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Love your shadows



How many of us love each and everything we think?

How many of us don't like our own behavior at times and feel guilty or bad?

How many of us carry rude attitude and feel right about it?

How many of us feel low, dull and depressed many a times and don't know how to help oneself?

How many of us love or hate all parts of our body or physical appearance?

How many of us are proud of our ownself? "There is that part of ourselves that feels ugly, deformed, unacceptable. That part, above all, we must learn to cherish, embrace, and call by name."

-- Macrina Wiederkehr

Each of us has characteristics we define as 'good' and those we define as 'bad.' The parts of ourselves that we continually reject want to be acknowledged and loved. Until we honour these aspects, they will continue to assert themselves. They will do whatever they can to get our attention.

What aspects of yourself do you reject?

Take a few moments to open to the parts of yourself that you do not love. say for example, you have huge thighs and you don't like them...tell yourself, "even though I know I have huge thighs, and I don't like to see my self in the mirror, I hate them every day, still I love and appreciate myself completely."

See each one honestly for what it is, may it be your body part, may it be your emotional feelings, may it be your behavior, may it be your day to day frustration with your environment.. Explore the wounds, pains and the motives that gave rise to its condition. Love the wounded part of yourself and it will heal.

"...self-contempt never inspires lasting change."

-- Jane R. Hirschmann and Carol H. Munter

"The first step toward change is acceptance. Once you accept yourself, you open the door to change. That's all you have to do. Change is not something you do, it's something you allow."
-- Will Garcia

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