

Self Love 101 Masterclass

WITH LIFE COACH DEVIN JONES



What are we doing here:

Learning the healing power
of self-love.

What are we doing here:

Learning the healing power of self-love.

Agenda:

- Introduction to my work & philosophy
- Why self-love
- 7 sacred pillars (including journaling & "chat participation")
- Share my new program SACRED which will help you embody this work even further in a sacred 7 week container this summer

But First


- Moment of silence / moment of noise

But First

- Moment of silence / moment of noise
- Land Acknowledgment (Kumeyaay Land)

But First


- Moment of silence / moment of noise
- Land Acknowledgment
- Gratitude



My name is
Devin King
Jones.

WOMEN'S SELF LOVE & LIFE COACH

- Believer in God, Spirit, Love
- Raised evangelical Christianity, since deconstructed & reconstructed my faith
- Mixed-race woman of color: 2nd generation Mexican-American & European ancestry (she/her)
- Survivor of purity culture trauma
- Spent years in self-hatred/self-loathing before I began my healing journey
- Coaching for 5 years, running my own practice for 3
- Wife, dog mom, love dancing and writing



My name is
Devin King
Jones.

TEACHERS & THEORIES THAT INFORM MY WORK

Dr. Clarissa Pinkola Estes

Madison Morrigan

Morgan Day Cecil

Barbara Erchina

Brenda Salter McNeal

Austin Channing Brown

Henri Nouwen


Mindfulness

Zen Buddhism (Thit Nat Hahn, Cheri Huber)

Rob Bell

Brené Brown

Glennon Doyle



My name is
Devin King
Jones.

THREE PILLARS THAT GUIDE MY WORK

1. There is nothing wrong with you.
2. You are worthy of love and belonging.
3. Freedom is your birthright.

Why Self-Love?

Most of us walk around asleep to ourselves.

Perpetuating toxic, hidden patterns of trauma and subconscious programming without even realizing it.

Love wakes us up.

Love is the gentle invitation back to ourselves and into a portal of healing and awakening.





SELF LOVE IS SACRED

CONSISTING OF 7 PILLARS

COMPASSION

AFFECTION

REVERENCE

VALIDATION

TRUST

SOVEREIGNTY

RADIANCE

COMPASSION

Self-compassion means you are gentle and kind to yourself. You offer yourself forgiveness for both past and present situations. You do not search for flaws in yourself, but lovingly acknowledge your humanity and all the messiness that comes with it. You do not harbor resentment toward yourself, you are on your own team.



COMPASSION

Compassion Scarce:

When we lack compassion, we suffer. We berate ourselves for our mistakes and if our own system can't handle all the criticism, we project our pain/shame onto others. Or we harbor resentment and fixate on our flaws lead us into deep self-loathing and even deliberately hurting or sabotaging ourselves. When we lack compassion and forgiveness, we repeat patterns out of shame. We feel stuck and like we'll never change.



COMPASSION

Compassion Scarce:

When we lack compassion, we suffer. We berate ourselves for our mistakes and if our own system can't handle all the criticism, we project our pain/shame onto others. Or we harbor resentment and fixate on our flaws lead us into deep self-loathing and even deliberately hurting or sabotaging ourselves. When we lack compassion and forgiveness, we repeat patterns out of shame. We feel stuck and like we'll never change.

Compassion Abundant:

When we are compassion abundant, we can sit with our own mistakes, failures or shortcomings because we know they don't make us bad. We offer ourselves forgiveness quickly and have the courage to own up to our mistakes. When we mess up, we can have grace on ourselves and return to a place of peace more quickly. With self-compassion, you can reprogram your inner dialogue and even break generational patterns.



COMPASSION

Journal Questions:

What parts of me are still unforgiven or unaccepted by me?

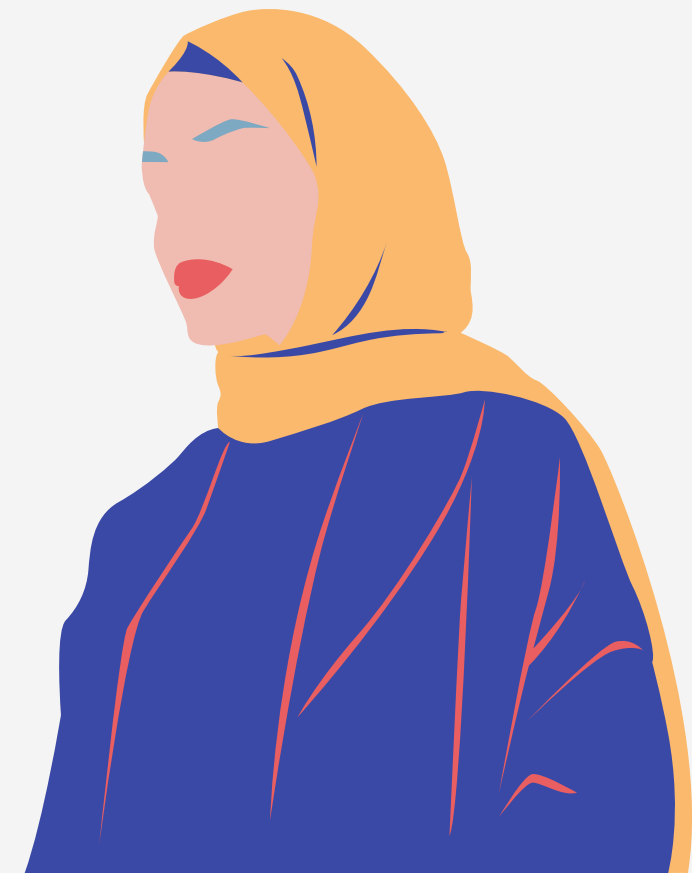
What common messages do I tell myself that are not so kind? What can I say to myself instead?

What piece of my story (or my past) needs to be lathered in self-compassion?



