

Thursday, May 7<sup>th</sup> 2009 – 7:30-8:30pm

## **Allowing Yourself to Feel Loved**

*Practice Makes Perfect*

Although the voice in your head may tell you a million reasons why you are not good enough to deserve true happiness or to feel good about yourself as you are, the simple truth is that all beings are created equal in their perfection and design. People have different talents and capacities, but all are on this earth for a reason, and all have unique qualities and signatures to share with the world.

Most people are conditioned to judge themselves based upon their accomplishments. For instance, you may believe that you will like yourself better after you lose that last 10 pounds, or that you will finally respect yourself once you find a partner who loves you unconditionally. Both are myths and creations of the ego, and both contradict the soul's knowing of its own inherent perfection – as it stands naked, without the need for any change at all. There is only faulty perception that is stopping you from loving and accepting yourself completely, right here in this very moment.

You came into the world perfect, whole and complete and you will leave perfect, whole and complete. This kind of perfection transcends the physical bodies we carry and instead speaks to the energy deep inside of us that never changes. Everything we can see, hear, touch, taste and smell changes constantly; who we REALLY are, beneath our physical existence never alters. It remains aware and open throughout all life experience – even birth and death.

In order to truly love yourself, you must first explore the world behind your eyes. In this subtle realm you will find a self that is nothing more than formless energy. This is the true you. For example, you know you are alive because you can feel the animation of life coursing throughout your body at all times. You cannot see this animation, but you *know* it is there. This energy holds no fear and is rich in wisdom and experience. It is not jaded by comparison, and can see through the limitations of the physical universe.

If you experience feelings of rejection in your external environment – whether it be from a co-worker, friend or family member, stop for a moment. Use this opportunity to identify the ways in which you reject yourself. Listen quietly for the voice inside that thinks you need to be improved or changed. This voice is not valid. Your outer world will directly mirror your inner world. If you want love on the outside, you must first begin within yourself.

Loving yourself takes practice, and practice makes perfect. Because our society is inundated with external stimulus, over time we lose our ability to accept ourselves as we are. Instead we dwell on what we are lacking and feel guilty because of it. This is a vicious cycle to get caught in, and causes great spiritual damage in the long run. Find and challenge this unconscious tendency within yourself. Instead, choose consciously to be at peace with yourself despite any feedback you receive from the external environment. Self confidence is liberating and contagious because it is your birthright. Become a master of self love and help to transform the world into a pure state of being.

### **Download Information:**

[www.livingyouressence.com/group](http://www.livingyouressence.com/group)

Username: group

Password: 2233