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Intro

Have in mind your 3 top needs and how you generally get them fulfilled.

How much time do you wait for other people to give you what you need?

How frequently does that approach work---very seldom, correct?

There's a better formula: love yourself more. When you love yourself, your emotional vitality vibrates “cleaner” and at a higher frequency.

As well, when you love yourself more you more able to share that love with others.

Here we will explore just how to do that.

Chapter 1:

Taking Care of Your “Whole Self”

Synopsis

If you don't take care of yourself, you can't take care of anyone else?

Within Taking Care of Yourself Lies Success In Your Physical Health and Emotional Happiness

It's rather intriguing that we tend to take our whole self for granted most of the time. We live in such a fussy world that we seldom stop to consider the care we should be giving to our bodies to promote good physical as well as mental health. Our bodies are like machines that are on the go most of the time. Machines require oiling and fueling to continue. And we have to use the correct oil or fuel otherwise the machine breaks down, correct?

Have you ever stopped to think whether what you're doing to your body is helping or hurting? Begin with the food you consume daily, then go on to the things you do to and with your body and mind. If you were a machine, would you still be going, or would you need to stop for mending occasionally?

I recognize certainly that everybody wants to enjoy a long and happy life that's free from illness and full of love. But not everybody wants to do the correct things to make their lives better. It sounds a little like 'everybody wants to take the easy route!

It can be quite difficult to take good care of your whole self at times. For instance, it's important to eat the right food and do some routine exercises on a regular basis. It's also important to live a life that's low stress. This isn't easy.

Let's begin with the food we eat, how many of us really follow a wholesome diet of the right type of food 24/7? Take the average workman who is on a 9-5 job Monday to Friday, can this individual really be faithful to any prescribed diet considering they're going to be tempted by different foods being eaten by different people and the fact that they are probably short on time? This individual has really got to be disciplined if they want to take care of their whole self and be healthier!

Talking about a low stress life, this may sound like a joke to a few individuals. No life can be stress free if we take into account the things we have to do and go through day-after-day.

There is much information available about great ways to reduce stress. Try some calming yoga or deep breathing exercises. Take a short walk and actually look at the beauty along your path. Get a massage; it is a wonderful way to calm yourself physically as well as emotionally.

We are more than just physical beings but also emotional and spiritual ones. If one wants to be “whole”, one must look at all aspects of their health. Take good care of yourself by eating right, drinking plenty of water, take walks, clear your mind, tend to your emotional and sexual needs, and get plenty of rest. Accept your vastness and your limitations.

You are a vital and vivacious human being, begin feeling good about yourself just right now!

Chapter 2:

Believe in Yourself

Synopsis

You must believe in yourself in order for anyone else to believe in you.

Self Love Requires Self Belief

Millions of individuals fail to live the life they've always wished to live. They neglect to realize their ambitions and give up on their big dreams as soon as they take on the first obstacle. Among the strongest reasons for this mental attitude is that these individuals don't believe in themselves.

Believing in yourself is being sure that you're going to do whatever you put your mind to, even if other people are against you. Generally, when you choose to take a big challenge or do something that they failed to do, you'll find that everybody is putting you down. Under the pressure of this criticism a few of us start to question our own abilities and sooner or later give up. The few that manage to believe in themselves and continue down the path they've selected will be the ones that enjoy the glory of success and learn to love themselves.

A few individuals think that unless everybody agrees with them then they're wrong. This is altogether untrue. No one ever succeeds without having individuals resisting his ideas at one point or another.

This rejection later became the grounds for people's success. If individuals think that you're incorrect, or that what you're doing will yield no result, just move forward by either convincing them of your viewpoint straight off or leaving them to be convinced by force when they see what you've accomplished.

If you challenge individuals once or twice and go against their impressions then succeeded, even if it's in a little or superficial task, you'll wind up building confidence in your powers and your ideas. Only then will their impression not affect you much because you have previous experience that proves that you can succeed.