AFFECTION

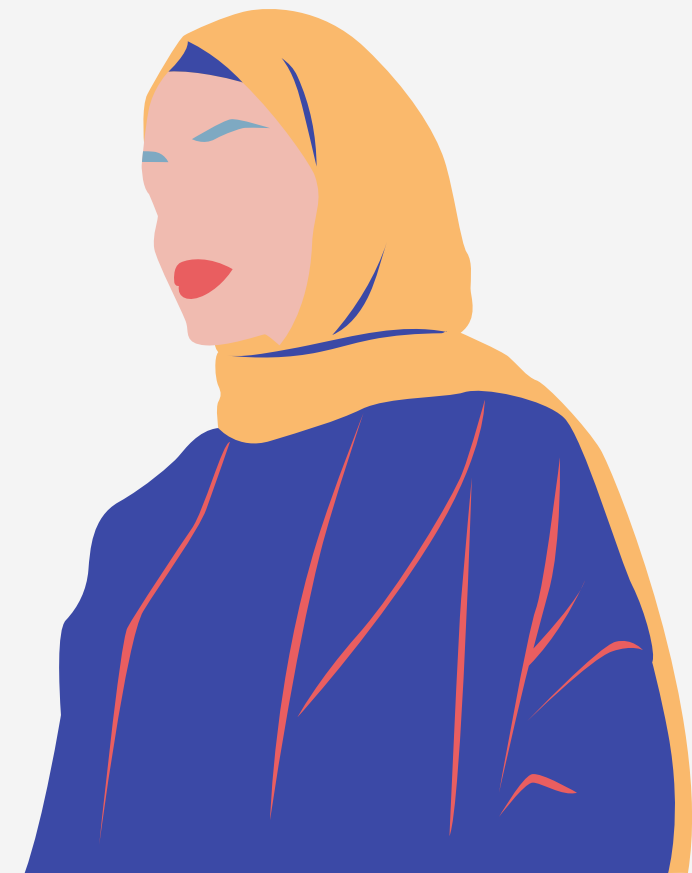
Self Affection is about giving tenderness and love to yourself (especially your inner child) and open up to create a container of safety. When you feel tenderness and care for yourself, you can see and meet your own needs and hold space for any experiences of hurt, fear, longing or joy.



AFFECTION

Affection Scarce:

You deny yourself needs and desires. You judge yourself for certain emotions (e.g. joy, sadness, anger, fear). You neglect your inner child and try to toughen up. Rather than tune in and tend to your needs, you numb out.



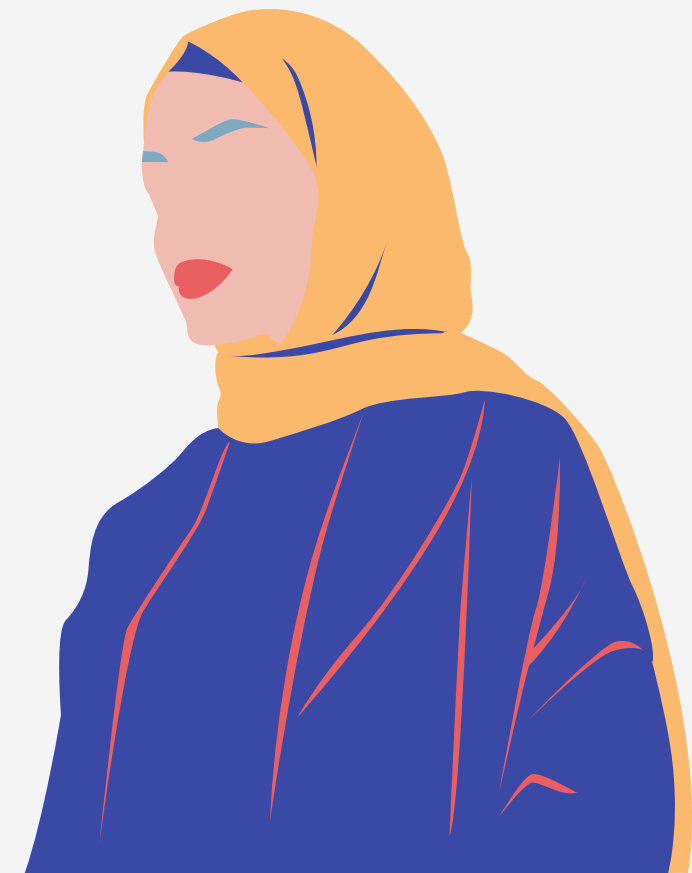
AFFECTION

Affection Scarce:

You deny yourself needs and desires. You judge yourself for certain emotions (e.g. joy, sadness, anger, fear). You neglect your inner child and try to toughen up. Rather than tune in and tend to your needs, you numb out.

Affection Abundant:

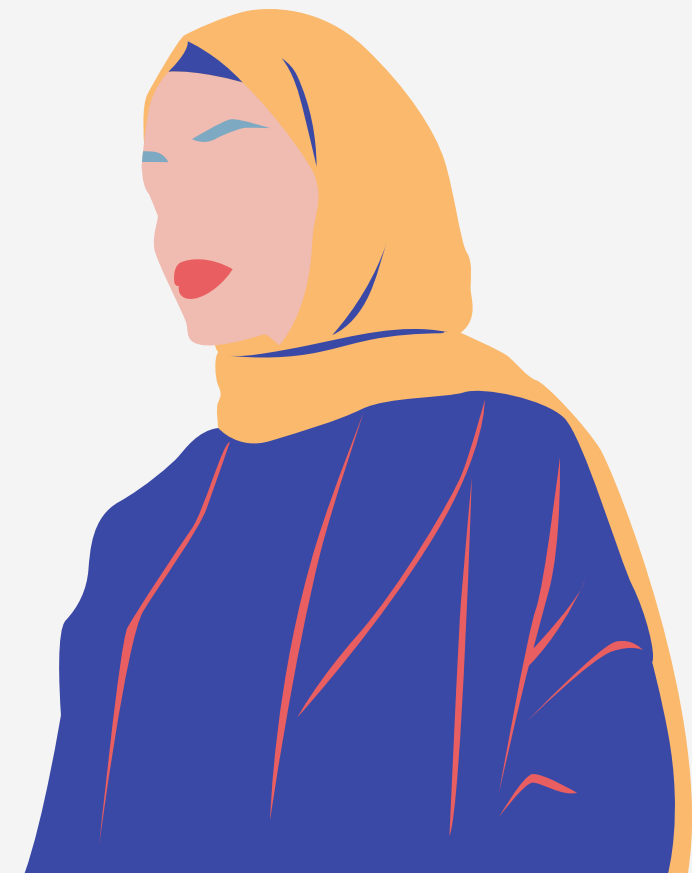
You learn to hold space for your emotions and allow them to process through you rather than be stuffed down for future triggers. When you practice self-affection, you release judgment and learn how to love yourself without condition. You come back into your body and start to recognize its needs and wishes. You begin to be present with sensation and even drawn to pleasure. Self-affection lays the groundwork for creating more authentic human bonds from a place of rooted worthiness (not a need for external validation). Affection is how you mother yourself.



