



5 SIMPLE
TIPS

FOR SELF LOVE & ACCEPTANCE

HOW I MOVED FROM LIVING A LIFE
OF TAINTED LOVE TO PURE LOVE

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*Tap into your
inner knowing, all
the answers you
seek are already
within you*

We are all blessed with this incredible inner power, inner knowing, this connection we share as humans and other beings

There are ways we can tap into it using our body and mind

Sure it takes some practice and some tools and I am here to share some of them with you, so you too can learn how to love and accept yourself for who you truly are and here to be

You see, I have learned that throughout my life I have lived with a tainted love for myself, one that was built on lies, it took some time and a bit of work so now I live with pure love in my heart

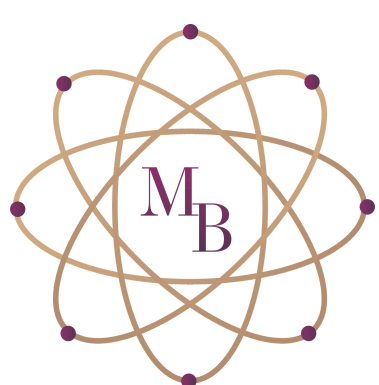


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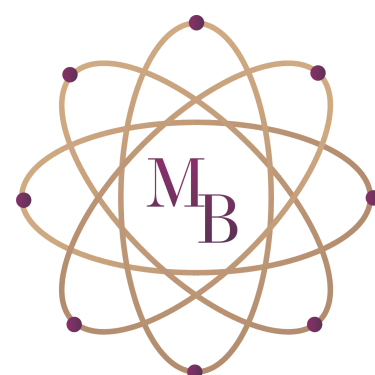
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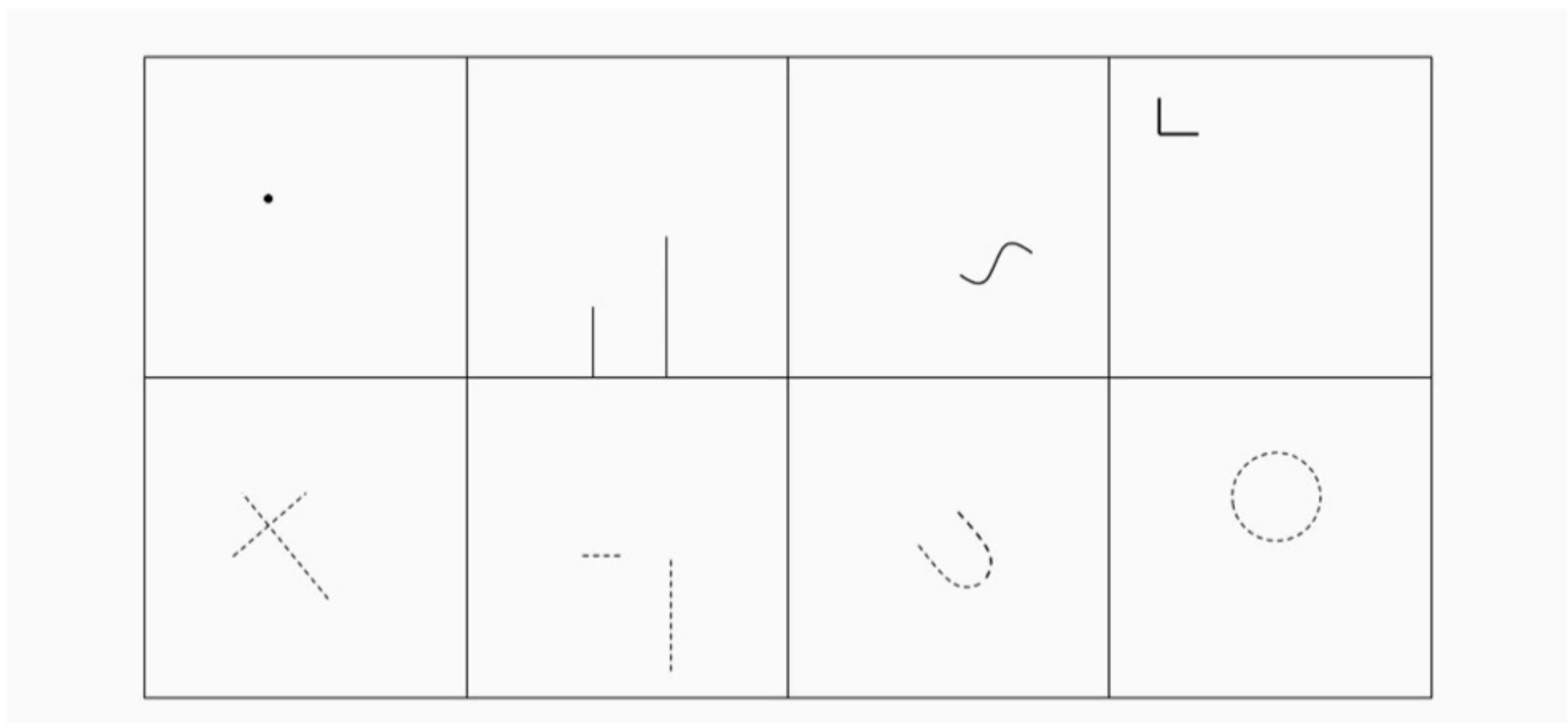
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In order to get clear on all the aspects that make you who you are, we will go through a process I call Octate. This has been one of my favorite practices in working with clients because it allows them first-hand insight into their identity by identifying 8 different dimensions or features about themselves such as freedom, death, intimacy etc., which helps create space for self exploration and discovery while providing viewers with more understanding when considering these same areas within themselves too.

