

THE WHEEL OF SELF-LOVE

3 SIMPLE STEPS to Radical Self-Love,
Confidence, and **Prosperity**



Get off the Hamster Wheel of Regret,
Self-Doubt, and Indecision

INTRODUCTION

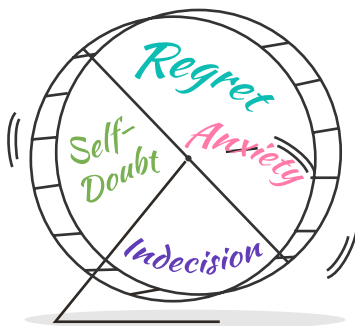
Have you ever left a situation full of anxiety, regret, or even self-hatred, focusing only on what you 'should have' done differently and how others will react?

Do you sometimes replay the scene indefinitely, tearing yourself down and imaging all the unwanted consequences of your decision?

This hopeless obsession with fearing outcomes from actions you took in the past can leave you clueless and paralyzed--lacking confidence, clarity, inspiration and willingness to take risks. This very painful state of REGRET HELL, is one of the richest opportunities for self-transformation you will ever encounter, once you know what to do with it.

The Wheel of Self-Love

You can use your intense reactions to self and others to grow a warm, happy, and increasingly unshakable way of being that I call "Self-Solidarity." Living in this space of radical, dependable self-love means no longer turning your back on your most innocent, well-meaning self. And since you are cared for in all the ways you need from this inside, you no longer resent life and others for the ways they are not meeting your expectations.



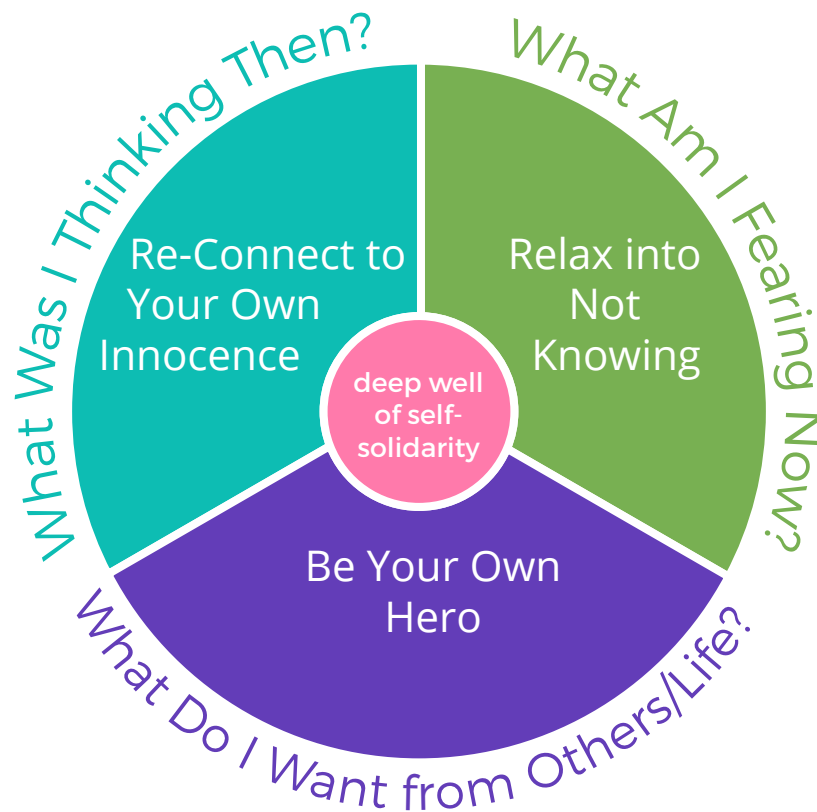
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Finding my own innocence--which gives me back my freedom from regret hell--means that I saw that I was just innocently believing a thought, which I didn't even plan to believe. It was more like a spontaneous 'happening.' In that moment of awareness, I knew that I had the tools that made getting out of that truly painful place very quick, very sweet, very forgiving and very cool. Using this process that rekindled my sense of life as a safe, loving place put me in touch with "The Spark of Love" that underlies all motives and actions.