AFFECTION

Journal prompts:

- How do I feel about being kind and affectionate to myself, e.g. giving myself a hug, tenderly stroking my arms, or saying to myself something like, “baby girl, I’m here for you.” Or “sweetheart, I love you.”
- If my inner child could speak right now, what would she tell me that she needs?
- What do I wish I could go back to tell my child self?



REVERENCE

Reverence is about respect, power, boundaries and consent. Reverence helps you recognize the ways that you may have been “powered over” and learn how to take back your power. Reverence is the beginning of telling your truth.



REVERENCE

Reverence scarce:

When you lack self-reverence, you tolerate what is not acceptable. You may experience low self-worth and therefore believe you deserve less than you truly do. You will accept treatment that is unkind or unjust and believe "that's just how it is." You might even find yourself in imbalanced (or even abusive relationships) where another person holds power or control over you. You will stop speaking up, having your own opinion, saying "no" or actively participating in your life.



REVERENCE

Reverence scarce:

When you lack self-reverence, you tolerate what is not acceptable. You may experience low self-worth and therefore believe you deserve less than you truly do. You will accept treatment that is unkind or unjust and believe "that's just how it is." You might even find yourself in imbalanced (or even abusive relationships) where another person holds power or control over you. You will stop speaking up, having your own opinion, saying "no" or actively participating in your life.



*Note: all forms of abuse make it really hard for a victim to have reverence for themselves. Because the victim is often led to believe that is it their fault the abuse occurred. In order to truly step into reverence, the trauma must also be addressed. This is best done with a trauma therapist.

REVERENCE

Reverence scarce:

When you lack self-reverence, you tolerate what is not acceptable. You may experience low self-worth and therefore believe you deserve less than you truly do. You will accept treatment that is unkind or unjust and believe "that's just how it is." You might even find yourself in imbalanced (or even abusive relationships) where another person holds power or control over you. You will stop speaking up, having your own opinion, saying "no" or actively participating in your life.

Reverence abundance:

Knowing your worth. Acknowledging and actively working against systems of oppression that have held you or your people group back (e.g, not settling for less pay because you are a woman), You stop playing nice to make people feel comfortable and begin taking up rightful space. You honor and value your own opinions, preferences and boundaries. You genuinely respect yourself



REVERENCE

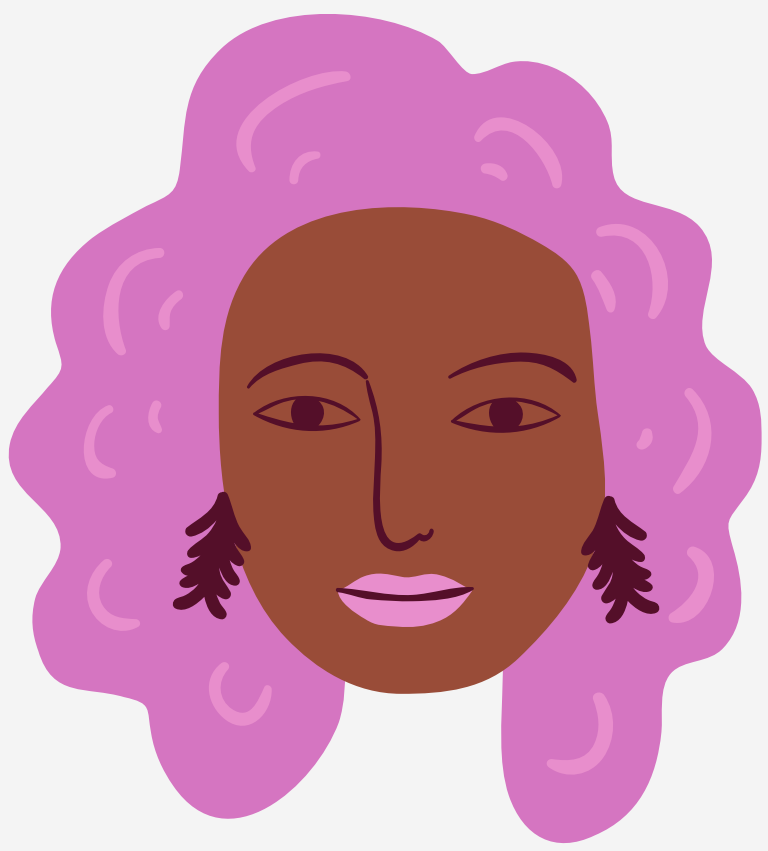
Journal Reflections:

Growing up, what were the messages I got about a woman's "place" or value in the world?

What have I been tolerating that no longer works for me?

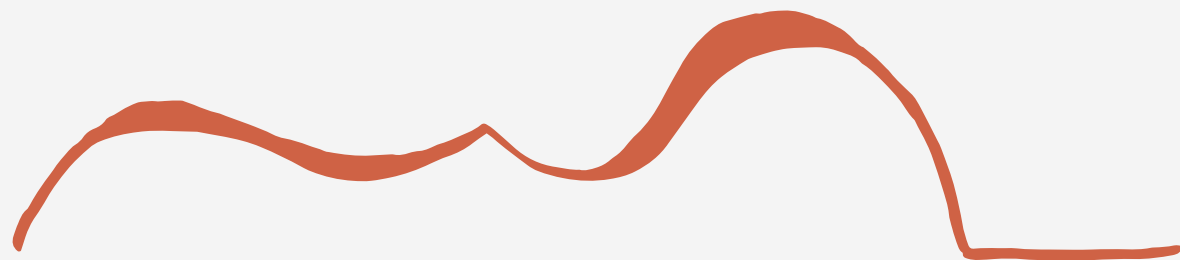
If I truly revered myself as a dignified, worthy, valuable person, what would I do or say differently? What would I expect?





