

Self-Love

Self-Love is the foundational layer that you begin to build your new life upon. Self-love is key in order for you to fully step into who you are now becoming and for creating the life that you love. It is necessary so that you can become whole again and become the person who you truly want to be.

The quote from Lucille Ball sums up beautifully that it all comes down to self-love. “Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.”

Unfortunately, though, the love that you have for yourself is something that gets eroded away as time goes on. When you are little, you feel full of joy and you love life. You love yourself exactly as you are. For most of us, when you were little you did not have a care in the world. But over time, little by little, you become programmed to believe differently. Society, the people in your life, the experiences you have, and the limiting beliefs that you have formed can all make you begin to believe otherwise and turn on yourself. The loss of your loved one can also be a big contributor to this.

You begin to believe that you have to behave, act, or look a certain way in order to be worthy. You judge yourself and can have negative thoughts about your appearance or your behavior. Thinking that the way you are is not good enough. This then re-programs your mind in a negative way.

All of these thoughts and feelings can be compounded even more when you lose your partner, and it can deplete your self-love even more. You no longer receive the love that you crave, the compassion, or daily affirmation of love. And you no longer receive the support and confirmation of worth that a spouse or partner can provide. It can not

only make you feel lonely, unloved, or unworthy, but you can lose your confidence as well. And have an empty feeling or void inside.

What we want is for you to turn this around and to start filling the void inside. To start nourishing yourself and giving yourself the vital resources that you need. This will then help you to start to attract amazing things into your life. And you begin to create the things that you want. Its all starts with loving yourself. When you love and approve of yourself completely, the things that are going wrong can begin to change and you will begin to see a shift in a positive direction.

You can begin by working to release other people's opinions and by accepting yourself as you are. Many of these negative thoughts that you have about yourself are not even based in truth. They come from others or ideas that you are led to believe about yourself that then affect your self-love and self-worth. And it is easy to find fault with yourself when you listen to what others are saying about you or telling you. It is important to note that these thoughts have no power, though, unless you give meaning to them. And you give meaning to them when you focus on them over and over again in your mind.

So, we want to turn this around and begin to focus on your magnificence, your value and your worth. We want for you to believe in your potential. You have so much more than you give yourself credit for. To love yourself as the perfect being you are regardless of what anyone or anything external to you is telling you.

Because in reality, you are always perfect, always beautiful, and always changing. As you grow and change more and more, the best will only get better and better.

Some argue and say I hear you, but I have done things or things have happened that I feel guilty about or beat myself up over. I say, that it is

okay if things did not go right in the past or if you are not proud of how things transpired. Let it go, forgive yourself if you need to. It is in the past and it does not exist anymore. You are doing the best you can with the understanding, knowledge and awareness that you have, No one is without mistakes. We are all human and we all make them. Things happen and you can learn and grow from them, and this helps mold you into the person you are today. You can return to true self-love. You can start again and turn over a new leaf starting today.

When you don't love yourself on a deep level, it is because of the story you are telling yourself, which as previously stated, usually comes from external sources. Over time these thoughts get engrained in your mind and cause you to feel the way you do. And how you feel has everything to do with what you are thinking and the story that you are telling yourself.

When you change the story, you can shift to self-love. When you begin to master self-love, everything in your life will start shifting and falling into place. This is because you will be releasing the negative self-talk, self-criticism, and negative energy. You can shift and begin to believe that you are perfect exactly as you are. When you do this, you are changing your story, This create you new reality. A reality where you are realizing that you are perfect.

It can sometimes take time to get to a deep self-love, but you can get there, take it one step at a time. You start by accepting yourself exactly as you are and by becoming aware of the importance of showing love to yourself. And this awareness can be the key for you to remember that you matter, you are valuable, you are important and most importantly you are a part of source which is unconditional love. This love is what you carry within you at all times.

You are a gift, when you let go and focus on you, you unwrap the gift. You are then able to truly look at yourself and discover your light inside. We want for you to embrace who you really are and begin to show lots of love for yourself. When you do this you begin to glow and you become a light for others. You are perfect exactly the way you are and exactly the way you aren't. You are a gift with a magnificent light inside.

Wayne Dyer has a quote that I love. It is "When you are looking for love, it will always elude you. When you are looking for happiness, it will always elude you. When you become those things, however, they're just there. You don't have them, they have you." In other words, you need to become what you want. When you experience and begin to have a deep love for yourself, you will begin experiencing it in all aspects of your life.

The love that you seek is inside of you. We want for you to feel the love that is within you. We don't want someone else to enter your life in order for you to feel love. It is not something you have to search for outside of you. You do not have to earn it and it is not something you have to find. Any outside source of love is too inconsistent to rely on, you need you. You need to be the one who is there for you. You don't need someone outside of you to truly understand the essence of who you are. This is inside of you. You can be the one who is there of you when no one else is. You can find true love within.

Self-love is a practice; you must keep working at it until it becomes natural for you to do it.

You can start coping with your lonely feelings by re-creating yourself and beginning to fully love yourself again. This helps to fill the void and begins to connect you with who you truly are. Self-love helps you to heal and become whole again. When you come back to your beautiful,

perfect self you can achieve your greatest life. That is who you are underneath it all, you are LOVE.

You are always loved. You are never alone.