Ask your higher power for guidance and help and you'll feel that you're supported by a power which is superior to anybody who rejects what you're doing and to the unforeseen difficulties you'll most probably face on your road to achieving your goal

If you don't believe in yourself you'll wind up discarding your ideas, and not accomplish self love.

On the other hand, if you believe in yourself and continue fighting for what you want and develop self love; individuals may reject your ideas to begin with but will be forced to believe in you in the long run after seeing you succeed.

Chapter 3:

Consider What You Deserve

Synopsis

Reflect about your likes, dislikes, what you want and don't want. You deserve to have the best relationships, career, and lifestyle.

Are You Getting All You Deserve?

A lot of folks battle with the idea of being deserving. They feel that there's something amiss about them. That's why they feel they don't deserve happiness, love, riches, you name it. Here are some things to avoid when trying to change your life and love yourself more. When you're trying to feel you do deserve all the best.

- 1.** Stave off equating yourself with other people, particularly if they have more than you of whatever. You're unique and your situation doesn't match anybody else's. See yourself as an individual with your own exceptional range of influence, which you sincerely have.
- 2.** Stave off equating your present life with your life as a youngster. You were fundamentally powerless as a youngster, as is every child. What was then, when you were a youngster, doesn't manipulate what can be when you're fully grown.
- 3.** Stave off damaging thinking. It's said that individuals have between 50,000 and 60,000 thoughts per day - - most of them damaging. If most of your thoughts are damaging, and they'll be unless you make a concerted effort to alter them, just think how you're perpetuating negativity in your life.

So, there's another side to this coin of believing you deserve all the best. Here are some things to look for in your daily life - - leading to a better feeling about what you deserve and more self love.

- 1.** Attempt to define yourself as who you truly are. One thought you need to distinctly consider is this: You are a child of the cosmos. Yes, if you will, you're divine. Consequently, you deserve all the best.
- 2.** Try to know that what happened in the past, whatever it was, need not restrict you now. The past is at peace. As much as is conceivable, forget it. Live in this minute. Make the most of this minute.

3. Try to express yourself positively. You begin that by be conscious (cognizant) of your views when you take a minute, make a minute, to consider what you're thinking. Sounds curious, I know. But in order to arrest the negativity in your thoughts, you must become aware of those views. Then, when you find negativity, supersede it immediately with positivity.

Now, take these techniques to avoid and things to look for and apply them to life now. I believe you'll feel immediately more deserving.

Chapter 4:

Find Out Who You Are

Synopsis

Learn about your personality, values, beliefs through assessment tools and inspirational books. Excavate your soul and create your life around what is most precious to you.

You Must Realize Who You Are

Who are you? If you can't quickly answer that question you don't have a really clear picture of your own identity. Possessing a clear image of yourself is crucial in relationships, self-confidence, self love and growth. Just as it's inconceivable to reach your destination when you don't know where you are, it's impossible to become who you want to be when you aren't well-defined on who you are.

In order to improve you must first determine where you are and then how you want to be. If you aren't sure where you are, it's impossible to begin making changes. A lot of pop psychology tells you to emphasize the positive and brush off the negative, but regrettably without first acknowledging the potentially negative you can't mend it.

Acknowledging that, for right now, this is who you are, has an astonishing level of self-satisfaction. When you're wholly honest or uncertain about who you are it's easy to get ensnared into viewing tiny imperfections as you can't perceive the whole. Exposing yourself inevitably creates the self-contradictory situation where you both accept who you are without taking away the desire to improve it.

To get a grip on your current identity all you need is a piece of paper and a pencil (or a computer).

Begin by merely producing a list of all the attributes and ways you define yourself. Now it's easy to make a reasonably short list naming pretty visible attributes, but I think you need to get a little more depth. Keep authoring on your list until it has at least 100 to 200 points about yourself.

Put down items that describe anything that you'd affiliate with your identity. This means achievements, failures, strengths, failings, personality traits, interests, hopes, past, future, etc.

