

# Secrets to Loving Yourself!

by Aine Belton



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**"If there is a panacea, or cure-all to life,  
it is self love." ~ Paul Solomon**

Self-love will positively restore and transform all areas of your life. It will not only reward greater joy, peace, empowerment, intimacy, giving and receiving, and improved relating with all, but will manifest as greater success in all life areas in general.

Love is a magical magnet that attracts the best of everything. When you access and develop this love within, life become's brighter and more abundant in all ways.

Loving yourself is easy when you own your inherent innocence and worth and acknowledge the soul and spirit that you are.

Your essential self - the you beyond your personality, identity and self-concepts - is ineffably beautiful, loving and magnificent.

In the light of self-love you come to realize that you are not your darkness, failings or mistakes, and that your negative self-beliefs are sourced in misunderstandings about yourself and life; faulty beliefs that you can *change*.

To not love yourself is to be blind to your true nature and the loving nature of the universe, caught in the lies of ego and self-defeating traps such as guilt, shame, judgment, undeserving and insignificance.

**"There is nothing but love, and all else is illusion."**

*- Dr. John Demartini*

When you awaken to your inherent nature, self-love is inevitable.

Forgiving yourself for perceived 'wrongs' and 'mistakes' can help you let go of and release more of what you are not so

you can open to experience and embrace more of who you are and the love at the heart of your being.

It is easy to love what's beautiful in you, but it is the ugly parts that need your love the most.

To truly love your self is to love yourself unconditionally beyond reasons why. To love yourself because you did a good deed, got a pay rise, secured a new job, are popular, funny, attractive or wealthy is conditional.

Love yourself for who you are; your strengths *and* weaknesses. Furthermore, love yourself *because* you are - that you exist. The essence of who you are is love itself. You are born of love, returning to love.

There is nothing you need do to win that love and nothing you can do to lose it, for you are loved completely.

Pain and constricting thoughts and feelings that say otherwise, are symptoms that you are out of alignment with the truth of who you are.

Self-love equates with self-knowing in the ultimate sense. It is accepting yourself in entirety and understanding that you are more than your personality and identity. You are a spiritual being having a human experience, whatever traumas, trials and stories that human experience has entailed.

All that your heart desires is yours to create and receive. Love unlocks the door to that receiving. When you awaken to the love that you are you allow greater abundance, and

there is a renewed flow of giving and receiving between yourself, others and the universe.

In the wake of love, dreams come true, wounds heal, the pain of separation dissolves, and deeper brighter treasures of self are unveiled and realised.

You become free from ego games and agendas, self-punishment and judgment, that can otherwise thwart your growth and success and side-track you from the truth.

Fear, worthlessness, loneliness, guilt, control, perfectionism, shame, self-loathing, and other constricting states dissolve and transform in the light of love.

**"There is no difficulty that enough love will not conquer;  
no disease that enough love will not heal; no door that  
enough love will not open."**

*- Emmet Fox*

When you love yourself, neediness subsides and you relinquish futile attempts to 'get love' from 'out there', and the control, manipulation, dependency, sacrifice and struggle that can otherwise ensue.

The ego's quest to earn love, and to compete, compare and prove your lovability dissolves in the nourishing repose and revitalizing wonder of self-love.

Instead of trying to prove you're worthy, you acknowledge and accept you already are. Self-esteem comes from within,

and no amount of outside validation or approval will ever give it to you. You can though.

You are the one you have been waiting for; it is *your* love and the truth of your being that lies within to be awakened, received and enjoyed.

If you're not having the types of experiences you want in your relationships, and the levels of love, trust, intimacy, connection, respect, and responsiveness you desire and deserve, the key is to look at your relationship with self (which all outer relationships will mirror) and begin to awaken the oasis of love and open to receive this limitless reservoir of love to heal and transform you within.

When you do so you will begin to experience greater self-acceptance and greater love and intimacy with others.

Your Higher Self, the eternal transcendent being that you *really* are, loves you more than you may ever now. It loves you totally and unconditionally.