VALIDATION

Practicing self-validation helps you show up fully expressed in your life--not holding back or hiding parts of you to fit in. Validation is about learning to love the things that you may have previously been embarrassed about. You'll start to embody the parts of you that you've cut off or hidden, and learn that all of you is welcome at this human experience.

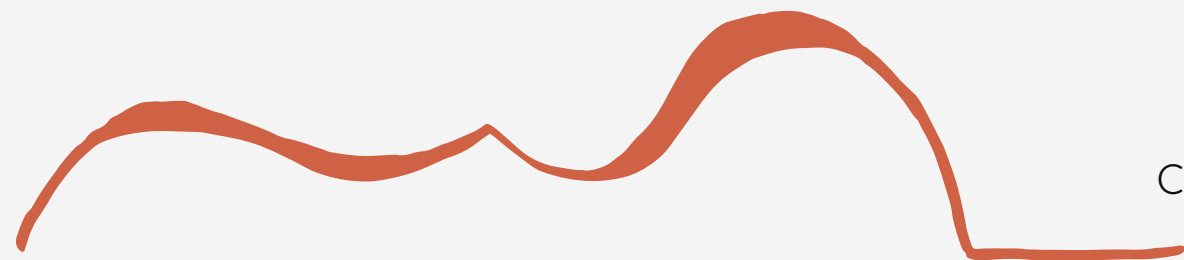


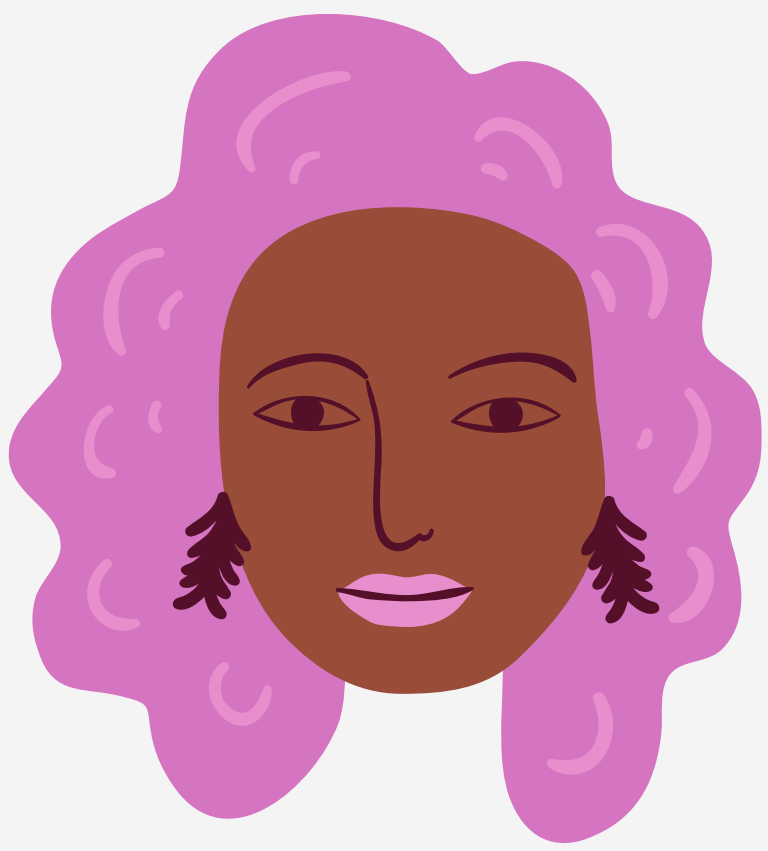


VALIDATION

Validation scarce:

Feel confused about yourself. Not really sure what is "you" and what are just habits, patterns and preferences you picked up from others. You might feel embarrassed easily and prefer not to speak up or stand out for fear of being seen or judged. You generally don't feel safe or proud to be you.





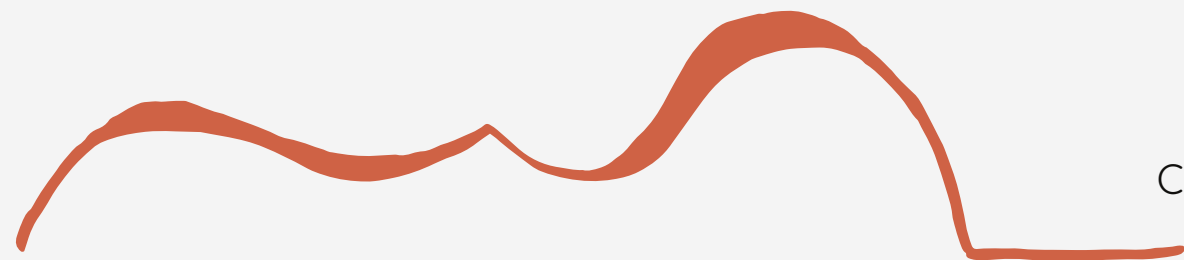
VALIDATION

Validation scarce:

Feel confused about yourself. Not really sure what is "you" and what are just habits, patterns and preferences you picked up from others. You might feel embarrassed easily and prefer not to speak up or stand out for fear of being seen or judged. You generally don't feel safe or proud to be you.

Validation abundant:

You proudly tell the truth about who you are, what you feel and what you believe. When you validate your lived experiences and your emotions, you unlock your self-expression. You learn to differentiate yourself with enthusiasm, rather than trying to fit in or blend in, you joyfully stand in your uniqueness, not trying to be anyone but yourself. You know what makes you different, unique and special and you OWN IT.





