Self love

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Self love means to love one self, all of it, the whole package. Often we like some parts of us, other parts not so much. For example we like some parts of our body and others not so much. The same holds true for our past. It really gets obvious when we present our self in a social environment, online or in real life. We put on a kind of a mask. It takes a lot of energy to hold up this mask and it hurts when it gets damaged.

This mask or self-image is a result of our social programming from our parents, the school, the media and our social environment. Behind the mask is our authentic self, which is absolutely unique.

It may be difficult, almost impossible to love certain things about our self and certain things we would rather like to change. Acceptance is key in this case. We have to understand that there is a reason for all things. With the help of acceptance things are able to shift. No movement is possible if there is inner resistance.

So, how come that we often have a hard time with this topic? It has to do with judgment, with assessment, right and wrong, good and bad. We experienced these assessments from our parents, friends, school etc. and we believed it and they are now part of our unconsciousness. We observed how we should be in order to be accepted, to gain love. It may create frustration and anger when we cannot be as we are.

As time passes these believes about our self become unconscious. Often times they get kind of rigid or fix and we don't even realize that we have them, we believe that it is the reality, our reality. Yet, often times these unconscious believes about our self cause us suffering and difficulties. That is because they may cause negative thought patterns. For example: "I am not precious", "I am not loveable", "I need to work hard to be respected by others", "I need to be better than others in order to survive", etc. etc.

Beside other factors, these thought patterns have an influence about what experiences we make in the world. The world as we experience it reflects them back to us. For example, if we believe that nobody understands us, then this is what will be, if we believe we are not loveable, then this is what will be. So, the positive change needs first happen inside of us and after that we will see the changes in our world around us.

It is very important not to blame us or others for all of this. Ultimately, blame is an illusion, there exists cause and effect, but not blame. It is only a negative thought pattern but not the reality. It is possible to bring these unconscious thought patterns and believes into the light. The word light in this context stands for attention, awareness, focus, reflection, mindfulness, consciousness, observation.

It might be helpful to use affirmations. This are sentences that may put new, positive believes inside us, for example: "I love myself", "I am precious", "I gonna make it", "I believe in me" etc.

It is effective to say them loud when looking into a mirror and to feel it from the bottom of our

hearts and to repeat them often. The old mind programming can be very rigid. There is even a part in us which does not want them to vanish. It sounds paradox, because we suffer from them. The thing is, there is a part in us that wants safety, more than anything else. This part of us has become used to our self image and changing that might frighten it. So, changing our self image may lead to some feelings of being not safe. That is normal and ok, it is a temporary thing. We are in the process of creating a new word view and sooner than later we will feel safe with it. That is why a certain discipline of mind is useful in this process.

As a result of this process blockages and suppressed emotions may be released. These emotions may feel unpleasant. It would be good to accept them and not push them away. Negative emotions may cause negative thoughts that enforce the emotions. It is therefore advisable to not give energy to the negative thoughts, to not believe in them, to not support them, to not give attention to them. More details can be found in the chapter "healing".

There is another reason why we have difficulties with the topic of self love. We may believe that we are only the body, that we die when the body dies. That is why we take so much so serious and why we have lots of negative assessments. In fact we are so much more, so much bigger, so much more precious than we could ever imagine. That which we call God or the universe is not outside of us, but deep inside we are one with that, see more in chapter "our true self". When we recognize who we really are, then it is much easier to love our self. Our true nature is love. This kind of love is unconditional love, that means it does not dependent on certain conditions.

Our self love enables other humans to love us and vice versa. Love in its true nature is not just the romantic type of love that we experience in a romantic love relationship. It can be there for an animal, a plant, we can love the air that we breath, the sun that is gifting us the light, the earth that is gifting us many things. Sometimes it can be a challenge to feel this kind of love when it comes to other humans. Most important though is the love for our self.

Be kind to yourself, take care for yourself. Say no to other humans that want you to do things that you do not feel good about. Utter your wishes to others. Focus on what you are doing in your life. What do you choose to do with your time? What kind of work do you have, what do you choose to do in your spare time, which kind of music do you listen to, what kind of nutrition do you take in, what kind of people are you surrounding yourself? Does it uplift you or drag you down? Each choice has a consequence. Does it feel light hearted or heavy, does it bring long lasting happiness or a short lived hype?

You might want to search the internet for guided meditations around this topic, choose what resonates with you.

It is all a process, if you cannot love all the parts and pieces of you, please don't worry, it is absolutely okay. With regard to the difficult topics, try to achieve a kind of an acceptance. Everything that we see as negative has also a positive side. Don't care how long it will take, every single step is worthwhile. You will profit from it in multiple ways, and other humans too.