Follow the exercise until it's finished.

This list isn't a resume or a way of perceiving yourself in a confident light. This is a technique for ascertaining exactly what your current identity is, the good, the bad and the ugly. If there are pieces of you that you dislike, write them down also. You'll be the only person reading this list, so get everything out there.

You may feel uncomfortable putting down negative aspects of yourself. You might have wanted to push some of them away or quash them. But part of exposing yourself is also finding the parts that maybe you dislike, are afraid of or even detest.

When you write these things down, recognize that they're a part of you also. Admit the truth that these are ingredients of your identity. Unveiling these parts can be the hardest, but it's utterly essential if you want a clear identity that can be improved upon.

When you view your list, you may be amazed at just how big and complex your identity is. Your current identity has 100s of enlaced factors that create your life. Some of them you may not like others you may feel unbelievably proud of.

Now get complete acceptance of this list. If you don't feel the list is complete, go back and add more to it, but in the end you must view your vast list of qualities and accept that this is who you are right now, in this very instant.

Now that you've a comprehensive list of your identity, everything is out in the open. No longer are pieces of yourself obscured, hidden from view. With your current identity accurate and clear, the true work begins.

This is the work of crafting precisely what you want from your identity. Make it the way you want it to be and ascertain how to express it in the best way possible.

Chapter 5:

Encourage Yourself

Synopsis

You are worthy of special treatment! Say and do nice things for yourself every day. Keep a running accomplishment list and add to it regularly.

Give Yourself a Boost

A lot of times individuals feel disgruntled because they don't feel appreciated by other people. That's understandable. Naturally we all long to be appreciated by others. But if our happiness hinges on the encouragement of others, we may occasionally find ourselves being needlessly discouraged.

The answer is to encourage yourself!

Here are a few ways to do just that.

1. Small pieces of bigger blessings.

While encouraging yourself, it's great to kickoff with the long-familiar and obvious things like family, friends, your home, and so forth. But once you've named those things, try to be more particular.

For example, if you're grateful for your family, individually list the members of your family and then compose a detailed listing of all of the ways you're thankful for that particular family member. The same can be true for the other biggies. For example, if you're thankful for your home (and you ought to be, even if it's humble!), list the particulars about what you value about your home.

Think through every facet of your home, and individually, list what you're thankful for. They are things you take for granted, and yet would certainly miss if you didn't have them! I've found it helpful to center on one small aspect of the various big things in my life daily and list utterly everything I can think that will encourage me.

2. List of your gifts.

We frequently center on what we're not good at, or ways we go wrong or wish were different. But we all have assorted gifts and abilities. Centering on those things can provide a good deal of encouragement. Nothing is too little to list! Or, as in the case above, begin with something big, and then list utterly everything you are able to dream up that comes under that certain category. Generally

speaking, every talent that you have includes multiple "sub talents." Be particular!

3. Recall the past.

Occasionally when setbacks happen, like not being able to pay the rent on time, remind yourself of the fact that you've always managed to keep a roof over your head in the past, and that somehow things will work out this time also.

As well, when remembering the past, occasionally it's great fun to think way back, even to childhood, about fun, interesting, and exciting experiences. Frequently this makes me laugh, and it also helps me to see how rich and terrific my life has been - and without doubt will continue to be.

4. Name your cares.

This might seem like an unusual way to be encouraged, and I'll acknowledge that initially naming my cares sometimes causes me tension! But, naming my cares is often the first step in coping with the issues impending, and as I deal with them, I'm encouraged.

As well, as I name my cares - particularly if write in my journal about them - I frequently see that they are not as bad and scary as I thought. Frequently, when I journal about my cares or the things I'm baffled about, I find that I'm blowing things out of proportion and that the situation isn't nearly as bad as I initially believed. That's encouraging!

Remind yourself of encouragement from other people. Yes, this is about encouraging yourself, but occasionally you are able to do that by remembering past encouragement from other people. Maybe no one has done anything to encourage you this past week or even month, but we've all had moments of encouragement from other people in the past.

