

# MEDITATION FOR BETTER SELF IMAGE

The doctrine & science behind it

By Rach Weiss

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SELF IMAGE  
VS  
SELF WORTH

# DEFINITIONS

## Self Image vs. Self Worth

**Self image** and **self worth** are not the same thing.

**Self Image** is how you perceive, think about and view yourself

**Self Worth** is how God sees you. What your intrinsic value is, which does not change.

**The worth of your soul is infinite because you are Gods child. Your worth never changes. So who are you? A body and a spirit, which comprise the soul ...**

THE DOCTRINES  
OF THE SOUL

# THE DOCTRINE OF THE SOUL

The scriptures speak of souls in three ways:

- (1) spirit beings, both premortal and postmortal
- (2) a spirit and a body united in mortality
- (3) an immortal, resurrected person whose spirit and body have become inseparably connected

<sup>^</sup>In other words, the soul is us, in our very essence in each stage of our existence

“the spirit and the body are the soul of man” (D&C 88:15)

“...and that when the spirit and body are separated, men and women “cannot receive a fulness of joy” (D&C 93:34)

WE ARE MORE THAN WHAT WE SEE. OUR SOULS HAVE A JOURNEY. WE ACHIEVE FULL JOY WHEN OUR BODY & SPIRIT ARE IN PERFECT HARMONY.

THE DOCTRINES  
OF THE BODY

# THE DOCTRINES OF THE BODY

CREATED IN THE IMAGE OF  
GOD

BOUGHT WITH THE BLOOD OF  
CHRIST

TEMPLE OF THE HOLY GHOST

For more explanation on these  
watch video on next slide...



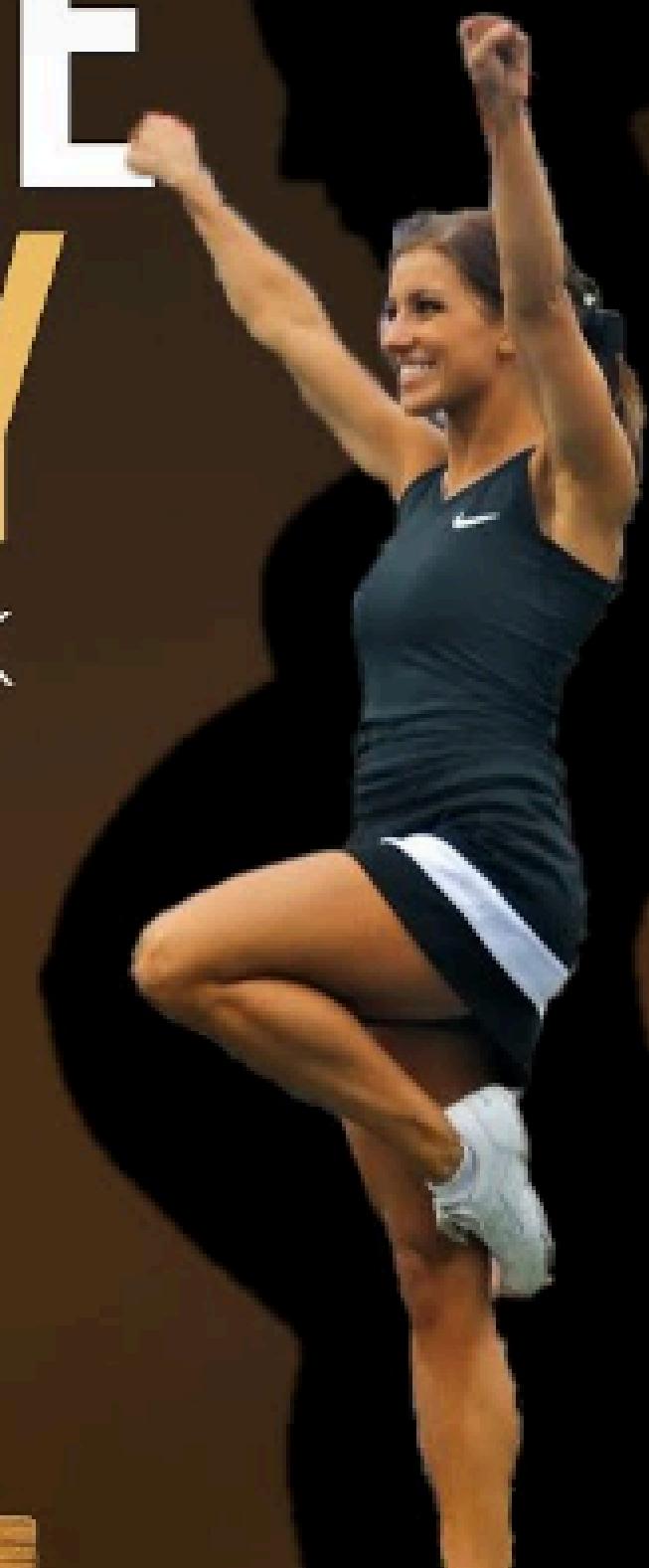
The Doctrine of the Body (How Our Bodies Connect Us to Deity) // Lexi Walbeck Devotio...