The cliché 'No one can love you until you love yourself' is true in the sense that, until you love yourself you will not be able to fully receive love from others. You will not be available or receptive to that love, or truly believe it.

You may be blind or blinkered to that love. You may deny, discount or avoid it. You may be cynical and doubt it. You may push it away or sabotage it. You may feel you do not deserve it. You may even fail to attract it in the first place due to blocks around your lovability and limiting self-beliefs

that stand in the way of receiving love from yourself and others.

When you love yourself you fill up with nectar from within and can radiate and share that sweetness with others and the world.

In exuding the wondrous vibration of love you will accordingly attract happy, harmonious, beautiful realities in line with your heart's desires.

Love attracts all things good and true, solves and transforms problems, and brings clarity and truth.

You are source, not subject, of your world. When you love yourself, the world loves you back.

The relationship you have with yourself is like a blueprint that sets the nature and quality of relationships with others.

The secret to creating and attracting a successful loving relationship with another, whether you have found that 'other' yet or not, lies in loving yourself.

**Self-Love** will enhance any existing relationship, ironing out problems and taking it to the next level, as well as attract a healthy, optimum relationship at an appropriate time if you are currently single.

Furthermore, it will quench the 'need' for a relationship, and bring inner contentment, peace and fulfilment and the

enjoyment and appreciation of time on your own. You can experience being single and its gifts in a rewarding, nourishing and empowered way.

When it comes to love relationships, you may think about or list the qualities you want to show up in a partner, yet how many of those qualities do you show yourself?

Are you considerate, kind, loving, and generous to yourself, for example? Do you acknowledge your gifts, beauty, and attractiveness? Do you celebrate YOU and enjoy your own company? Are you intimate, honest, and respecting of yourself? Are you committed and faithful to you?

**"Love is the great miracle cure. Loving ourselves works miracles in our lives." - Louise L. Hay**

Your relationship with yourself will be mirrored in your relationships with others. What you cannot give to or receive from yourself, you will lack the ability to do so with another.

Your worth is a given. It is inherent by virtue of your existence. You are a spark of divinity, and an integral part in all of creation.

**"Each (of us is) a miracle of love."**

*- A Course In Miracles*

Some of the primary blocks that stand in the way of you loving yourself are your beliefs - the beliefs you hold about yourself.

These are formed largely during childhood years, as well as at other key times in your life, and can be influenced and programmed by your parents, family, friends, media and society.

Limiting self-beliefs might include 'I am not good enough', 'I am bad', 'I am wrong', 'I am unlovable', 'I don't deserve', 'I am unworthy', 'Nobody loves me', 'I am alone in the world', etc.

These negative self-concepts and faulty 'assumptions' fracture perception and mar your self-image and the way you perceive and relate to yourself, others and the world.

You can clear your limiting self-beliefs, replace them with positive empowering ones, and experience more of your innate loveability and the innocent truth of your being.

There are numerous techniques nowadays for doing this, from the Belief Buster Kit, NLP, EFT, Theta Healing, Psych-K and others.

Another major block to self-love is a lack of self-forgiveness. People may find it easy to let others off the hook but can be very hard on themselves.

When you love yourself you judge others less since you judge yourself less. Compassion is a natural by-product of self-love.

In loving yourself you are more connected to your Higher Self - the eternal transcendent being that you *really* are..

You become less self-conscious and more spontaneous, less self-absorbed and more giving, less of a victim and more of a victor, leader, contributor and inspiration to others.

When you are in the resonance of love, life is graced with ease, joy and flow. Problems and struggle lessen and cease. You stop fighting yourself and others and start joining, giving forth, connecting, celebrating and having fun!

You revel in the wonder that you are, the love of the universe, and the love the universe has for you!

## **Practical ways to love yourself!**

There are, of course, infinite ways to love yourself. The possibilities are endless, and will depend on what is most appropriate for you at a given time, what brings you greatest joy, and what honours and fulfils your heart's wishes and soul's purpose.