FUN & SIMPLE

The purpose of this process is to discover who you are and what aspects of you, you are comfortable with and ones that you are not. The process is simple and requires you to complete each box to a drawing, give it a title and a number in the order that you chose to do it.

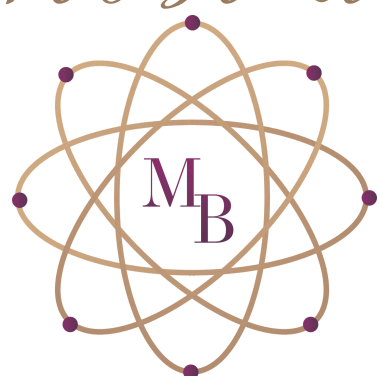
OBJECTIVE & NONJUDGMENTAL

Remember that this is completely safe and supportive of you and who you want to truly be now. This is designed to tap into your unconscious mind, so there is no right or wrong, just truth. The only judge that may be present here is you, and that's ok for now.

REVEALING & HONEST

Being open and honest with our conversation throughout this process is the key. At times things that we are not ready to hear, come to us later on sometimes weeks or even years. Trust the process.

He who has a why to live for can bear with almost any how. - Nietzsche



Now that you uncovered 8 aspects of yourself, you can look at this "map" and choose which way to go. You see, this information has just given you a knowing that you can either develop and grow or numb and ignore.

OWN EVERY PART

It seems easy to look at parts of ourselves that may be interpreted as good or positive. It is all built on the meaning we give it, or perhaps the one we have been taught to give it. There is no good without the bad and that too is part of us.

BE RESPONSIBLE FOR NOW

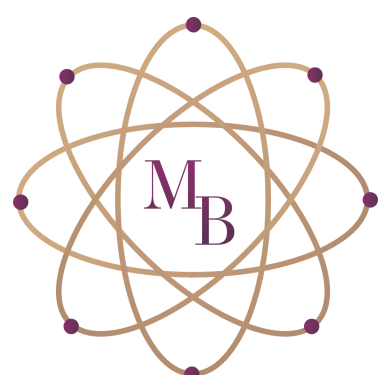
The only evolved reason that we may want to look back in the past is to take the learnings of how we can proceed with humility and grace. Taking responsibility of what we have become so far and what we can be in the future is up to us. Be prepared to take actions built on that.

RESPECT YOUR BODY

Our body is the physical part of our being. It will communicate to us in ways that we can interpret higher messages from our spirit & soul. Respecting our body and nurturing it will allow clearer messages from our higher self to come through.

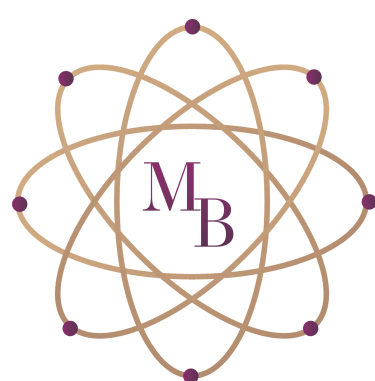


A man treats a woman with how he sees her...and he learns how to treat her by watching how she treats herself. - Tony Gaskins





Ask for help not because you are weak, but because you want to remain strong. - Les Brown



This may seem like a simple task when you need to ask for honey in your tea, understand that we all have a different measure to that belief and that too will be modified as you grow and evolve to love yourself more. Raising the bar is required on all levels, no matter where you are right now.

