

## How to Love Yourself

10 Ways of Beginning to Love Yourself:

1. Respect
2. Gratitude
3. Calmness
4. No Judgement
5. Trust
6. Kindness
7. Listen
8. Uniqueness,
9. Forgiveness
10. Integrity

Fear and Judgement create dis-harmony within all aspects of self – blocking the light.

Love of self is a ‘feeling’ and ‘knowing’ something that cannot be taught as it comes from a ‘Higher Wisdom’ that can resonate within your own heart at the appropriate time.

Loving yourself brings into every aspect of your being, an inner peace, a calmness and joy. This is the essence of the Divine Creator that is within every living thing on this planet.

It sounds an easy question when we ask ‘How do I love myself?’ When you begin to ask, you notice way back in your mind all the reasons why you cannot love yourself.

Maybe your mind takes you back to a time that you either said something hurtful to someone or created a situation that did not come from love, but from anger, jealousy, or fear based and you question, how could you possibly love yourself when you have been so negative or cruel? You don’t feel worthy of love, so you continue to offer healing and loving thoughts to others because this makes you happy to do so, but you forget the most important person – You!

So, let us take a different view of the subject of ‘Loving Yourself.’ How do you begin?

First recognise your uniqueness, you are special, there will never be another you, ever.



You have made errors and possibly said some unkind things or had judgemental thoughts about others, but this is all part of your beautiful journey. You are not perfect, your soul isn't perfect, if it was you would not be here on this amazing journey. Don't beat yourself up over these negative situations you created in the past, they have been put there for you to recognise, to release, let go and move forward with a sense of positivity.

Your soul decided when you came into physical form that you would have many qualities that could not only benefit humanity but also your soul's growth. So from today release your fears or concerns of not being worthy of love and begin to accept loving thoughts of self. This isn't being egotistical; it is recognising who you truly are.

A being of Love and Light, made from Love with the capability of sharing this Love with humanity and the planet. As you look within and focus on your heart centre, the Love radiating from your own self-love, will shine as a beacon of Light within your own aura for all to see. Why is it that so many people wish to spend time in your company or come to you for healing? – because they see within you something so beautiful that reflects back to them, they begin to 'know' what unconditional love is and they want to learn how to love themselves more. They feel the warmth and love flowing from every aspect of your being; this brings an inner peace to that person; they trust you and hope a little of what you offer will become a part of them. But they must also be taught how to Love themselves and not rely on others to make them feel loved or needed.

Just continue to 'Be the Love that you are! As spoken by Jeshua.

So, to recap;

- No judgement of self, just understand every experience you go through is to recognise the different polarities of negative/positive/ hot/cold/ wet/dry/ happy/sad.
- Feel in your heart how you can make changes within your thought patterns for example; never feel guilty of saying No! to something that doesn't feel your heart with joy. If you say Yes, to something you are truly not happy with, then you are not being true to yourself or loving towards your soul or personality. You must remember, you are not responsible for someone else's happiness, you are only responsible for your own.

So, recognise how special you are and what an amazing journey you have been offered to expand your uniqueness and your individuality. Show gratitude daily for



the life you have, for the nature and animals that surround you offering opportunities for spiritual growth and development in many ways.

There will never be another you, just let this time in your present life help you gain much insight into what you can accomplish on this very short journey on this Earth, in comparison to many of your previous incarnations on other planets within these amazing universes.

Your heart will help to guide you on the path of amazing discoveries of who you truly are. The Love and Light you carry within, you will share with many other people in many different ways. But most important is the Love and Light you give to yourself.

Tell yourself daily that you are grateful for this journey here at this most challenging time on this Earth and no matter how many more experiences you need to go through you will continue to Love yourself unconditionally, for as you Love yourself you love all life, for we are one – there is no separation. You came here to turn darkness into Light and this you are doing beautifully, so any darker vibrations within can now be transmuted into Light, for these negative energies no longer serve your higher purpose. You cannot see anything of importance with your eyes, it can only be felt within your own heart.

You are the Love and Light from Source on this never-ending journey of discovery.

**You are special, you are unique. Be the Love that you are!**

*A channelled message from Carol. A. Stacey. F.R.C.H. F.A.C.C*

