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# Self-Love Attunement

A guided audio practice — with a short guide to understanding what  
you're doing and why it works

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## A note from Liam

This practice has been building for a long time.

Around the year 2000, I developed a meditation I called the Universal Love Meditation. It used five qualities, and the practice was simple: attuning to each one in sequence, letting your attention rest there, noticing what shifted. For about ten years, I did it myself virtually every day – and taught it to others. I watched it work, quietly and consistently, in people who brought genuine attention to it. I felt it working in myself. One person I worked with for years told me it was the most profound thing he had learned from me.

Later came a practice I called All is Well. I didn't teach it widely. But I did it myself, daily, for two or three years. That period of personal practice is where I began to really understand something: this isn't suggestion. It isn't positive thinking. Something else is happening.

What I began to notice, over those years of daily practice, was something I hadn't expected. It wasn't just that I felt better. It was that I could think more clearly. I could meet difficulty without being inside it. The practice was moving me into a state – reliably, repeatably – from which everything else became possible.

This is what I mean by an empowered state. When we are in difficulty, we are by definition operating from an unempowered place. And here is the problem: all of our thinking from that place, and all of the doing that follows from that thinking, must be suspect. We are using a compromised instrument to try to fix the problem the instrument created.

The attunements change that. Not by solving the problem directly. By restoring the state from which we can actually see clearly, choose wisely, and move well.

That was the realization. And once I saw it, I couldn't unsee it. This is what is so groundbreaking and exciting about this attunement practice.

Over the years, through my books, through the Pathwork teachings, through two decades of sitting with people in real transformation, I kept finding the same thing from different directions. The same truths, showing up in different forms. And gradually, it became clear what they had in common.

The Quantum Personal Growth course is what I built when I finally understood that.

The Self-Love Attunement you're about to do is where I start everyone. Not because it's the simplest, but because it's the foundation. Everything else in the system rests on your relationship with your own being.

Truth be told, I am genuinely excited for you to try this. I know how powerful it is. I've lived it myself, and I've watched it work in the lives of others over many years. That's why I built an entire course around it.

*"The practice was moving me into a state — reliably, repeatably — from which everything else became possible."*

## Why affirmations usually don't work

If you've spent time with affirmations — saying "I am worthy" or "I love myself" — you already know the feeling. Something in you doesn't quite believe it. The mind pushes back. You're trying to install a new belief over an old one, and the old one doesn't move.

That's not a failure of discipline. It's a design problem. Affirmations try to overwrite a belief through repetition and intention. But the beliefs that shape how you feel about yourself aren't stored where affirmations can reach them. They operate automatically, beneath conscious thought. Affirmations work on the surface. The root stays put.

An attunement works at the root.

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## What an attunement is

The principle comes from physics: sympathetic vibration. When you strike a tuning fork, a second tuning fork nearby — tuned to the same frequency — begins to resonate on its own. Without being touched.

An attunement works the same way. You aren't fighting a resistant belief or forcing a new one into place. You are resonating with something already present — the truth of what you are, beneath the conditioning.

Here is something worth understanding about why that matters. When we are in a difficult place — anxious, stuck, disconnected — and we try to work on ourselves from that place, we are working from within the very frequency we are trying to change. We are using a lower vibration to address a lower vibration. Progress, if it comes, comes slowly.

An attunement does something different first. It connects you with the truth of your being before you do anything else. Not as a belief you're trying to install. As a frequency you're opening to.

This is what it means to move into an empowered state. When we are struggling, we are by definition operating from an unempowered place. And all of our thinking from that place, and all of the doing that follows from that thinking, must be suspect. We are using a compromised instrument to try to fix the problem the instrument created.

The attunements address this directly. Not by solving the problem, but by restoring the state from which we can see clearly, choose wisely, and move well. And here is something worth noticing: the empowered state always includes some sense of enthusiasm — a quiet aliveness, a genuine interest in life. It also includes the desire to be generous. Once you have some experience with this practice, you will begin to recognize these as signals. When they are present, you are in the right place. When they are absent, you know what to do.

When you do this attunement, don't try to believe it. Don't evaluate whether it feels true. Just read slowly. Breathe. Let each statement settle before moving to the next. You are not arguing with your conditioning — you are simply resonating with something that exists beneath it. Like a tuning fork beginning to sing.

That is what an attunement is.

## **A note on feeling**

There is a common tendency, especially among people who have done a lot of inner work, to approach these statements primarily as ideas. To read them, grasp their meaning, and move on. That is a natural response — but it only uses half of what's available.

Thoughts and feelings are not separate. Neuroscience has confirmed what many contemplatives have long known: we cannot think without feeling, and we cannot feel without thinking. They arise together. What differs is where we place our attention.

In this practice, the invitation is to let each statement evoke feeling. The words are a doorway. Read the statement, then pause. Let your attention drop below the meaning and into what is present in your body, and especially what is present or not present in your feeling state.

