

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...

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