Chapter 6:

Extend Yourself

Synopsis

Explore the world around you. Get interested in what life has to offer. Read books, meet people, take classes, and travel to new countries. Get in the habit of doing things differently.

Expand Your Knowledge

When you are working on bettering yourself, your own personal attitude and experience is going to come into play on a steady basis. To remain on the cutting edge for your life, you can benefit by constantly educating yourself in all areas that interest you and pertain to you and your life.

Self development is going to be really important to your mindset in life. When you're constantly seeking ways to improve upon yourself, it will show in your attitude and in all aspects of your life. There are several different ways you can do this. Plainly reading and watching all that you can is a great way to begin.

There are many audios, videos and books that are useable online that are readily available . You can stay up to date on information by subscribing to newsletters and magazines also.

Education is significant when it comes to your personal life because the more you know, the better equipped you'll be to handle any crucial decision you're confronted with. When the unforeseen arrives, you'll know the best course of action to take. When confronted with hard decisions your knowledge will help you ascertain how to deal with these troubles.

New information is being introduced perpetually and the only way to stay on top and with-it is by constantly educating yourself further. If you stop learning new things, one day you'll realize that someplace down the line' you got left behind. Other people are still moving forward and you're stuck in the past.

When it comes to getting some training you have a lot of choices. The first thing that you need to think about is how much time you have to put into furthering your training. As mentioned above, there are many books, audios, videos and other sources both online that can help you educate yourself. As a matter of fact, you can search the net for every article you can find on the topic of self love and personal growth. You should also look for self help r books about motivation, organization and more.

If you have the chance to take advantage of a seminar, do so. These can be very beneficial and educational. There are seminars that you can sign up for online also. This way, you don't have to travel and you can take the class or attend the seminar from the Net.

The important thing is that you comprehend that you need to constantly educate yourself if you want to keep up with the world in which you live and help with your personal development.

Chapter 7:

Forgive Yourself

Synopsis

Let go of any residual guilt or fear from your past. Forgive yourself for making mistakes and not getting everything “exactly right.” When you forgive, you free up emotional energy that can better used to love and be loved.

Give Yourself a Break

Your mental health may depend upon your ability to dilute hurt and anger, even at yourself. So effective is forgiveness -- if we could find a way to learn and teach it -- what a better world this would be.

But first, you may have to forgive yourself. Did you betray your spouse? Strike a child in anger? Steal something? Go off the wagon? The list of potential human misbehaviors is long.

If somebody else did these things, you may learn to forgive them or at any rate let go of the anger. That's because it's easier to forgive other people. After all, they don't live in your brain, reading you the same old riot act. All the globe's major faiths preach the mightiness of forgiveness. But forgiveness is such an evasive act, quicksilver in its power to be strongly felt one moment and then dash away beyond reach the next.

A habitual state of anger and bitterness interferes with life. Innumerable studies also show stress and anger can cause or aggravate diseases, like cancer, heart disease, and assorted autoimmune disorders. When bitterness is interfering with your life, it's time to forgive yourself. So many individuals have a ceaseless, critical voice in their heads narrating their every move. Forgiving doesn't mean not being angry with yourself, but not detesting yourself.

Individuals frequently try to forgive themselves for the wrong things. They think they ought to forgive ourselves for being human and making human errors. Individuals don't have to forgive themselves for being who they are -- different, or have some sort of handicap. Forgiveness means being particular about what we did that needs forgiving.

Forgiveness is often confused with excusing or lack of accountability. This is a Earth with high operation standards. Individuals think they need to be perfect. Yet individuals do things -- intended or not -- that damage others. You may not

intend to hurt, but the other individual is no less harmed. That's when you need to stop at some point and forgive yourself.

It's about releasing a source of pain and releasing resentment. Individuals think forgiving yourself means you're letting yourself escape whatever it was you did. The hurt and anger you're feeling are supposed to be your punishment. Individuals who want to feel pain and resentment use it as a way of putting a barrier around yourself as protection against being hurt again.

