

## Destroying your Flaw-lusions

What is a physical flaw? A flaw is a perceived error in our body that can only exist in comparison to something else that we have been told/sold is correct or ideal. Therefore a flaw is a construct of the mental cultural collective. Essentially, we have all fallen for a lie and collectively decided it to be true. It's all in our heads!! We have been brainwashed and insidiously coerced by media and our consumerist culture that we are deeply flawed and need their product or service to "fix" what they have convinced us is broken or wrong so they can swoop in with the solutions at a price. But at what cost?? Your happiness and freedom to enjoy life fully? Is that a price you are willing to pay?

What if flaws did not exist? If there was no comparison there would be no flaws. Poof! Flaws are a concept based on how we view ourselves in comparison to a societally imposed ideal and where we perceive we "stack up" to ads, images and others. They are an illusion.

The cumulative and subconscious effects of years of images have shaped who you perceive yourself to be and what you believe is the way you *should* be. Our subconscious brain speaks in images and all images are directly downloaded into the subconscious with no censoring or filter of what is helpful vs. harmful. You have no control over your mind's recording of the images but you DO have control over what you choose to take in!! This is your responsibility!!

Take back your mind! Take back your life! Take back your unique beauty!!

The only way to do this is to first understand the nature of this consumerist system, then to control the intake of the images that will shape your beliefs about yourself, and lastly, to tap into your rebel nature and use this innate characteristic to empower you to stand up to the lies and mind-control. You can use this inner-rebel to override your inner-critic and challenge the beliefs you have about yourself.

The gift you give by embracing your own "flaws" keeps on giving! As you own and accept and even move into full-on gratitude for what was once considered a flaw, you open up the invitation for others to feel relaxed and comfortable in their own skin too. You become a beacon of healing for others and this brainwashed collective consciousness begins to see the truth again through your example!! You become full of ease and grace that becomes an abundantly attractive example to those who are so tired of being judged and insecure. Those souls who crave freedom as much as you do!!

So who are you really doing all the self-criticism for? Who are you holding yourself to an unrealistic standard for? For a culture that lies to keep you consuming and comparing? That is all. Anyone else that requires you to be anything other than who and what you are is enslaved to the mind-control too.

Really, the ones you know and love and desire to know and love would be served so much more by being with a real human who allows them to feel free of judgment around them. That is the human connection we all desire. To be seen and loved just AS WE ARE!!! A free self-accepting and self-loving person is a beautiful and radiantly attractive person!!

If you can do that for yourself you will destroy the "flaw-lusions" and open up the possibility for so many others to be liberated from these chains. It's a downright heroic and courageous act of service to love yourself wholly.

You are worth it and they are worth it! Can you chose to step into your courageous role as leader in this movement today?? All it's going to cost you is the chains and heaviness of living under the mind control programming of a consumerist culture.

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Using the photo you took in week one with the list of your current opinions of what you see when you look at yourself, begin to reframe the harmful messages and perceived flaws using kinder and helpful messages that you will practice into your reality.

Flaw-lusion	Reality
My thighs are too fat.	My thighs are powerful and juicy!
I have cellulite.	I love that I have healthy, strong, feminine legs that carry me wherever I want to go!
My belly is too giggly.	I am grateful my body can store energy and my body is built for comfort. Tummies are so feminine
I am fat.	I <i>have</i> fat. I also have muscle. And fingernails. I am not fingernails. I am not fat.
I hate my wrinkles.	I love that I've lived a full and expressive life!
I hate these flabby arms.	My arms give the best hugs.
I wish my boobs were bigger, smaller, firmer, perkier etc.	Breasts are as unique as fingerprints and mine are perfect for me! Breasts nourish new life! How amazing that my body can nourish a human!!
My hair is too curly, straight, flat, goofy etc.	My hair is my crown and I will work it!
I look so old.	I am so grateful to be alive, a privilege denied to many.
I have ugly feet, nose, ears, hands, etc.	These_____ are the same as my ancestors. These are gifts of my lineage passed down to me through generations of love and selection. These gene traits are dominant and therefore chosen by my innately intelligent biology!!!
My body is so _____.	My body is so_____!!!!!!!
I'm lazy.	I give myself permission to rest when needed. I listen to my body. I go at my own pace.
I'm stupid.	I am open-minded and ready to learn new things. I don't assume to know everything but I know a lot!! I have great self-awareness and emotional intelligence.
I need to lose weight.	I choose to live my healthiest life through my daily choices and trust that my body knows how to heal
I need that person(s) to love/affirm me.	I choose to love myself and accept myself.
I may as well give up.	I am a human being. I am a masterpiece in progress. It is never over and I can never get it wrong!! I am being human! My life is my work of art!
Will I never stop this harmful addiction/behaviour?	I am on a healing journey and I will live one day at a time practicing self-love.

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