VALIDATION

Journal Reflections:

- When did I learn it wasn't safe to be ALL of me? Was I told I was "Too emotional, too loud, too sexual, too happy, too competitive, too shy, too much"
- What parts of me have I cut off or repressed out of fear, self-protection or shame?
- What is begging to be seen and celebrated within me?

TRUST

"We control only what we don't trust.
...We can either control ourselves or love
ourselves, but we can't do both..."

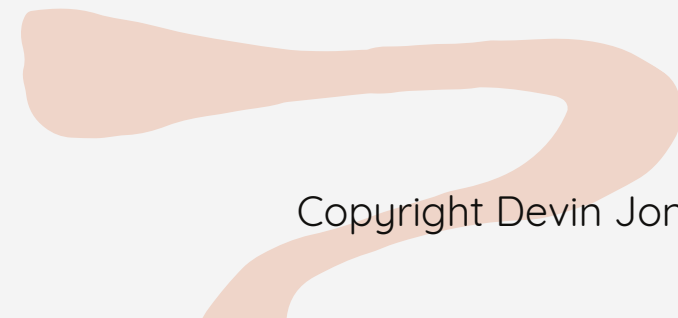
"Love demands trust."

- Glennon Doyle



TRUST

When you trust yourself, you know how to live. You know what is right for you (and what is wrong). You recognize and honor your intuition. You don't let yourself down or break promises to yourself, because you're in a committed, trusting relationship with yourself. You trust yourself with your life and stop outsourcing it to "the experts", your family, social media or anyone else. You trust you with your life.



TRUST

Trust scarce:

The greatest sign will be indecision. You will feel paralyzed to make decisions and worry that you just don't have enough information, reassurance or confidence to decide for yourself. You will try to live by consensus, and always worry about people's opinion and approval of you and your life. You might ignore your big dreams/desires because you don't trust yourself to pull it off. You replay experiences of failure and see it as evidence that you're not capable or trustworthy enough to realize your dreams and potential.



TRUST

Trust scarce:

The greatest sign will be indecision. You will feel paralyzed to make decisions and worry that you just don't have enough information, reassurance or confidence to decide for yourself. You will try to live by consensus, and always worry about people's opinion and approval of you and your life. You might ignore your big dreams/desires because you don't trust yourself to pull it off. You replay experiences of failure and see it as evidence that you're not capable or trustworthy enough to realize your dreams and potential.

Trust abundance:

You know yourself. You make intuitive decisions. You'll learn to locate your intuition in your body and start trusting your intuition so you can pave your own path and stop following the opinions of others. You trust the "inner knowing" more than the endless opinions of others. You choose to go for your dreams/desires because you trust that either 1) you'll pull it off or 2) even if you fail, it was worth a shot.



TRUST

Journal reflections:

- Growing up, how was I taught what to trust? (e.g. parents, religion, God, money, men, women, white people, authority)
- Are there any patterns I participate in that break my own trust?
- In what ways might I show more trust and confidence in "the experts" or people outside of myself rather than trusting my own inner knowing?
- In what ways do I try to control rather than trust my full self?



SOVEREIGNTY

Sovereignty is about taking full responsibility for your life. It involves recognizing your own authority in creating the life and relationships you desire. It requires you to claim growth and healing rather than staying in pain and victimhood. When you step into sovereignty, you choose your own voice, your own beliefs, your own truth. You no longer blame others or make excuses for the reasons you or your life is not how you desire it to be, you step up and create the life you desire.



SOVEREIGNTY

Note 1:

Though we are sovereign beings, the reality is that we are also victimized at times. This is not about victim blaming or shaming in ANY way. This is about taking radical responsibility for our own healing.

Your trauma is not your fault.
Your healing *is* your choice.



SOVEREIGNTY

Note 2:

Real systemic oppression gets in the way of certain people groups accessing levels of thriving and success.

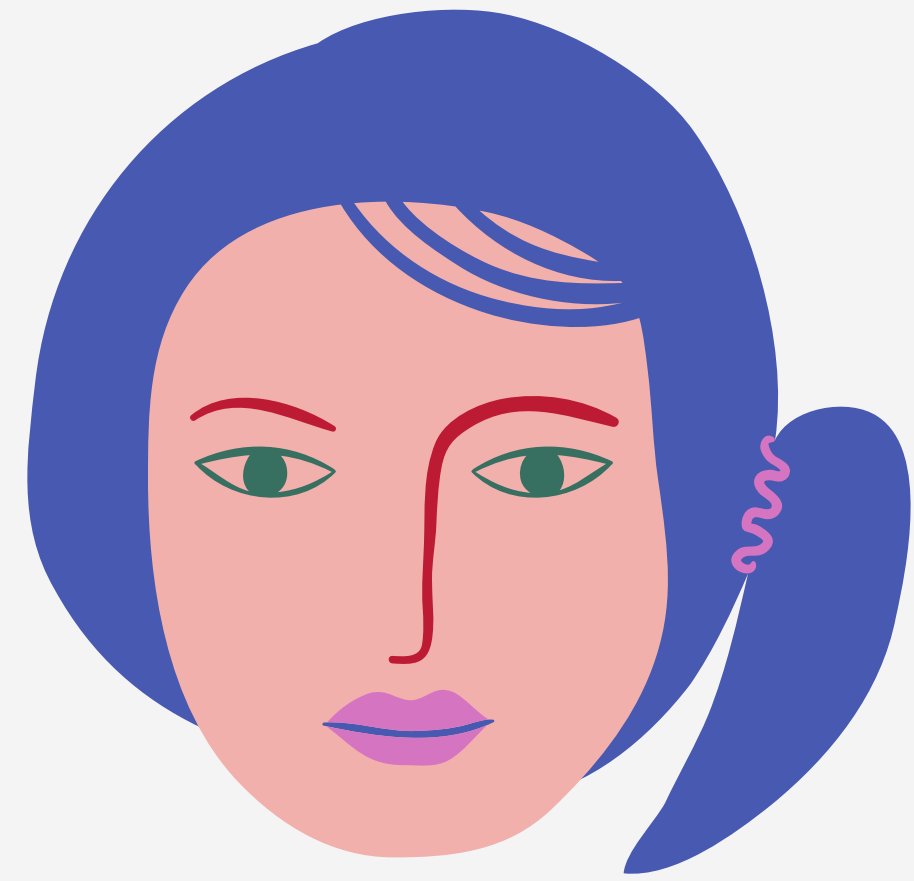
With support, most people can rise above those disadvantages and thrive.



