

Greetings my relatives. It is time we address a topic that may be the most important key to your life here on earth. It's a topic with many side roads but eventually they all lead to the same place. You.

Your relationships on earth come in many forms and many degrees of emotion and the only thing every relationship you have, have in common is you. You are the base of every relationship you have with others, with animals, with nature and with the world. The flip side of that and the curious part is the least amount of effort given to a relationship is often the relationship you have with yourself. It falls by the way side as you navigate and give energy into every other relationship you have.

I must be cliché for a moment and give a saying you often hear but often overlook. If you don't have a good relationship and love yourself you will never have a proper or healthy relationship with anything else. You hear that often but what does it really mean. What does loving yourself really mean and why is it important?

Well loving yourself is more complicated than looking in the mirror and accepting yourself. You have physical attributes that you like and dislike about yourself. Often that is what you focus on. Accepting of your physical traits is not love. "Learning to love" your 'love handles' has nothing to do with you. That is finding parts of your body that you accept despite what your media and social norms have told you is appropriate. It's almost of an acceptance but under duress so to speak.

What I want to address is you, the being that stretches much further than your physical attributes or the way you handled yourself in any particular situation.

Who are you? Why are you worthy of love? What happens when you do love yourself?

Well my relatives let's begin. Who are you? Do you really know? Not what you like and dislike but who is your soul that has been through many life expressions (incarnations).

That my relatives is what I would like you to start seeing. You reading this have been through many life expressions, you have travelled through time more times than you are aware. Some of you may be aware. So let's look at this more closely. What does your past lives have to do with this? Well you are judging yourselves harshly on this one life expression. You don't see you are the sum of all your lives. There are things in

your past lives that help contribute to who you are today. If you could see what we see you would see warriors who have lived through the most difficult times in your earth's history but chose to come back right there and now for this shift. You are the most decorated veterans of the souls and you are strong enough to keep returning. Yet you judge yourself on the confrontation you got into with Suzy last Tuesday. If you could see who I see, the humans who died to bring spirituality to level it is at today, the ones who perished in great plagues because you volunteered your bodies to create cures for diseases for next generations to be able to further this world, the ones who came into a dark world to bring the light knowing you would be persecuted for it. That who you are, you are a light warriors and strong beyond measure.

Since many of you don't see that let's start at a smaller base. You are a human on earth that came with a purpose and you have a greater strength than you know. There is a bigger picture than just surviving each day.

Each and every interaction you have a chance to make this world better. Will you be successful at every interaction? No, not by what you measure success. So how can you change that. Well you show yourself the respect and love you show others. Picture yourself as another human. If you see a human at the side of the road crying because they felt like they 'failed' at life. Would you not take the time to hear their story and assure them that they are a 'good' person and that they are valued in life. Most of you would but yet when it comes to your internal dialogue all you can point out to yourself is what you did 'wrong' or negative thoughts about yourself. What if you stopped that. What if you recognized your human selves as a student in lesson. A teacher never gets mad at a student for a 'wrong' answer, rather says that was a great try and maybe next time you'll apply what you learned this time and come up with a more satisfactory outcome.

What if you started walking gently with yourself and become the stranger on the street that can point out the good in you although they don't know you. You could speak softly to yourself and have compassion for the person you are trying to become. What would happen if you went to bed every night thankful for the lessons you learned and look forward to applying them to new situations tomorrow. Even those lessons you

perceive as 'bad' or a confrontations where in hindsight you see a more productive route you could have taken.

Listen closely here, you are not everyone's 'good' lesson all the time. You were not placed on this earth to give every human a better experience. You are not here to please everyone. You are here for experiences to learn from and contribute to a higher consciousness driving your society back, yes I said back, to love and awareness.

What if you stopped looking at yourself through the lens of your perceived failures.

What if you looked at yourself and said my goodness I made it through all of that and I am still here and still have a little spark of love within me. Could you not go much further in life if you looked at the positive in you rather than what you think the negatives are. If you started to really love your soul, your essence and respected yourself as a human natural boundaries will start to form.

If you cared about yourself as you do for others you would simply no longer accept certain situations or allow yourself to fall victim to other people.

When you do start to actually appreciate yourself as a flawed human doing the best they can with a heart full of love you will start to steer clear of situations that put your loved one (yourself) at risk.

Once you start to guide yourself into better situation because you know you desire better for yourself your life will change.

The people you let take advantage of you will fall away because you will set boundaries with them. The frequency you currently live in will change because you expect and therefore seek out a higher frequency with this new human you love, yourself.

Once you can love yourself the lens in which you view life will change. You will no longer accept 'oh I have bad luck' because when you love someone you want the best for them. You will tell yourself you don't have bad luck because you deserve so much more.

When you are in a relationship with someone else humans tend to give so much effort into seeing the other person happy. Whether it be a romantic, friendship or family relationship you want the other person to be happy so you put effort there. It is not selfish to put that much love and time into your relationship with yourself, in fact it is necessary for a harmonious life.

If you are constantly giving to others you will inevitable get frustrated because they aren't 'giving it back' you will feel used or under appreciated. Well let me tell you this, that feeling used and under appreciated are actually expressions of how you are treating yourself.

Here is another piece of the key. You will never find enough validation or happiness in your life if you are expecting others to give it to you. Those things my relations start with you. You are the only one that can truly validate yourself. You are the only one who can truly give yourself happiness. Others can contribute but eventually others will not be there and you need to be able to create your own happiness.

I am not saying that you don't need people, quite the opposite, we are all related and all need each other. What I am saying is you are responsible for yourself, no one else. You are responsible in becoming who you are meant to be, the more you rely on others to tell you who you are the more confused and depressed you will become.

Say you had a friend that constantly built up your self esteem. Say they told you everyday how great of a person you are and how happy they are you are in their life. You look forward to hearing this everyday. Something happens to you friend and they are no longer available to you. You have lost that person telling you how great you are so you immediately search out another person to validate you daily. This new friend has some other traits that are not healthy, they also take a lot from you emotionally, financially, spiritually and you allow it because you don't see it because all you want to hear it the great things they are saying to you. You eventually get brought down so low because while they are filling your ego they are draining you everywhere else.

Now what if you had been the one telling yourself that you are in fact worthy of love, you are a work in progress who makes great strides everyday and you are enough. You are enough. If you had been telling yourself that all along when this new person came along who knew what to say to you to take advance of you, they know how to fill your ego and drain your bank accounts, you would have never accepted them in your life because you were already giving yourself what you needed. You didn't need their validation.

That my relations is loving yourself. When you can separate the need for companionship with the need for self love.

Once you can fill your own cup you can enter into healthy relationships because you don't 'need' anything from them. You can learn from them and be a healthy person without relying on the other person to 'fix' you. You have fixed yourself and are ready to be a positive in someone else life.

Loving yourself means that no matter what you face, no matter what another human does, no matter the lessons in front of you, you know you will make it through. If you love yourself enough you will be guided to set boundaries with people who may not be a healthy choice for you. You will have learned the lesson about self love so will no longer need to repeat the cycle of attaching to people who will teach you this lesson. You will now walk beside people who truly want the best for you because they already have the best for themselves.

You will no longer be so thirsty for love that you will drink from any cup presented. When you love yourself you search for healthy paths and relationships.

Love yourself dear humans, love yourself like we love you and watch how your life changes.

Take off the masks of who you are 'supposed' to be and just be and love yourself for it.