For a full year, I worked with this process more, taught it to my students (calling it the "antidote to REGRET HELL") and--having noticed that it worked for me and others every time--it gave itself a name exactly one year after the bathtub incident: "The WHAT Wheel."

These 3 simple steps, born from inquiry upon inquiry, catapulted me into a whole new relationship with my mailing list and myself that night. I had found a reliable way to always drop down to the Spark of Love.

Now it's your turn...

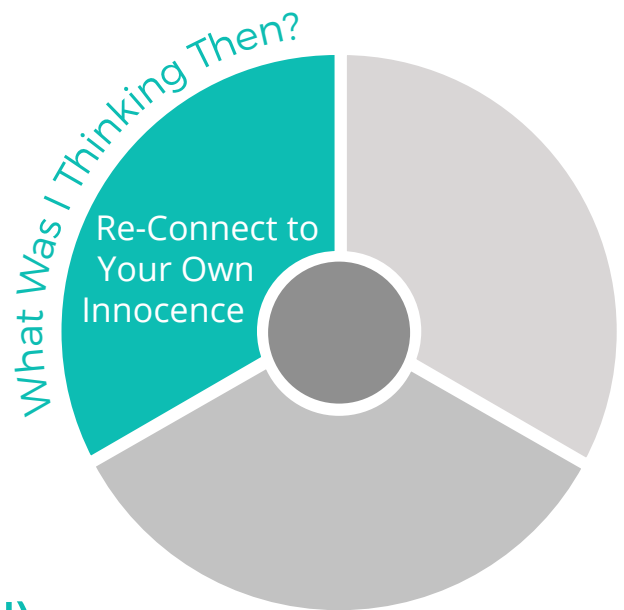
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STEP 1:

When you find yourself in “Regret Hell,” RE-CONNECT TO YOUR OWN INNOCENCE

Ask yourself...

“**What Was I Thinking Then?
(And support the YOU that
was doing the best you could)**”



- Return to the moment you regret; ask yourself what you were thinking.
- Notice that you did not actually choose to believe this; it was an unconscious convergence of mental programming and reactions to stimuli;
- See that once you were believing it, you could not have acted any other way;
- Find the **Spark of Self-Love**: Discover how you were always acting out of love (including the instinct to protect yourself when you believed your happiness/survival was at stake).

RE-CONNECT TO YOUR INNOCENCE

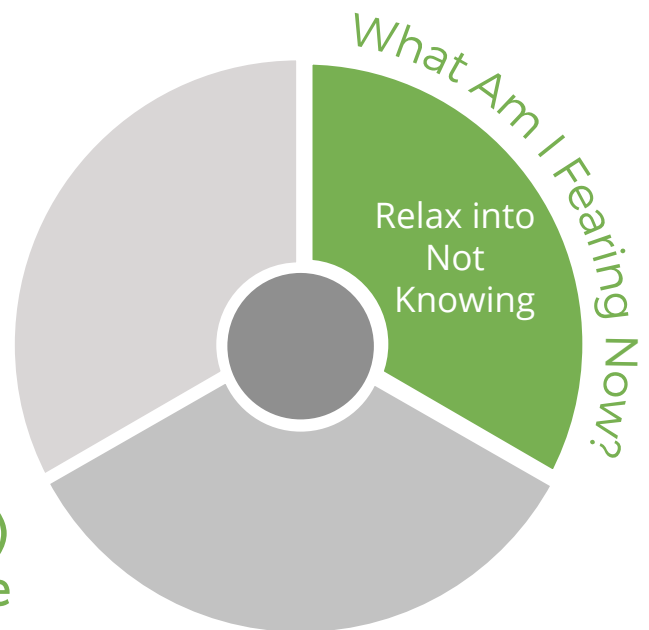
Experience self-solidarity, -forgiveness, -support, and warm compassion for the well-meaning YOU that acted the best way you could given what you were believing in that moment. Realize that even under the worst of behaviors you can always find a loving motive, and cherish yourself like never before for that.

