

Self-Love



Self-love is the doorway to peace, contentment and complete awareness.... Self-love gives me access to all I'm capable of becoming and to the eternal truths.... In order to take this most precious of journeys I must break the cycle of self-loathing.... And in order to do this I must begin to sincerely take a journey of self-care.... Until I start taking care of me I cannot find my way to self-love.... It's imperative that I start looking after myself in every way I can.... This starts by changing the way that I think, changing the way I act towards myself.... I start to find ways in which I can take better care of me.... The more I do this the better I feel.... Sweet feelings of self-acceptance begin to emerge.... I stop finding fault and accept myself as I am because it is in this acceptance that I can really see my value.... Self-acceptance introduces me to self-worth... Self-worth then enables me to start believing in myself and so self-belief starts to emerge too.... Self-belief gives me the confidence to do those things I

have been afraid of doing and as I gather the evidence that I can, my self-esteem grows....I begin to see that it all begins with self-care.... It is within self-care that I find self-acceptance.... Self-worth.... Self-belief.... And self-esteem.... Now a real platform for self-love exists.... This is the place in me where I'm able to find a genuine oasis.... An oasis that is abundant, complete, housing everything that I need.... From here flows a stream of kind, uplifting and inspirational thoughts.... My creative intelligence is now bursting to express itself in a multitude of ways.... I'm reminded that I am only limited by my thoughts and it's time to go beyond that limitation.... **Self-love is the fuel that enables me to be more than I had ever imagined and I now allow myself to take that journey.... How wonderful that feels....**