

Self-Love

SURVIVAL  **KIT**

About me

Loni Markman is a pilates energetics & neurosomatic coach who empowers women to live in a body they love.

Loni has her masters in Nutrition, and holds certifications in holistic health, psychology of eating, trauma informed movement, somatic healing and is currently completing her trifacta alchemy certification. She is also Power Pilates Certified and has been teaching Pilates and other movement modalities for almost two decades. She is passionate about helping women have a flexible mind, body and nervous system.

xxxx



Loni Markman

Welcome

I created this Self Love Survival KIT to give you the tools you need to take care of your mind, body and soul. To get your body and brain on the same team so you can live in a body you love. This starts with getting your nervous system to feel regulated, your body to be a safe space and energy to be squeaky clean. These tools are your daily survival guide or you in case of emergencies .

The whole idea is its better to have and not need then need and not have



Kit includes:

1. SELF LOVE KRIYA

Used to awaken and channel energy in the body creating deeper awareness and well being

2. EFT

Helps to alleviate emotional and physical stress from the body

3. NERVOUS SYSTEM WORK

Helps the body to quickly and easily respond and recover from stressors



Self Love Kriya:

This Kriya helps to open the heart, create positive relationship to the self and make you more available to receive love. You are here mentally and hypnotically blessing yourself. This self blessing is to correct your own magnetic field.

**Think of this kriya as invoking
LOVE over FEAR**

—Practice everyday for the next 7-30 days



Kriya Journal Page

A series of horizontal dashed lines for writing.



Kriya Notes

Date: ../../....

What did you feel going into today's practice?

-
-
-

How did your body & mind feel after today's kriya?

.....

.....

.....

What intentions or insights arose from your practice?

-
-
-
-

RATE MY PRACTICE 1-10



Emotional Freedom Technique:

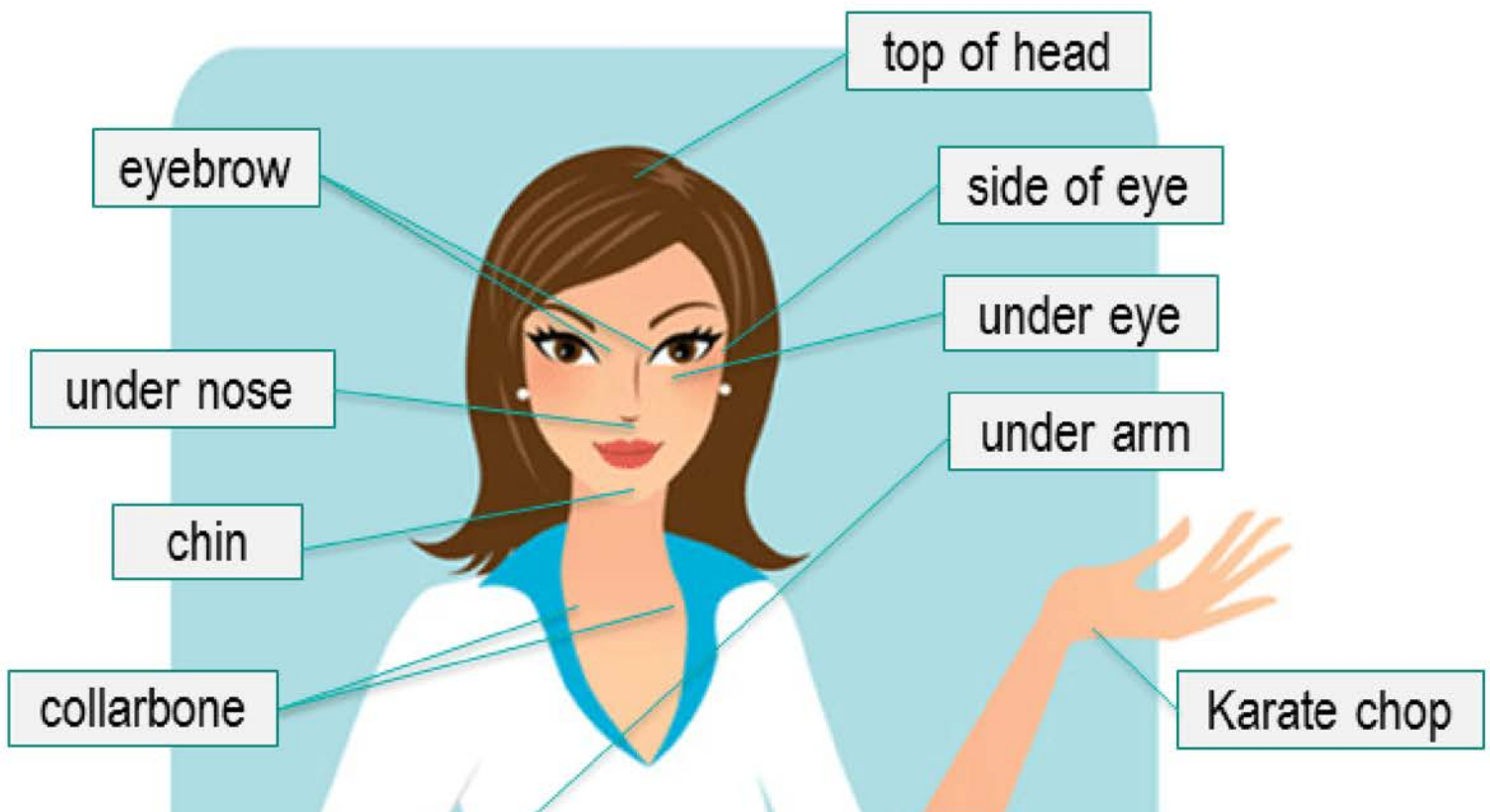
EFT is a therapeutic approach that combines elements of acupuncture and cognitive therapy by tapping on specific meridian points on the body while verbalizing their emotional challenges. This blend of physical touch and spoken word works to release blockages within the body's energy system.

