**BODY SELF LOVE RITUAL**

**By Luminessa Enjara**

*You can do this while in the bath, or before a mirror. Say this slowly to yourself and allow yourself to feel every word. You may have to do this more than once and I encourage you to do so. I suggest that you touch yourself as you say this prayer.*

I love and adore my beautiful goddess body, I love my form.

I love and adore my hair, my eyes, my lashes, my ears, my cheeks, my lush lips and my whole face.

I love my throat, my neck, I adore all my wrinkles (if you have any),

I love and adore my luscious breasts, I praise their perfect size,

I love and adore my beautiful arms and perfect wrists.

I love and adore my hands and fingers for they are an extension of my self-expression.

I love and adore my belly, it’s roundness or firmness, I love my scars (if you have any).

I love and adore my pelvis, my hips, and my vibrant vulva.

I love and adore my buttocks the roundness, firmness or fullness of my cheeks,

I love and adore my thighs, my knees, my legs, caves and feet, even my toes.

I love and adore my skin, it is soft and sensual to my touch.

I love and adore my whole body, for my body is the body of the Divine Feminine and of the Goddess incarnate.

I bless my body and anoint my body with this oil of love and purification. (Use rose oil, ylang ylang or a blend of your own). Take the oil and anoint those areas you feel guided to do.