You picked the inappropriate mate and the kids suffered neglect. You circulated a story that got somebody fired. You didn't report a crime and other people were victimized. Is declaring yourself forgiven enough? You know you have done it when the memory gives you no more hurt or anger. It's as simple as that. When you are able to say, 'I am free of this.' Naturally, along with this frequently goes the need to ask the wronged person to forgive you also. Forgiveness is never done unless individuals and relationships are transformed in the process.

Making restitution is more than a simple 'I'm sorry.' It calls for a willingness to listen to another person's anguish. It involves a willingness to take immediate corrective action.

Forgiving yourself isn't a plugging away, long-term, "good day/bad day" sort of thing. At some point you reach a corner. Something changes. You feel less burdened, you have more vitality. You live longer; you have better health and love yourself more.

We all mess up occasionally. Forgiving ourselves is as close as we come to a reset button and a great thing to work on for self love.

Chapter 8:

Value Yourself

Synopsis

Just by being born, you are worthy of esteem and value. Let yourself off the hook and move from having to do anything to deserve to be valued. Treat yourself like you would a best friend.

Your Self Worth Is Important

Self-respect plays an crucial role in how much or how little you value yourself. In order to value others, you have to value yourself first. What do you think about yourself? What do you think about your line of work? Do you feel like you do a beneficial job, or do you feel that you're not passable at what you do?

You're more likely to succeed if you value yourself. Self esteem decides your inner most happiness. If you have elevated self esteem, you're likely a happier individual than somebody with low self esteem. Self-respect conveys how we treat ourselves and how we care for others.

You have to feel good about you. It does not matter what anybody else thinks or says. You don't have to be the coolest individual in a group, you don't have to be the better looking. Stop equating yourself to other people and stop letting other people get the best of you.

We shouldn't let other people determine how we feel about ourselves, nor should we give in to that inner critic. We shouldn't have to base our self-respect around how other people treat us. If we valued ourselves, we'd have a confident self image and a high self esteem.

The good thing is, we can change our self-esteem. We can learn to value ourselves.

Think confident: As soon as you hear that damaging inner critic, cut it off and fill it back in with a confident statements. Keep filling your brain with confident thoughts and in time your mind will have no more room for the damaging.

See your errors as learning opportunities. Everybody makes errors and the best thing you can do is learn from them, instead of beat yourself up for it. Making errors only makes you human, learning from them makes you grow and change- and that's a beneficial thing.

- Make confident acquaintances. Surround yourself with those who love and care about you, and those who treat you well. Avoid those who treat you badly.
- Do something courteous for somebody; it will make you feel good as well.
- Acknowledge your accomplishments and talents- build on them.
- Set truthful goals, stick to them and when you accomplish them, you'll feel great.
- Stop seeking to be perfect
- Pursue your passion, be true to yourself
- Make eye contact, stand tall, dress nice-you'll feel better
- Smile

These are a few things you are able to do to change your self image and value yourself more- to change the mental image you have of yourself. You can take it bit by bit and see that you feel worth a little more after trying these out.

Chapter 9:

The Truth Behind Love of Others

Synopsis

There is more to it than just saying I Love You.

What Is Involved In the Love Of Others?

Whether we recognize it or not, the role that we play in the lives of others - those we know and those who know of us - is that of karmic teacher. It's the same role that other people we know play in our lives. Each of us is perpetually teaching all others around us - by our words and actions - about dissimilar ways of being. From these examples, each decides what to do and how to be as we make our own journey through the cosmos.

Often other people teaching us what NOT to do/be is even as valuable as their teaching us what to do/be. Being open to learning from other people is the first step on the long journey through the cosmos that we all take on to unfold into greater levels of love, joy, and awareness. It's easy to SAY that we love others but...