SOVEREIGNTY

Sovereignty scarce:

You feel victimized and taken advantage of often. Your boundaries are not respected (or non-existent). You find yourself always doing what everyone else wants and putting yourself last. You feel paralyzed to do anything to change your life because things are just "too hard" or "stacked up against you." You feel like you have to save or be saved by someone, leading to codependent patterns in relationship.



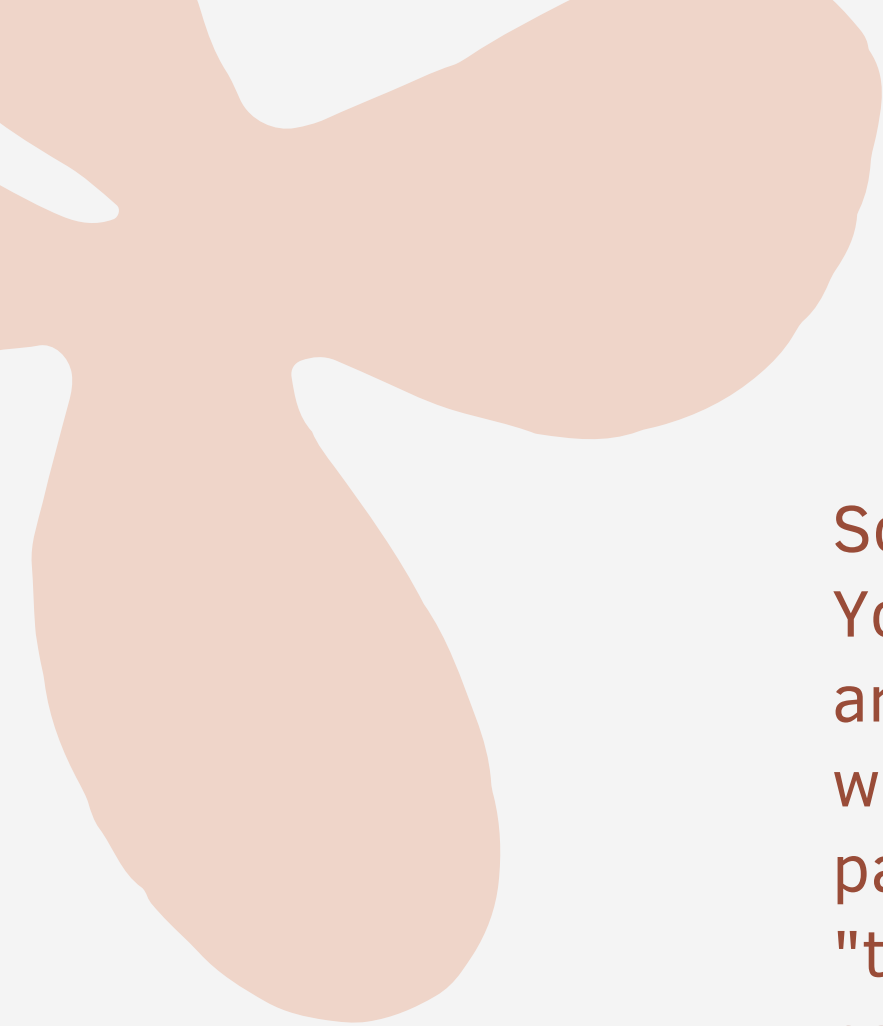
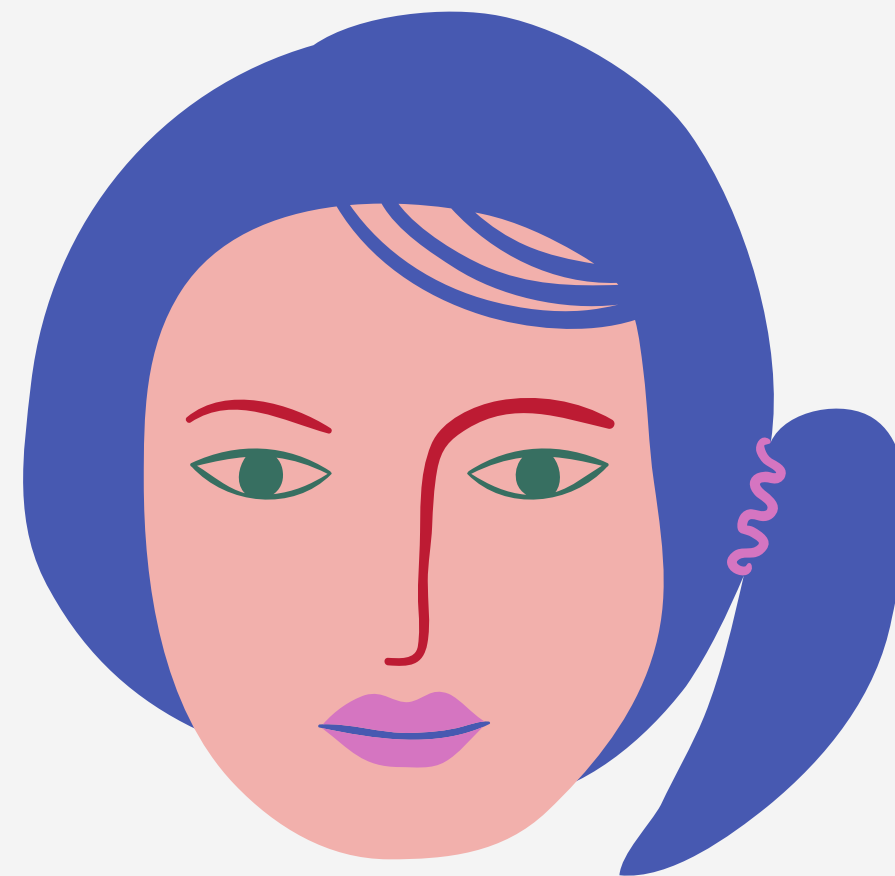
SOVEREIGNTY

Sovereignty scarce:

You feel victimized and taken advantage of often. Your boundaries are not respected (or non-existent). You find yourself always doing what everyone else wants and putting yourself last. You feel paralyzed to do anything to change your life because things are just "too hard" or "stacked up against you." You feel like you have to save or be saved by someone, leading to codependent patterns in relationship.