CHANGE YOUR BELIEF

The moment we get stuck or blind is the moment we must ask for help. If there is something about us that is limiting us in any way, we must reach out and ask questions. Be brave and ready to face something new and allow our self to expand our horizon.

CHALLENGE IS GROWTH

Feeling our wounds and events of the past will help us to heal, learn, grow and move on to the next phase with ease. We are not meant to do this alone, support from loved ones or more evolved ones is plentiful, it's up to you. Take that first step.

GO INSIDE TO COME OUT

When you discover new bits of information, one must go inside to process and digest. Be kind to yourself during that time and allow it to merge into your body. That way new learnings are embedded with love and turn into mastery and true knowing of self.

As a beauty therapist for 25 years, I have been exposed to thousands of stories, many that are kept as secrets. We all have them, and I encourage you to filter through them and find the one that will set you free. That one that has been kept so deep out of fear of how you will be seen or accepted by society. Your looks, your desires, your dreams. Share that one from your heart and know it will be there for someone in need.

YOU ARE THE AUTHOR

It may be hard to comprehend at first that you are in complete control of your life. Your story. Once you learn how to take back control of your mind, you will discover how you too can direct and run your life.

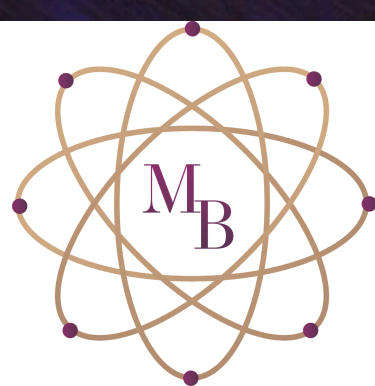
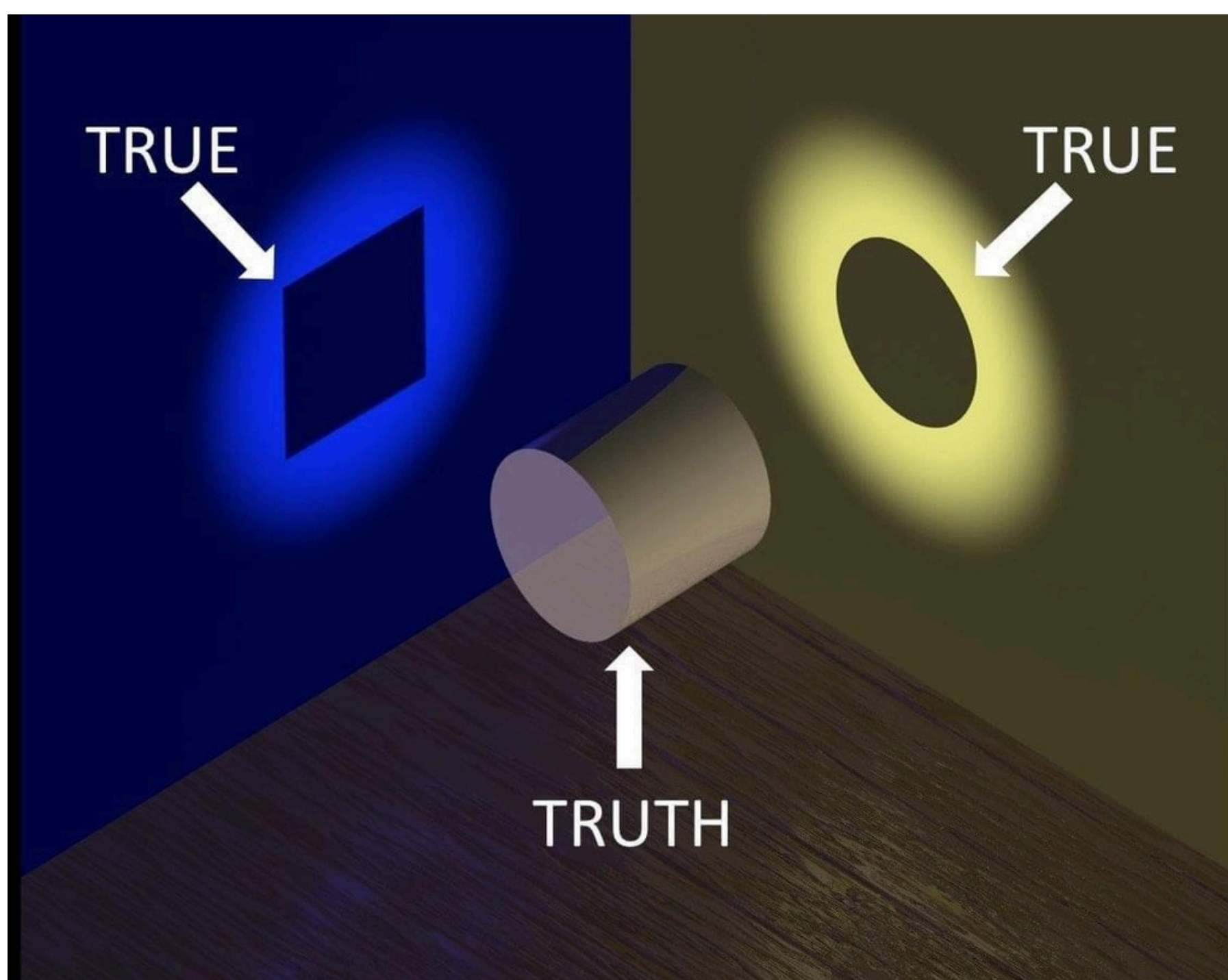
YOUR TRUTH WILL FIT