It's more difficult to demonstrate that we love others. All it takes to demonstrate that we love others is to "love one another. Treating other people with such loving kindness is easier said than done.

We're our own worst enemy when we think, act, and treat other people as anything other than inspired beings. When we think "I detest them" or "They don't deserve to live" or "regrettable they're (fill in the blank)... otherwise we could be allies" or "If only they were more like me" or "If only they thought like me", we're saying a mistake was made when "they" were created.

You shouldn't show love to others out of motivation to get their love. Love is the gift you give as an extension of your heart and soul.....profit doesn't enter in the equation. If you're driven by motive when giving love then you're not giving love you're selling something.....

Love should be unconditional. As a side note: never say the words unless you are able to truly live with the unconditional aspect and the true essence of how great

love is. too many individuals through the word around and minimize the value by saying it without full intent just for effect.....

Chapter 10:

Learning How to Love Others

Synopsis

The steps you can take to share your love with others.

Tips On Truly Sharing Love

1. Ceaseless criticism of other people does nothing to change them and it harms us. Being unloving to other people is like taking poison and expecting them to die... when it's you who will be harmed by the outpouring of your unloving thoughts towards them. To stem the tide of negativity towards other people, you need to start one thought at a time.

As you move throughout the day, for every individual you see (yourself or other people) say wordlessly to yourself "I love you as Soul". Soul Love is neutral and unromantic. You can love someone's Soul even if you really detest everything about them because their Soul is the "love" part of them. It's the perfect part that the maker sees, that he knows, that he loves. That's how you can connect with their worthiness and act as if they're worthy... and truly mean it

2. If you love the other individual, add to their health by nurturing their bodies with loving touch. 4 hugs a day are the minimum for good health, 8 a day are truly needed, and 12 a day lead to personal empowerment.

To show love to another, work to encourage them to love their own bodies. So often we join other people in the contemporary trend of "woundology", where we trade accounts about how ugly, bad, or imperfect our bodies are.

3. Mental damage is the greatest damage that we routinely do to each other. We think that by sharing our sorrows that we're supporting others. The reality is that continually sharing broken heartedness - especially once the painful crisis has passed - only serves to keep our wounds and theirs alive. For what we shower our attention on is what we manifest into our reality. Everybody has made their share of errors... we're meant to learn from them and progress.

We exhibit the greatest respect to other people when we refuse to keep their pain alive... when we speak of ways that they can solve their troubles and move past their pain. Or when we demonstrate to them the path to their own empowerment or how to achieve their dreams... anything but nursing their pain.

4. No one is perfect, not me, not you, not anybody else. Regardless what you dislike about other people, it's of vital importance that you value other people - even as they are right now. For by doing so, that's how we create peace within our own hearts. The fact is that we all are - from the saints to the sinners - a "work in progress": changing daily and evolving into becoming who we already are.

As Philo the philosopher counsels, "Be thoughtful, for everybody you meet is fighting a hard struggle." When you can accept other people just as they are right now, this is the ultimate way of respecting the hard fight that they're fighting.

5. What keeps us firmly stuck with our negative baggage is the fact that we can't forgive other people for somehow failing us. Sincere, heartfelt forgiveness is the solvent that unsticks our fingers from this baggage, allowing us to drop it. Dropping it is the best thing that we can do for ourselves and other people. Forgiveness doesn't mean condoning what happened or just forgetting about it or not learning from it. All of those are valuable lessons that we spent emotion learning.

6. If there's one key to showing unconditional love to other people, it's this. As William Penn said, "any good that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again." Making people pleased, helping them to be happy, and allowing them to be pleased are all ways of showing others unconditional love.

Wrapping Up

Love is the most potent force in the universe. It's the worldwide solvent which traverses all hate, all fears, all obstructions, all troubles. Where hard, debatable relationships exist, it is due to the absence of love energy between us and others.

By forever holding thoughts of loving kindness toward other people in your heart as well as striving to love yourself more, you reconstruct the love energy bridges between you and others.

All the Best to You!!!