

The Sacred Choice: To Heal and To Love Yourself

Introduction

At some point in life, we are each faced with an invitation: to either keep repeating cycles of pain and self-forgetting, or to choose a path of healing and self-love. This choice is not always easy, but it is always transformative.

As Carl Jung reminds us:

“I am not what happened to me. I am what I choose to become.”

Healing and self-love are not luxuries — they are necessities for living a whole, vibrant, and authentic life.

Part One: Why Choose to Heal Yourself?

Healing is Freedom

To heal is to release yourself from the invisible threads that bind you to the past — trauma, heartbreak, old conditioning, fear. Without healing, we continue to live in loops that repeat generation after generation. With healing, we create space for something new to be born.

“When you heal yourself, you heal your lineage. You break chains you never created, but always carried.”



07985 485777



Roshni Heart Therapies



l3tlovelead@gmail.com



www.letlovelead.co.uk

The Sacred Choice: To Heal and To Love Yourself



Letter from Your Heart

Beloved,

I am not broken, though I have known sorrow.
When you choose to heal, you lift the weight I have carried.
When you choose to love, you allow me to expand.
Come closer. I am ready to guide you home.

Always,
Your Heart

Healing is Wholeness

When pain fragments us, we push away parts of who we are. Healing is a homecoming — an integration of all that was lost. It is remembering that nothing within you is too broken to be loved back into wholeness.



Letter from Your Soul

Precious One,

I chose this journey with you. Every trial, every ache, every triumph has meaning.
When you heal, you remember me.
When you love, you embody me.
I am here, whispering your wholeness back to you.

Eternally,
Your Soul



07985 485777



Roshni Heart Therapies



l3tlovelead@gmail.com



www.letlovelead.co.uk

The Sacred Choice: To Heal and To Love Yourself

Healing is Alignment

Science shows that chronic stress, unresolved trauma, and emotional wounds dysregulate the body. The nervous system stays in fight-or-flight, the immune system weakens, and the heart and brain fall out of coherence. Healing practices — from therapy to meditation to energy work — restore balance in body, mind, and spirit.

🌀 Science fact: Studies show that practices which support emotional healing (such as meditation, journaling, or somatic therapies) reduce cortisol, lower blood pressure, and even change gene expression — proof that healing transforms us on a cellular level.

Letter from Love

Dearest,

You do not need to earn me.

You do not need to search for me.

I live in the quiet between your breaths.

Say yes to me, and you will discover I have been saying yes to you all along.

With endless embrace,

Love



07985 485777



Roshni Heart Therapies



l3tlovelead@gmail.com



www.letlovelead.co.uk

The Sacred Choice: To Heal and To Love Yourself

Part Two: Why Choose to Love Yourself?

Love as Worth

Self-love means no longer waiting for the world to tell you that you are enough. It is choosing to stand on the solid ground of your own worth.

“You, as much as anybody in the entire universe, deserve your love and affection.” —
Buddha



Letter from Your Body

Sweet One,

I have carried every wound, every memory, every silence.

I ache not to punish you, but to remind you to listen.

When you heal, I breathe easier.

When you love yourself, I glow with vitality.

Care for me, and I will carry you gracefully through this life.

*Faithfully,
Your Body*



07985 485777



Roshni Heart Therapies



l3tlovelead@gmail.com



www.letlovelead.co.uk

The Sacred Choice: To Heal and To Love Yourself

Love as Resilience

When rooted in self-love, you become less shaken by life's storms. You bend but you do not break. Self-love doesn't make you invincible, but it makes you unshakeable in your essence.



Letter from Your Inner Child

Beloved Grown-Up Me,

I am still here, wide-eyed and hopeful.

I need your healing touch, your patient ear, your loving embrace.

When you love me, I learn that I was never too much and never not enough.

Play with me, protect me, hold me close.

*With innocence,
Your Child Within*

Love as Relationship

How you love yourself becomes the template for every other relationship. When you embody kindness toward yourself, you naturally invite kinder, more authentic connections with others.

♥ *Heart science: The electromagnetic field of the heart is 60 times greater in amplitude than the brain's. When we cultivate self-love, our heart field becomes more coherent, influencing not only our own well-being but also the emotional state of those around us.*



07985 485777



Roshni Heart Therapies



l3tlovelead@gmail.com



www.letlovelead.co.uk

The Sacred Choice: To Heal and To Love Yourself



Letter from Your Future Self

My Beautiful Self,

I live in the freedom you are creating today.

Thank you for choosing healing when it felt easier to stay wounded.

Thank you for choosing love when fear seemed safer.

Because of your choice, I now walk in peace.

I promise you, it was worth it.

With gratitude,

The You Who is Whole

Reflection & Journaling Prompts

- 1. When I imagine myself healed, what does my life look like?*
- 2. What stories or wounds am I ready to release so I can feel free?*
- 3. How do I treat myself when no one else is watching?*
- 4. What one act of self-love can I practice today, even in a small way?*
- 5. If I believed I was completely worthy of love, how would I show up differently?*



07985 485777



Roshni Heart Therapies



l3tlovelead@gmail.com



www.letlovelead.co.uk

The Sacred Choice: To Heal and To Love Yourself



Letter from the Universe

Beloved Spark of Light,

I spun galaxies into motion, and still I marvel at you.

Your healing matters to me.

Your self-love radiates into the stars.

When you heal, the world heals.

When you love, creation expands.

Always holding you,

The Universe

Ritual: Choosing Healing & Love

What you need:

A quiet space

A candle (red for healing, green for love)

A journal or paper



07985 485777



Roshni Heart Therapies



l3tlovelead@gmail.com



www.letlovelead.co.uk

The Sacred Choice: To Heal and To Love Yourself

Steps:

- 1. Light your candle with the intention: "Today I choose healing. Today I choose love."*
- 2. Place your hand on your heart and breathe slowly until you feel centred.*
- 3. Speak aloud:
"I choose to heal myself, so I may live in freedom."

"I choose to love myself, so I may live in truth."*
- 4. Write down one wound you are ready to release and one way you can love yourself today.*
- 5. Hold the paper to your heart and say: "Heal my heart, heal the world." Then keep it in your journal or safely release it to the flame.*

Closing Reflection

Choosing to heal and love yourself is not selfish — it is the most generous act you can offer the world. Every step you take into freedom, wholeness, and self-compassion creates ripples of healing for your family, your community, and the collective.

✨ *Heal your heart, heal the world.* ✨



*When you heal,
the world heals*
Roshni Heart Therapies



07985 485777



Roshni Heart Therapies



l3tlovelead@gmail.com



www.letlovelead.co.uk