This matters more than it might seem at first. Our defenses — the places where we are closed, stuck, or unable to move — are not made of thoughts or feelings alone. They are both, locked together. And they don't come only from trauma. Some of our deepest limitations formed quietly, through conditioning and modeling: unexamined ways of being that we absorbed from family, culture, and the world around us before we had any awareness we were taking them on. Not wounds, but defaults. Not events we remember, but assumptions we never questioned — about who we are, what we deserve, how life works.

At some point, from those experiences and those defaults, we formed responses: vows, judgments, beliefs. "I'm not good enough." "I'll never let this happen again." "I shouldn't be this way." These feel like conclusions. But they are also containers — ways of compacting thought and feeling together, holding them in place so they don't have to be met.

Thinking about those places rarely shifts them. The thought and the feeling have to be met together.

When you bring genuine positive feeling into contact with a defended place, something begins to move. Not through force. Through sympathetic vibration. The positive frequency reaches the compacted one and begins to activate its unrealized potential. The defense doesn't need to be pushed down. It begins, gradually, to unwind. And sometimes this happens remarkably quickly — we move from being distressed into a much more grounded and empowered state within minutes. Once you have this experience, especially once you've had it multiple times, is when you really begin to understand the power of such an attunement practice.

So as you work with each statement: let the feeling dimension be primary. Read the words. Let them evoke something. Then stay with whatever is present — warmth, resistance, numbness, recognition. All of it is useful. All of it is the practice working.

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## How to use this practice

1. Find a quiet place where you won't be interrupted.
2. Begin with free-breathing — a relaxed, natural breath. No control, no pattern. Just let it move.
3. Start the audio ([divinemind.one/self-love-audio](https://divinemind.one/self-love-audio)), or read through the statements slowly on your own.
4. When a statement lands, pause. Let it resonate. Repeat it if that helps you hold the feeling.
5. Don't evaluate. Don't try to feel something. Just allow.

The audio runs about 3 minutes. Listen to it a few times until the statements feel natural. Then do the practice on your own — and feel free to adjust the wording slightly if a particular statement lands better in your own words. The resonance matters more than the exact phrasing.

*When the statements feel familiar, record them in your own voice — on your phone, in a quiet moment. Reading them aloud as you record is itself a form of the practice. And hearing your own voice deliver them can deepen the resonance in a way that's worth experiencing.*

*"When you bring genuine positive feeling into contact with a defended place, something begins to move. Not through force. Through sympathetic vibration."*

## The Self-Love Attunement

The following statements are also recorded on the MP3. You can read along, listen, or do both. Begin with free-breathing. Read slowly. Let each statement settle before moving to the next.

▶ [Play the audio](#)

*I am an eternal creator being of love.*

*My value and worth come from my eternal being, my unique capacities and potentials for love and positive creation.*

*Being in love with life and with being alive is my natural condition.*

*Bliss, the permeating presence of Love, is the natural state of my being.*

*My intention is to be in a state of love.*

*Only when in a state of love do I experience the truth of my being and of life.*

*I forgive myself for when I was confused and made choices out of ignorance, fear and mistrust.*

*My intention is to be in a state of love – to freely love and be loved.*

*If you just did that practice – even once, even imperfectly – I want you to know something.*

What you just did is not a small thing. Most people spend years working on themselves from the outside in. You just worked from the inside out. You touched something real, even if you can't fully name what it was yet.

That's where it starts. Not with certainty. Not with a dramatic shift. Just a quiet contact with something true.

I've watched this practice change people's lives. Slowly, steadily, in the way that real things change. And it always starts exactly where you are right now.

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## If something shifted in that practice...

What you just experienced is a doorway. Behind it is a complete system — one that has taken decades to develop and has changed lives in ways that other approaches simply couldn't reach. If this practice touched something in you, even quietly, I want you to know that this is not a small thing. This is an opportunity to make a genuine and significant leap in your personal growth. Not through more effort or more information, but through a practice that works at the level where real change actually happens.

It is a standalone practice — you won't find these exact statements repeated in the course. What you will find is five sourcing qualities, each with four attunements of its own — twenty sourcing statements in total, each working on a different dimension of your relationship with yourself and with life. Together they form a daily reset that most students run in five to ten minutes by the end of six weeks — though some choose to take longer, and many return to it more than once a day.

The Quantum Personal Growth Course is where that system lives. Six weeks of structured teaching, built one concept at a time, leading to a practice you will use every day for the rest of your life. The course also includes other teachings and practices, including a full breathwork sequence of four techniques that can be done in five to ten minutes on its own or as preparation for the attunements.

If your experience is anything like mine, or like others who have taken the course and adopted this practice, you will be blown away by how this reorients your relationship to your personal growth and to more fully realizing your potential.

I would love to help you take this further.

[divinemind.one](http://divinemind.one)



### About Liam Quirk

Liam has been teaching spiritual growth and personal development for over two decades. He is the author of five published books, including *Essential Spirituality: Consciousness, Self and Knowing* and *Being & Becoming*. The majority of his 1:1 clients have been therapists and helping professionals – people who guide others through transformation and came to Liam when they needed it for themselves. The Quantum Personal Growth course is the distillation of what he has learned about how real, lasting change happens.

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