

The NAKED TRUTH



*A Woman's
Journey to
Self-Love*

*Lilly Joie
Cheng*

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Published by Lilly Joie Cheng

Book & Mandala Design: Deborah Louise Brown

Printed in the United States of America

ISBN: 978-0-9992486-0-7

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Introduction

Thank you for picking up this book. I trust that if you picked it up there is something here for you. I don't believe there are any “accidents” in the Universe. My hope in writing this book is that you might know that you are not alone in your struggles.

As the reader, you will gain awareness of the limiting beliefs that may be keeping you stuck, understand the truth of who you are, and learn practices to help you cultivate a deep sense of self-love.

The book is laid out in three parts. First, you learn about my personal journey to self-love, including my struggle with deep depression and suicidal thoughts. Then I share seven powerful practices that have helped me cultivate a deep sense of self-love. In

the last section, I share about how connecting with my purpose has helped me on my journey and how I can support you in yours.

I was inspired to write this book after attending a seminar where speaker James MacNeil was sharing that no one can tell your story the way you do, so when you die your story will be lost unless you've written it down. I know I have a powerful story to tell. I hope that by sharing my story you will be inspired to share yours.

When we share our stories, they have the power to heal others, because I believe we are all connected. It is through our stories that we feel this connection.

Another thing that seems potent to share is I intended to write this book a couple years ago, but it never happened. There are several reasons for this. First, I didn't have a plan for completing the book and no accountability. I think the main reason I didn't write this book then was because I wasn't ready to share it and the world wasn't ready to hear it. I am ready now, and it seems the world is needing to hear it now more than ever.

Over the last few months I have heard of seven people who chose to end their lives. According to the National Center for Health Statistics, the overall suicide rate rose by 24 percent from 1999-2014.

The thing about suicide is that it is called the “silent killer” for several potential reasons. People who choose to end their lives:

- are often those that no one would suspect.
- are suffering inside yet their lives may seem perfect on the outside.
- feel lost and don't know why they are here.
- are living their purpose, but because so many people look up to them, they may be afraid of sharing about their darkness.

My intention in writing this book is to share my story, and if even one life is saved because of it, it will have been worth it.

Chapter 11



*Self-love is healing your stories from the past
and realizing that you are not your past.*

I was a psychology major in college and loved learning about people. I think people are fascinating creatures. I've always thought of myself as a conscious person who is always looking to improve, but it wasn't until I started my own business in 2012, I started investing in programs to help me grow as a person. I invested in a program in 2014 called "Releasing the Past."

This program is based on the Hoffman Process and it looks at the unconscious beliefs that get stored in our memory from birth to age seven, because age seven is when we begin to develop our logical and reasoning mind. Prior to age seven, everything we see, hear, feel, and experience gets stored as "truth," because we don't have the mental ability to distinguish between what is "true" and what is "not true."

During the program, we looked at our “mother and father wounds” – disempowering beliefs we learned from our mother and father – and learned practices to clear those beliefs so they could be replaced with more empowering ones. While going through the program I was surprised by the wounds that came up around my father. Since I always had a close relationship with my father I didn't expect to have much wounding with him. However, on the questionnaire I filled out about my father I wrote “he gave me whatever I wanted.” That was all I wrote about him. Surprisingly, I wrote more about my mother.

I realized my “inner child” didn't want to be upset at her father, because “he gave her whatever she wanted.” But in doing so, he didn't give her what she really needed – to learn about boundaries. I don't think it was an “accident” shortly after we began “healing our father wound,” I found out my stepmom had committed suicide, which prompted me to go to Taiwan to take care of my dad. I almost chose not to continue doing my healing work at the time because I had so much going on with my dad.

I am so glad I decided to continue doing my healing work. It's in those moments when we feel overwhelmed and like we don't have any more to give that Spirit allows us to receive exactly what we need to still show up for ourselves and others. Doing my healing work allowed me to show up more fully for my dad.

Self-love is healing your stories from the past and realizing that you are not your past.

Takeaways:

- Everything we hear or experience from birth to age seven gets stored in our unconscious memory and we don't distinguish those memories as true or not true.
- When we become aware of these limiting beliefs we received from birth to age seven, we can release them and replace them with more empowering beliefs.

Journaling Question:

What stories or beliefs did you hear or experience as a child that you are ready to let go of?