Sovereignty abundance:

You take radical responsibility for your life, words, actions and commitments. You know that most things in life are a mirror reflection of your set expectations and boundaries. You do not blame money, family, government or anything else for your circumstances. Though those things may have an impact on your life, you choose your own power over succumbing to the situation. You set appropriate boundaries in relationships, not saving or fixing anyone; and you take sovereign action to create the life you desire.



SOVEREIGNTY

Journal reflections:

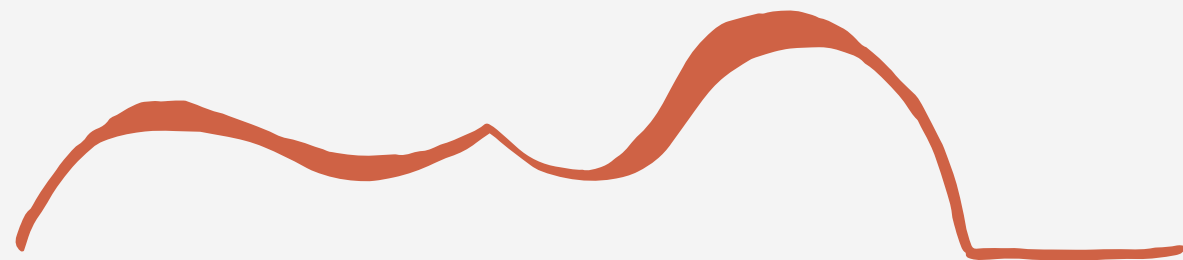
- In what ways do I play the victim?
- What do I blame or complain about that is really mine to take ownership of.
- Am I attached to my own suffering? What if I let it go?
- What is one area of my life that I know I'm not taking radical responsibility in?





RADIANCE

The final step in embodied self-love is radiance. The more you embody self love, the more you radiate your worth without fear of being seen or “too much.” When you embody radiance, you walk into a room and feel worthy of being there. You radiate the love that you feel within and you share this love with others—it’s contagious. This radiance you embody helps you magnetize relationships and blessings in your life! And most importantly, you can look at yourself and truly say, “I love you so much.”

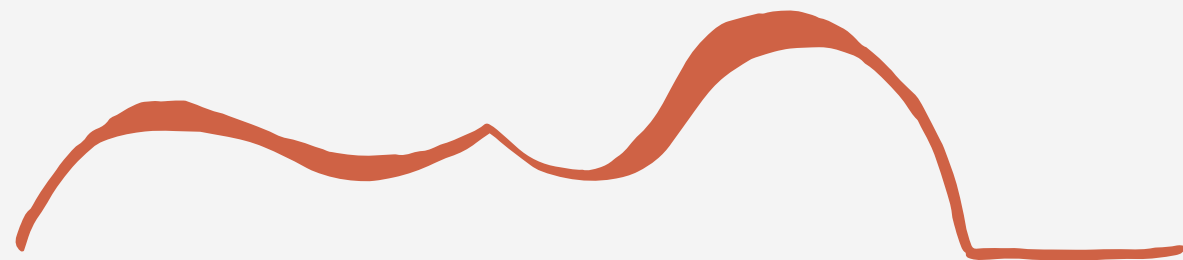




RADIANCE

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

- Anaïs Nin





RADIANCE

Journal Reflections:

- Based on the stories I've been told: Who “gets” to shine?
- If I was the fully expressed, most effervescent, heart-wide-open, version of myself, who would I be?
- Am I ready to be fully expressed and free?

Music Integration

Let it all sink in - *selah*

Don't worry, I'll share the name of the song at the end of class :)

