

# Love Thyself

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- Do you remember that very ‘especial’ moment when you feel particularly good about yourself?
- That moment that is most genuine and has nothing to do with your outside surroundings, and it comes from within, from your heart?
- That moment that is totally impervious to ego and it is purely a result of your intuitive thought or feeling?
- It is not when someone admires your attire or a particular part of your body.
- It is a moment that is irrelevant to your choice of fine perfume or taste of a particular drink or a specific combination of nourishment that you are to be consuming.
- It is not because of an admiration you are receiving due to an ‘intelligent’ comment you might have made in front of one or more people.
- It is not because of an articulate speech or address you just made in front of a large audience, etc.
- All these instances that you might have experienced before, or may be a ‘fresh’ incidence for you, sound pleasing yet not ground-breaking for you.
- These moments that you are not flabbergasted about may be the possibility of some interjection from your ego.
- On the contrary, sometimes a moment may manifest itself when suddenly you find yourself searching within and for understanding the cause for your absolute joy and relaxation.
- You feel entirely resolved and not a horde of compliments or continued admiration could substitute for such utter sense of self-satisfaction you feel.
- You feel you have accomplished something totally gratifying.
- You want to celebrate this feeling of achievement.
- You thoroughly feel ‘good.’
- You want to feel success and happiness for everyone else too.

- There is no such thing as **competition** in your entire pool of diverse emotions.
- **Jealousy is alien** to your existence and the very vast array of sensations you possess.
- You realize feeling this pleasing **within** is the most rewarding sentiment one can experience.
- You feel **resolved, self-content**, and **happy** about yourself.
- You now **like yourself** abundantly.
- Now think of more repetitive times you have felt this ‘good’ for the same or distinct deed, ideology or endeavor.
- As these thoughts accumulate, you begin to become more and more **confident of yourself** and of your capabilities.
- Suddenly, you feel there is nothing that you cannot do.
- **You now love and respect yourself** deeply.
- You are always happy, kind, helpful, and charitable **to others**.
- And this is all the result of **self-love** and **self-respect** that come from **within**, which is completely independent of the **ego** within.
- In fact, with **self-love** also come **humility**, modesty and self-effacement.
- **Self-love and self-respect** also inspire and even accentuate love for other members of the mankind.
- Since we are all **linked to one another** and interconnected to God, our **self-love** is derived from the **love for the Creator**.
- In fact, it is a portion of God that lives in each and every one of us.
- We are all **children** and offspring **of the Father/Mother, the Mighty God**.
- Our **self-love** is the result of our strong connection and **interrelation with God**.
- Without loving God it is not possible to **love one Self**.
- Our **perfection**, our discernment for **excellence** originates from God.
- It is God that we all model ourselves after.
- It is God that is our eventual destiny.
- It is God that is our ultimate strive for achievement.
- When you feel you **love yourself** purely, honestly, and utter devotedly, you **love God**, the prime creator from whom we originate.
- And once we respect and love God, we **love all His/Her creations**, Mother Earth, all living things, and the entire Cosmos.

- Therefore, it is self-love that brings **unconditional love** and offers to ALL That There Is, including our fellow humans and fellow cohabitants of Earth, animals and vegetables alike.
- It is self-love that reflects **love for the Father/Mother**.
- In turn, it encourages and necessitates total **appreciation and devotion** to His/Her Magnificence; to His/Her Glory.
- Love for others persuades **cooperation and mutual support, attention and care** for our fellow Man.
- This in turn, creates sentient, **conscientious communities** within our planetary community.
- Self-love leads to or offshoots **happiness and complete contentment** for the individual ‘soul’ as well as the collective
- This, in turn, points to **enthusiasm and productivity** for the society, which in turn results in prosperity for the community.
- Self-love inspires **forgiveness for SELF as well as others, and** safeguards against animosity and desire for revenge, thus leading to better synchronization and congruence.
- It also serves optimization and blockage against wastefulness of collective energies.
- By promoting happiness, self-love not only helps loving others unconditionally it also promotes happiness for others.
- The happy atmosphere that self-love provides is the perfect prerequisite for **Creation**, which is the very crux of existence of humanity.