It is worth noting here, however, that loving yourself is not so much what you *do*, but how you think and feel about yourself (which, of course, drives your behaviour). Love is more a state to open to and allow. Love exists within you

already inside your heart. It has always been there and will always be there. It is not something you make happen by force or control, but you can create an *environment* that encourages the experience of more of that love within.

Self-love is not a doing, but an inner experience from which self-loving behaviour is born. It is reflected in the doing, yet can also be strengthened and invited through that action.

Loving yourself is essentially about letting go of what you are not, negative self-concepts and beliefs, and any guilt, shame or self-judgment that stands in the way, and embracing the truth of who you are, your innocence and inherent worth.

**“Your task is not to seek for love, but... the barriers within yourself that you have built against it.” - Rumi**

You are born of love, returning to love.

You already do love yourself, likely more than you are aware. Your Higher Self - the aspect of your consciousness closest to source - loves you immeasurably.

If self-love feels 'new' to you and you want to experience and develop more of it, there's no shame in starting with self-loving behaviours, even if it may initially feel like you are 'faking it 'till you make it'.

When you start to act more loving to yourself you will ignite a renewed relationship with yourself and step onto a path to blossoming path towards loving horizons. You will also begin

to program your subconscious mind with a new way of relating with yourself.

Whilst loving yourself may involve pampering and treating yourself in luxurious ways, yet it may also include far less glamorous endeavours, for self-love is about doing what most serves you at a given time, and honouring and respecting yourself accordingly.

Loving yourself could be:

- ✔ Cleaning your home, organising papers and accounts, eating healthy food, paying bills, clearing debts, etc.
- ✔ Seeking the healing, insights and support that will help you release the attitudes, encumbrances and negative emotions that keep you from experiencing the wonder of your true self.
- ✔ Ending sabotaging patterns, habits or addictions.
- ✔ Changing self-limiting beliefs.
- ✔ Setting new inspiring and enlivening goals, raising your standards and reaching for more.
- ✔ Doing 'nothing'; spending time relaxing, reflecting, de-stressing and simply 'being' to allow greater intimacy and connection with yourself.
- ✔ No longer sacrificing to please others.
- ✔ Respecting boundaries and saying 'no' when it feels right to.

- ✔ Not settling for less or compromising your dreams or values.
- ✔ Living somewhere that you truly love, or transforming, decorating or renovating your existing home to surround yourself with an environment that is beautiful, meaningful and heart-warming.
- ✔ Nourishing and caring for your body, such as eating healthy food and exercising regularly. You might join a gym, get a personal trainer, or begin fun healthy activities like salsa, yoga, or a new sport or activity like hiking or running.
- ✔ Treating yourself to the pleasures of massage, a facial, pedicure, beauty treatments or a new hair-do.
- ✔ Buying new clothes that reflect your truer self.
- ✔ Taking up or renewing a creative hobby or passion, be that singing, writing, walking, painting, sailing, or photography, for example.
- ✔ Being honest and intimate with yourself, and listening to and honouring your feelings.
- ✔ Going on weekends away, short breaks and holidays to inject greater fun, happiness and adventure into your life.
- ✔ Being in touch with friends and loved ones, and expressing the love you have for them, which will be nourishing not just to them, but to you as well.

- ✔ Speaking kindly to yourself, seeing your value and goodness, affirming your positives and being grateful to yourself.
- ✔ Having a night out on the town: going out for a fabulous dinner, dancing, to the movies or theatre, whether alone, with a friend a friend, or romantic partner.
- ✔ Meditating and allowing time for greater connection with yourself and quieten the voice of ego.
- ✔ Being true to yourself, upholding principles and standing your ground.
- ✔ If you tend to save or hoard money, it could be having a care-free 'splurge'.
- ✔ Treating yourself does not need to be a great expense, however, and can be having breakfast in the garden on a sunny morning, taking a walk in the afternoon, having a bubble bath, a candlelight dinner in, going for a swim or watching the sunset.
- ✔ Spending time in nature to bask in its beauty and grace. We all have favourite nature spots. For some it is the ocean side, for others the beauty of a spring meadow, for some it is to walk down country lanes, or enter a forest or grove. Perhaps you love riversides or waterfalls, or wide vistas and open landscapes with far reaching views, or hill tops and mountains.
- ✔ Appreciating yourself for all your gifts, qualities, strengths and achievements, and having compassion and love

for any perceived 'ugly sides', weaknesses, stresses, trials and tribulations.

