

DREAM LIFE LOUNGE:  
21 DAYS TO AWAKEN TO SELF LOVE

*Shivani Baghel*

# The Best Self Love

*resources*



**Use these resources for extra support during and after the course. These free online resources will deepen your self love journey and will uplift you.**

**The following recommendation list is divided into three parts:  
music & meditation  
Podcast  
Books**

**Browse through it, the links are attached with each item.**

**Enjoy!**

# music & meditation

- SELF LOVE POSITIVE AFFIRMATIONS FOR MINDSET REPROGRAMMING: Rising Higher Meditation
- HEART CHAKRA HEALING MUSIC FOR HEALING HEART: Meditative Mind
- HO'OPONOPONO MANTRA MUSIC FOR FORGIVENESS: Sandra Rolus
- SELF LOVE HEALING 432HZ: Spirit Tribe Awakening
- ACCEPTANCE PRAYER: DEEPAK CHOPRA
- Ajai Alai Mantra for Inner Power: Mirabai Ceiba
- Haseya song for healing: Ajeet Kaur
- Goddess Affirmations: Activation Vibration

- Let your light Shine(Inspirational): Fearless Soul, Jess Shephard
- Self Love Affirmations: Linnea Bailey
- Visualize the New You: Rising Higher Meditation

# self love podcasts

- ❑ MARY'S CUP OF TEA
- ❑ SELF LOVE FIX
- ❑ MEDITATING ON SELF LOVE
- ❑ THE SELF LOVE MOVEMENT  
PODCAST SERIES
- ❑ LOVE UNPLUGGED
- ❑ CONSCIOUS REVOLUTION  
PODCAST

# books

- ❑ You Can Heal Your Life
- ❑ RADICAL SELF LOVE : A Guide to Loving Yourself and Living Your Dreams
- ❑ Eat Pray Love
- ❑ Self Love Experiment
- ❑ The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are
- ❑ You Are a Badass
- ❑ How to Love Yourself (and Sometimes Other People)
- ❑ Beautiful You
- ❑ Mastering Your Mean Girl

# stay in touch.

I welcome you to my community  
**Dream Life Lounge** and explore  
more ways to build your dream  
life.



Connect with me on any of the  
links on the left and let me know  
how can I help you the best way!



Stay in tune with more juicy  
content and offers on my



[PODCAST](#)  
[BLOG](#)  
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Chat soon  
Xx



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