

Excerpt written on Self-Love by Anita Moorjani – Author of Dying to Be Me

The importance of self-love. You need to feel love so strongly within yourself that it radiates out of you. So next time you think that self-love is selfish, realize it's actually community service!

To help you continue embodying love this week, I've come up with **a little check-list for living a life of love.**

1. Love yourself UNCONDITIONALLY.
2. Realize your own MAGNIFICENCE.
3. Know that - You are your own guru. All your answers are inside you.
4. Fall in love with where you are now.
If you're sick, don't fight it. Embrace it. Only when you approach your health challenges from a point of love can you overcome the fear.
5. Ask yourself, "What brings me joy?" And do more of that. We tend to do what we think we should do, rather than what our heart tells us to do. Follow your bliss and do what you love!
6. Express yourself fully. Ask yourself: "Am I allowing myself to express who I am? Am I being this person because I want to be accepted, or because it is who I am?"
7. Be centered in your true essence. From the place of pure centered-ness, miracles are possible. It's about being, not doing. When you are in the space of being, miracles are possible.
8. Remember that the only things that limit you are your own beliefs.
9. Don't let a fear of failing or displeasing others run your life.
10. Know that nobody is better than (or less than) you. We are all equal. Love everyone as they are.

The most meaningful lesson I learned from being at death's door is that unless I love myself, nothing else in my life can function at its best. The amount of depth, meaning and joy I experience in my life is in direct proportion to how much love I have for myself. The amount of love, kindness, patience I have for others is also directly proportional to how much love, patience and kindness I have for myself, because we cannot give others what we ourselves do not have. And, unsurprisingly, the amount of love, respect, support, and compassion I receive from others is also in direct proportion to how much of the same I have for myself.