✅ Forgiving yourself for all 'mistakes' the lost or wounded you may have made, and letting go of negative self-concepts and beliefs.

## The Self-Appreciation Technique

How are you appreciating YOU?

If you are not receiving acknowledgement, recognition or appreciation from others in your life where you might like it, it can reflect where you are denying giving that to yourself.

Take some time at the end of your day to either write down, or say to yourself in the mirror:

- At least 5 qualities you appreciate about yourself (perhaps that you witnessed that day, or perhaps from a past time or event - whatever comes to heart and mind).

Recognize and acknowledge positive qualities, gifts, attributes, strengths, talents, successes and achievements, where and how you make the world a better place simply by being in it, your love, your care, your desire and willingness to grow, and so on.

- At least 5 things you are grateful to yourself for (again, either that you are grateful for from that day,

or from a past time or your life in general - whatever comes to mind).

Own and acknowledge the goodness that you are. Appreciate and be grateful for you!

Your goodness, innocence and light is the truth of who you are. Whatever 'mistakes' you may have made in your life, born perhaps of pain, ego, fear, hurt, anger or being lost, fragmented and self-loathing, know that these mistakes are not who you are. Have compassion for yourself. Forgive yourself.

Look to the truth of who you are, the light, and you will begin to feel better and better about yourself, for this is your true nature, and the more you recognise it, the more it will blossom and radiate in your life.

### **Self-Worth Exercise**

**1.** Write down 5 or more ways in which you think you are not valuing or honouring yourself.

It could be in any area - relationships, work, health, fun, etc.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



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**5.** Write down 1-5 things (gifts, qualities, behaviours, traits) you feel are, or tend to be, under-recognised and under-acknowledged by yourself and others.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**6.** Now take some time to acknowledge and own those things about yourself. Recognise and appreciate these qualities in you. Thank yourself and compliment yourself for these.

You can take a few moments each morning and evening in the bathroom mirror to do this, lovingly acknowledging who you are, such as with the 'Self-

Appreciation Technique' Above.

You can end your mirror appreciation exercise above with an acknowledgement of unconditional love. Say whatever words feel right. Below are a few as examples:

*"I love you just as you are right now. You do not need to be or do anything else for me to love you.*

*I love you unconditionally. You are loved, loving and loveable ever and always, and are always deserving of love. I love, value and respect you just as you are right now. Thank you for being you. I see your beauty, love, light, kindness and wonder. I love you so very much."*

Use whatever words resonate with and will support and nourish you.

### **The Pink Bubble of Love Technique**

Below is a simple exercise using the healing frequency of pale pink to align your vibration and open you to the experience of more love in your life.

Pale Pink is a soft healing energy of unconditional love that invites self-acceptance, self-love and self-forgiveness.

It is nourishing on all levels, resonates with the heart

chakra, and brings the experience and joy of loving and being loved, aligning and raising your energy accordingly.

The vibration of pale pink also helps to dissolve that which stands in the way of unconditional love and blocks to experiencing self-love.

### **The Exercise**



Visualize being surrounded in a bubble of pale pink light. Imagine this pink light of love (perhaps as a sphere or oval shape) immersing you in the energy of love, and washing away and dissolving any resistances to that love (hurts, wounds, loss, grievance, loneliness, pain, isolation, grief, etc.).

Imagine this pale pink light entering into your body, and being absorbed into your very cells, to nourish, soothe and gift you with the wondrous healing power of love.

Bathe in the vibration of this pink bubble of love and let it heal and transform you.

**"All my limitations are self-imposed and my liberation can only come from true self-love."**

*- Max C. Robinson*

Love,



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