Share

# THE DOCTRINE OF THE BODY



LEXI WALBECK



Watch on YouTube

ATTACK STATIC

## **Definition of Static: *lacking in movement, action, or change***

Static is everything in your life that stops your momentum and you may not even be aware of it.

For example, one semester I had a really hard time. I wasn't feeling like myself and I was having a hard time feeling being happy. It finally hit me that I spent a lot of time with my roommates and they were not the kind of people that were making me a better person or happier. But I was totally unaware of it until much later.

So, the first step in attacking static is recognizing it.

I'm here to tell you that the world has actually brainwashed our society into believing ideas about what beauty is, the worth of our bodies, and how we should feel in our bodies that are NOT true! In fact when you observe them from a scientific perspective, they are actually absurd.

So, consider where in your life the world/Satan is filling your head with these lies.

Is it Social Media? Pinterest? Youtube? Adds? Target? Whatever it is, shut it off so that your static space, is free and pure :)

SELF TALK  
&  
MEDITATION

How you talk to yourself is what solidifies your beliefs about yourself.

The first step to more confidence and a truer self image is to kick that negative self talk to the CURB!

It is hard work, but start with just one simple practice or strategy at a time. There is a whole list to choose from in a few slides! :)

Fun fact:

**God has never had a bad thought about you. so neither should you <3**

# HELPFUL PRACTICES

# H O M E W O R K :

- Read your patriarchal blessing, and every time an adjective or descriptive word is used write it down on a paper titled “What God thinks of me” and read that paper weekly
- Say something you love about yourself to yourself in the mirror
- Say something positive about yourself out loud to another person
- BELIEVE IT!
- Get rid of the static in your life that tells you lies about who you are (movies/pictures/social media etc etc)
- Create & use a 5-Say
- The “I am” app (create your own affirmations!) and scroll that instead of social media
- Pray for God to help you see you like he does, and then go to the temple and look at yourself in those mirrors
- Pray to know if God loves you and write down when you feel or see his love

# The 5-say



I am smart

I am fit

I am beautiful

Jesus Loves me

And I am Enough



# The 5-Say

I learned this technique on my mission and me and my companions worked on it together. it does help!

Basically, you come up with 3 adjitives that are meaningful to you that you love about yourself.

Then you say those 3, and at the end “Jesus loves me, and I am enough”

Repeat this mantra everyday at least once. I know, it will be really hard the first couple times, and you may not like it or even believe it. But keep at it. Start with saying it in your mind to yourself. Then write it down 5 times. Then transition to saying it out loud to yourself in the mirror. If thats too hard, say it to a trusted friend or vise versa. It will get easier over time. ask someone to keep you accountable.

This will significantly help you re-wire your brain for confidence so stick with it!  
You got it!

Make sure to create your own affirmations!!

This app is amazing

I am



[Click here to download for Apple](#)

[Click here to download for Android](#)

# COMMUNITY AS A SPACE TO EXPERIENCE CHRIST'S TRANSFORMATIVE LOVE

**Ut enim ad minim vniuersitate, quis nostrud exercitatione ullamco laboris nisi ut aliquip ex ea commoda consequatur.**

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last tip:

and you'll need to just ponder on  
this one.

but,

*let God love you.*

# RESOURCES

## DOCTRINE OF THE SOUL

- <https://www.churchofjesuschrist.org/study/scriptures/gs/soul?lang=eng#p2>
- <https://speeches.byu.edu/talks/jeffrey-r-holland/souls-symbols-sacraments/>

## DOCTRINE OF THE BODY

- [https://www.youtube.com/watch?v=Dc8pC\\_ErjJI](https://www.youtube.com/watch?v=Dc8pC_ErjJI)
- THIS IS POWERFUL STUFF 

LET'S SUPPORT ONE  
ANOTHER IN LOVING  
OURSELVES :)