Think of this for releasing fear, phobias and negative thoughts.

—Do as a practice or if something specific arises



Eft Script



Set Up:

Even though I _____.

**I deeply and completely love and
accept myself**



Eft Script

Eyebrow: I feel like I am not good enough

Side of the eye: I don't know how to love myself.

Under the Eye: I often feel worthless.

Under the nose: Like I'll never be enough.

Chin: I compare myself to others

Collarbone: I shame and should myself all the time

Under Arm: I am tired of being so self critical

Top of the Head: I wish I could love myself more

Take a slow deep breath in and then release. As you release imagine all the beliefs that you don't have value slowly disappearing with your outward breath. Allow them to disappear from your mind, body, and soul.

Rate your intensity level on a scale of 0-10, with 10 being the most intense. Continue tapping through negative beliefs until you can't think of any others. Then resume with this tapping script.



Eft Script

Eyebrow: I'm ready to begin loving myself just the way I am.

Side of the Eye: I now know my flaws make me me

Under the Eye: I am finding more respect for myself everyday

Under the nose: I no longer need to hid myself

Chin: I am worthy of love from myself and others

Collarbone: I recognize I am worthy and enough

Under Arm: I choose to begin to accept myself just as I am.

Top of the Head: Although it's a new feeling, I'm open to receiving it.

Take a slow deep breath in and then release



EBT journal page

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Eft Notes

Date: ../../....

What did you feel going into todays practice?

-
-

What emotions surfaced during your proactice?

.....

.....

Which tapping points evoked the strongest reactions?

.....

.....

How has your emotional state shifted post EFT?

.....

.....

RATE MY PROACTICE 1-10



NS: Seated shaking

Seated shaking involves intentionally vibrating your body to release excess energy and reset your nervous systems. Shaking helps bring the body back to a state of balance, shifting from fight or flight mode into rest and digest.

Think of this as a reset button for the body to help shift your mood quickly.

—Do when you are feelin off.



MS journal page

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NS Notes

Date: ../../....

What did you feel coming into shaking?

-
-
-

What emotions surfaced? Released?

.....

.....

.....

What insights emerged post shaking?

-
-
-
-

RATE MY PROACTICE 1-10





Self Love Survival Questions

How can I create more safety in my body?

How did my body surprise me in these practices?

What is one thing I love about my body?

How you love yourself is how you
teach others to love you



Find me:



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FB community: Unleash Your Core

Website: ionimarkman.com

**Helping you have a more flexible Mind,
Body, Nervous System so you can live in
a body you love!!!!**

