money issue.

This is a spiritual issue and it's more connected to a self-worth, self-love issue. If you don't feel worthy of love, you're going to have a lot of lack in your life. So many of us don't feel worthy of love, and the question is why? Why is it that even our own love for ourselves is not enough? We feel as though we have to go out into the world and earn love from others and have them, have us see ourselves through the eyes of those people in a certain manner, in order for us to love ourselves. Why is it that us simply loving ourselves is not enough? Why is it that for most of us, our own love is not enough? Ain't that a trip? Like really think about that. It's like, "Oh, I need a man to love me. I need a woman to love me. I need my friends. I need-" all the people in our lives we need to show us love, when we got all the love we need right here, right here. So, part of the journey towards self-love and self-worth, it's about emotional independence. Let me tell you, a lot of people don't like that game and I understand because it's not sexy. It's not a sexy one, but emotional independence, is the foundation for self-worth and self-love, which is the foundation for true peace and happiness.

There's a couple of things that I'd like you to do this week, in regards to trying to figure out and working towards that sense of self-love and self-worth. The first activity is that I really want you to think about what makes you happy. I really do. I want you to think about what makes you happy and I want you to write it down and think about how you can incorporate this piece of happiness into your life. The second thing I want you to do, is that I want you to take an hour a day of doing this thing that makes you happy. Whether it's a bath, whether it's drinking a glass of wine and painting, whether it's having a conversation with your favorite girlfriend, whether it's snuggling up in your bed and reading a favorite book, whether it's going bowling, whether it's skating, whatever it is, you want to learn how to crochet. I don't care what it is. Do that activity every day this week and see how it enhances some aspect of your self-love and self-care feelings inside. Just starting with something as simple as that and you think something as simple as that, "Is that really going to help me get some self-love?" Yes, it will. We have to take those- we take small steps to get to- it's one step at a time. One of the quotes that I love from the book in regards to scarcity thinking, the lack of self-love and self-worth is "You learn to love yourself by seeing how you withhold love from yourself and you often see how you withhold love from yourself by seeing how you withhold it from others."

That's a deep one, because how we treat others is really a reflection on how we treat ourselves. I think at the end of the day, you should also think of spiritual practices, whether it's prayer, whether it's meditation, whether it's a yoga practice of some kind. That's a very subjective thing, but I think it's really important to get connected to a source that is higher than yourself, no matter what you call it, to understand that you're not alone in this. There is a power far higher than us that is here to support us, but we can't know that to be true, unless we take the time to get to know that source. Sometimes it's just going out in nature and spending time in nature, going to church, going to a temple. Whatever that thing is, that brings you closer to that higher source, because that's the ultimate love and that's what I found. Once again, I hope to hear how this week has been for you. I want to hear your stories. I want to hear your wins. I want to hear your frustrations. So just hashtag us at #RTTHealing.