STEP 2:

If you still fear you have sabotaged everything, RELAX INTO THE TRUTH OF NOT KNOWING

Ask yourself...

“ What Am I Thinking (Fearing) Now? (And find that you'll be OK no matter what)



- Notice the thoughts you started believing that plunged you into REGRET HELL.
- Accept that your mind can't KNOW that any given outcome will or will not happen.
- Imagine 'worst-case' outcomes; realize they could yield 'best-case' outcomes in the end.
- Love the **Spark of Self-Love**: Thank the 'kindergarten motives' under your self-criticism (they truly believe they are saving you by screaming "YOU DID IT WRONG!")

RELAX INTO THE TRUTH OF NOT KNOWING

Let your self-protective instincts become 'right-sized' as you turn the outcomes over to something greater than your monkey-mind, trusting that you cannot absolutely know what outcomes will ultimately be better for you, others, and the planet.

STEP 3:

If you still need life or others to prove you'll be OK, BE THE HERO YOU'VE BEEN WAITING FOR

Ask yourself...

“ What Do I Want from Others/Life? (And Give it To Yourself -- No Waiting)

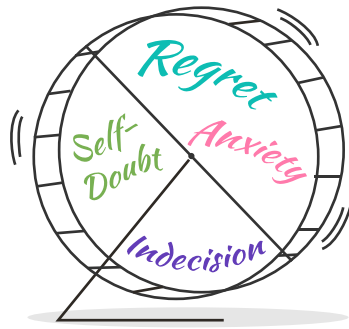


- Notice the specific aspects of your survival/happiness you place outside yourself;
- See just how you are the one abandoning yourself; it never was about them;
- Celebrate that your fear is an inside job (that can be cleared up between you and you)!
- Live the **Spark of Self-Love**: Give yourself what you thought you needed from others/life.

BE THE HERO YOU'VE BEEN WAITING FOR

Be what you want from others: Stay by your side no matter what, love what you have to offer, cheer you on, invest in you, never give up on you. Realize that none of the consequences you fear from life or others are worse than what you have been doing to yourself.

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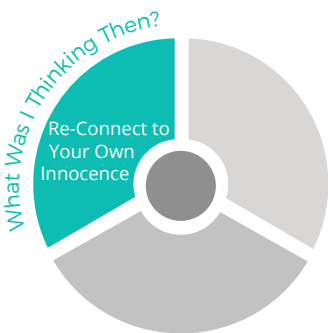
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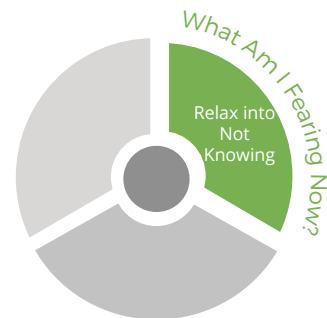
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ABOUT SHAWN MAHSHIE

Shawn Mahshie's focus, "Self-Solidarity" offers reliable, cutting edge—but simple—steps that capitalize (literally) on the intensely private and often harsh self-doubt, fear, regret, defensiveness, and even depression that can come up in all relationships. Your relationship with money, time, your business, and especially with yourself.

Find out for yourself—in those moments when you feel clueless—why Mahshie's clients are bowled over by the tangible and lasting shifts they quickly come to rely on. Opening yourself to USING—with absolute reliability—the very things that upset you will set you free, revealing a dependable kind of peace and delicious connection with self, others, and life.

Shift Quickly into Radical Self-Love, Confidence, and Power by purchasing Shawn's new eBook. [Click here to get yours!](#)



CONTACT

Feel free to email support@happysymmetry.com or call +1 (443) 697-2466.

You can also visit Shawn at her website, shawnmahshie.com.