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Do you love yourself?

"At the heart of personality is the need to feel a sense of being lovable without having to qualify for that acceptance."
-- Dr. Paul Tournier

How do you see yourself as unlovable?

How many times you tell yourself I am not worthy?

How many times do you tell yourself I don't like this part of my body?

How many times you get angry and start feeling guilty and cannot help yourself doing again the same thing?

Take a few minutes to write down why you perceive yourself to be unlovable. Look at the list and see if you can identify where those characterizations originated. Can you pinpoint old messages from parents, teachers, and friends that led you to negative conclusions about yourself? Are those messages valid today?

The beliefs we adopt as children usually don't hold when we view them objectively as adults. Can you let them go? Can you begin to see yourself as a unique expression of life, a genuine gift to the world?

Most of us accept 98% of the energies of the people around us and keep behaving like them.

Do you really love yourself?

Do you really wish to function only from your core energies/

Do you really know how to connect to your core energies?

"You, yourself, as much as anybody in the entire universe, deserve your love and affection."
-- Buddha

Love your breath, love your thoughts, love your intentions, love your body, love what you do, love your work, love the people around you, make the universe like you... feel good to be living in the universe a better place...here there is unconditional love towards everyone...

"Limitless like the ocean are your excellent qualities."
-- Dalai Lama

See you sometimes on your journey of exploring, reinventing and transcending towards your highest growth

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