Be willing to speak your truth. Share it. Be authentic. Ask yourself: Is it true right now? or is it true with that person in front of me? While your truth may fit, you must be aware that it is indeed being heard clearly.

TELL IT LIKE IT IS

When we are limited in our perception by our experiences or circumstance, we also try to smooth and make things appear different to how they truly are. It takes practice to honour your truth and when you do that, practice becomes easy and real.

If you tap into your true story and share that truth, it resonates with people. - Michelle Obama



Do you ever look at your wardrobe and get upset because it is a mess or cluttered with a bunch of clothes that don't fit, need fixing, out of date, not suitable, too expensive, too cheap, too this or too that? You take yourself shopping only to bring another item that might only last a few wears or you are consumed with guilt because you shouldn't have?? Get rid of what doesn't work anymore!! It will make room for something new and it will give you a chance to practice letting go.

LOVE

Connecting with a vibration of love to yourself and to others, as well as to all other things and being, brings about a sense of acceptance and forgiveness. That practice can be done in many ways, and that too is a habit worth developing.

DEEPLY

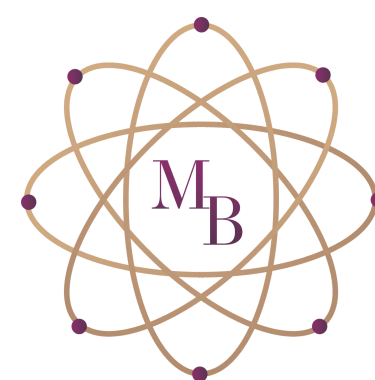
Getting in-touch with higher powers of self is the most rewarding and humbling experience we can share and learn. It's like finding our sweet spot every time all over again. Aim higher and deeper, expand to places you have never dared before.

LET GO

Hoponopono is a Hawaiian prayer: It allows the practice of love and forgiveness, gratitude and humbleness all come into one. It is important to acknowledge our teachers especially the ones we believe have given us deep and painful wounds, as they were our greatest teachers. Thanking them and letting resentment go will allow us deeper love of all.



*Admission is easy,
just say you believe
and come to this
place in your
heart. - Prince*





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My passion and interest in personal development started a while ago, as far as high school. I was everyone's counsellor and I enjoyed every minute of it. Later in life I became a beauty therapist who functions as an "unqualified counsellor". People feel safe and relaxed and so they can benefit from a great space to share, open up and unpack.

I wanted to be able to offer more than that. I wanted to offer information for possibilities, ways forward, ways to grow and evolve. Now, with a wealth of experience and tools of the trade I coach and counsel using Octate process, hypnosis, NLP and positive psychology. My clients enjoy new perspective and endless possibilities in ways they never got to see before.

As my journey continues, I found that the key to living life fully is to accept all parts of oneself without judgement, guilt or criticism, leading to reconnection with one's true self so you can dissolve problems easily in order to live a fulfilling life.

·*Maya Bilalis*·

Book now for your 30mins discovery call and start the journey to uncover the treasure within you with love, respect and acceptance.

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