a SACRED invitation

7 week group program to embody self-love
June 15-July 31, 2020

COMPASSION
AFFECTION
REVERENCE
VALIDATION
TRUST
SOVEREIGNTY
RADIANCE



EACH WEEK OF THE PROGRAM INCLUDES



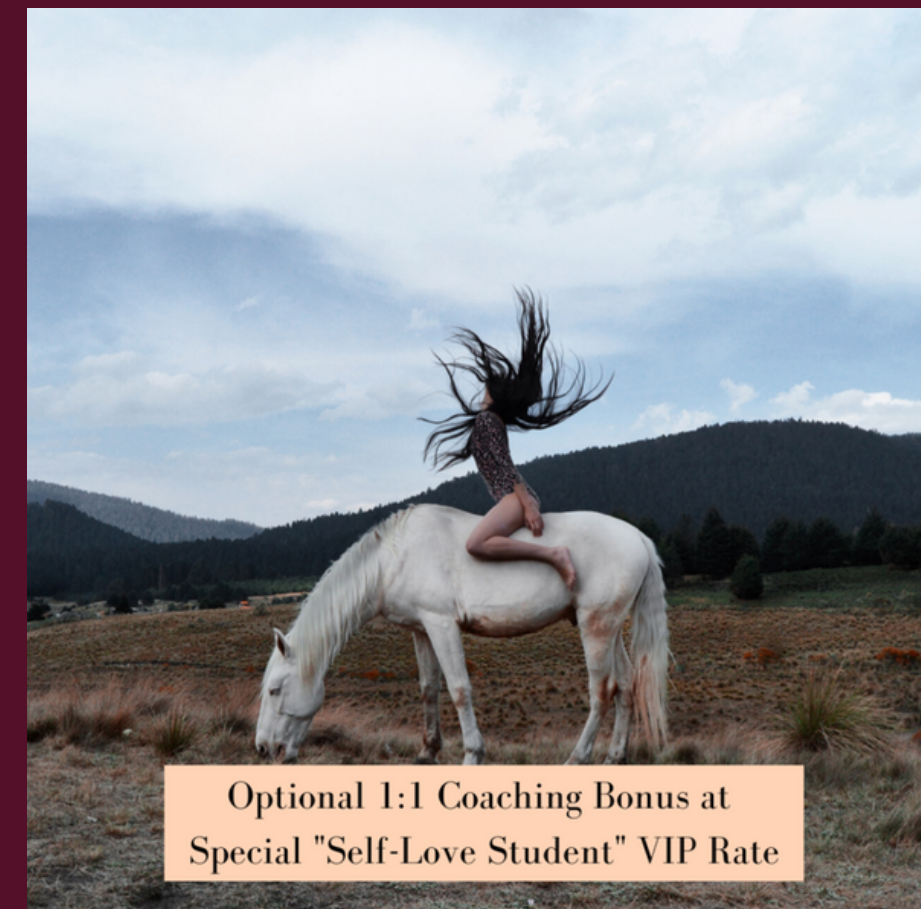
Virtual Class



Live Coaching Call and Q&A



Optional Private Facebook Community



Optional 1:1 Coaching Bonus at Special "Self-Love Student" VIP Rate

Virtual class focused on specific pillar for that week.

Embodiment practice to couple with the class and for you to do throughout the week.

Live Group coaching call to answer questions and coach on your unique experience or challenges re: self-love.

Private Facebook Community

Bonus: Beta Pricing for this first Round and huge discount on added 1:1 coaching sessions.



3 Ways to Join

Pay-In-Full Beta Price

~~\$599~~

\$399

Payment Plan

~~\$599~~

Two Payments of
\$199

Best value:

Full program access, plus
*3 Additional Self-Love 1:1
Coaching Sessions with Devin*

Program rate +\$399

Social Impact

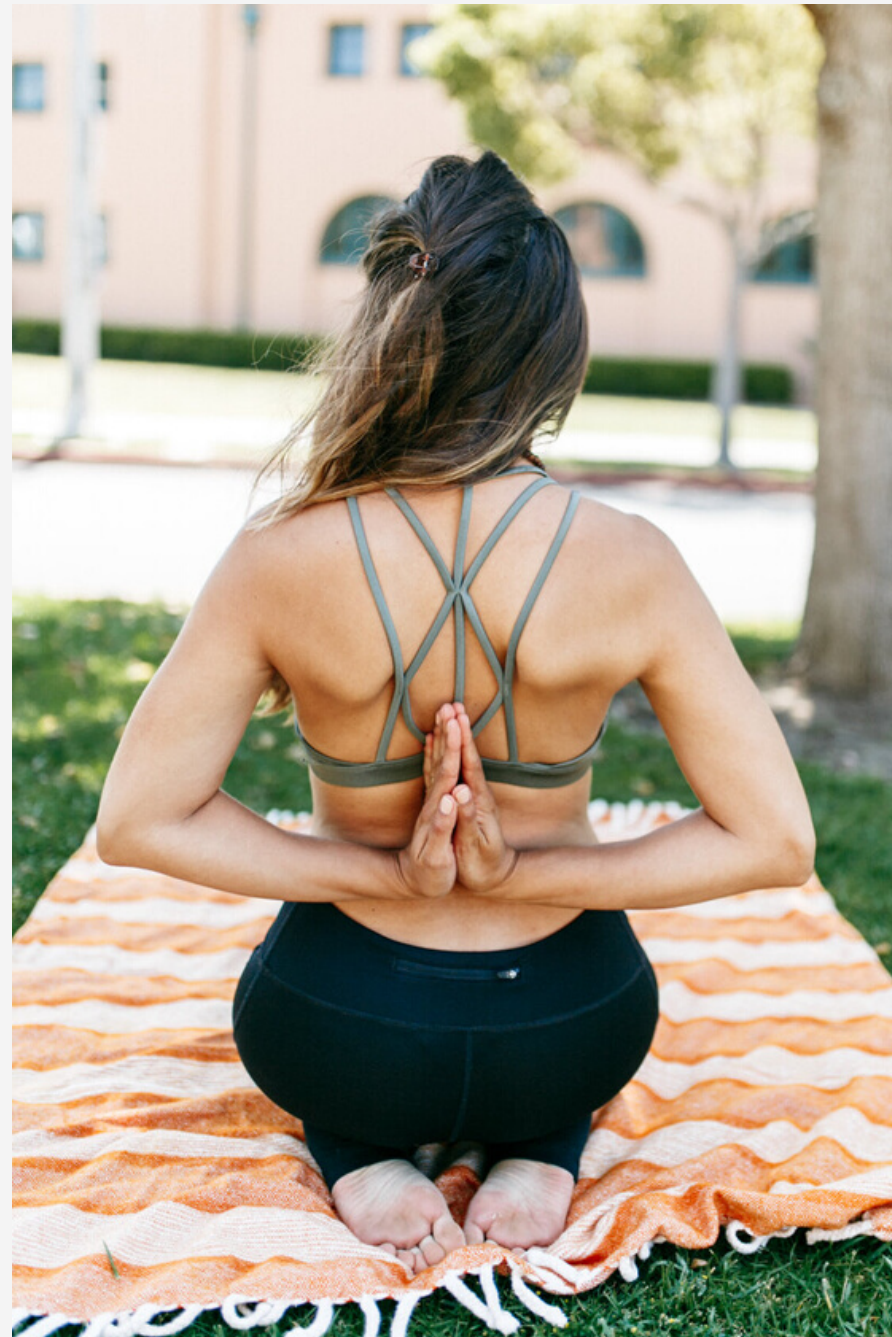
IN PARTERSHIP WITH:



5% of sales of this program will go to Together Rising to benefit mothers, families and refugees. Another 5% will go to Color of Change to support justice efforts for African Americans in the U.S.

To Enroll:

WWW.DEVINJONES.CO/SACRED



Song:
"In Dreams"
Jai-Jagdeesh