

# Have a Love Affair with Yourself

The relationship we have with ourselves is singularly the most important relationship in our lives. The minute we are born, we feel an enormous amount of love pouring out of us, and reflecting back to us from our family. Then, as we grow, other people enter our lives. We experience more contrast. We are introduced to a myriad of thoughts and opinions that may or may not resonate with us. This can be confusing, and may contribute to the sense of disconnect we sometimes feel within ourselves.

Adolescence is a formative time in our development. It can be a very exciting and often bewildering time. It is a time of self-absorption, and a time to question everything. We are introduced to many new concepts and ideas about how we are “supposed” to think and behave. This often creates a disconnection with our inner knowing. In other words,

sometimes we get stuck in a moment in time. During our adolescence, we create patterns of thoughts and feelings that we may continue to recreate in our adulthood. Some of these patterns may disconnect us from our inner being, inner listening, and inner knowing.

Other people have a point of view about nearly everything we say and everything we do. We often rethink how we feel about ourselves, based on those points of view. We are conditioned from day one to look outside of ourselves. Very rarely do we hear how important it is to redirect our attention inward, back to our natural state of connection. Society trains us away from our natural state of well-being and self-love. However, The Ever-Loving Essence of You is not a commentary about our society. Society provides us with a wonderful opportunity for contrast, and how we choose to assimilate that is up to us.

It is the most amazing thing that we have all of these experiences with society as young children, and then all of these choices about how to integrate them as adults. We can use these experiences as our excuse why we never go on to connect with ourselves, or they can become the very reason for the connection that we create with ourselves.

For example, if your parents divorced, you may be carrying

some of the thoughts and feelings from that situation into your adult relationships. You can choose how you use that “devastating” divorce experience. One choice would be to never go on and create a healthy, loving adult relationship. Or you can use that experience as a wonderful opportunity for contrast, and the very reason to go on and create what you feel is the most loving, connected adult relationship for you.

The most important thing to understand is that you have choice: your choice to soar, or your choice to spend the remainder of your life arguing for your limitations.

What exactly does it mean to argue for your limitations? When suggested that we can re-frame our situation and make a shift, our tendency is to argue to remain where we are. This is what we find ourselves doing most often when we do not see an opening or possibility to move forward and thereby embrace a wonderful moment. We have become so invested in telling our story that we create resistance around changing the storyline, or we may simply need permission to change our storyline. It's all okay. Re-framing is a tool that can be used to look at a given situation and create an opening for a better feeling to move towards.

Self-love is an intrinsic part of our nature. Our connection

with our inner being is what gets us back to believing that sense of self-love.

We cannot love ourselves based on other people's point of view on how we should conduct our life. Wouldn't it be nice if we were not dependent on what other people felt about us to feel good about ourselves? Sometimes, other people are not reflecting our best selves back to us.

What are some of the ways that we can maintain the connection with our best selves and reflect it back to ourselves steadily, thereby creating and recreating the loving connection? The answer is, nourishing ourselves to connection.

### ***Nourishing yourself to connection***

The idea of nourishing and nourishment is different for everyone, but starts with the question: "what are some of the things that we can do for ourselves to feel good?"

You may be doing some of these things already, and not even recognize them. For example, your morning coffee could be more than just a jolt to get you going. If you put your attention on enjoying the ritual of your morning coffee and acknowledge the pleasure it brings, then it may set in motion the good feeling you want to move through your day with.

You could re-frame your morning coffee as something that

brings you pleasure. If you are looking for the news of the day, another choice may be the great website called Gimundo.com, “good news served daily.” Gimundo sets the tone for a loving, peaceful, connected, and inspiring world by providing information that you will not find anywhere else. It is mind-awakening and creates an automatic feel-good sensation.

Sometimes nourishing yourself is simply sitting quietly and breathing in the beauty of the morning light, as you listen for the birds chirping outside your window. If you live in the city, it may be taking in the beauty of the morning skyline, as it becomes the backdrop for the city’s brilliant architecture.

Re-framing your experience of the day could be 10 minutes of stretching your body, or 30 minutes of gentle yoga. For some it is a vigorous morning run. You get to choose what feels like the best way for you to hook yourself up with you.

These few minutes set the tone for the day. It is saying “I am going to nourish myself before I nourish those around me.”

When we are nourished emotionally, physically, and (for some) spiritually, then we can extend ourselves in such a loving and unconditional way. It is giving with both hands. This unconditional giving often provides us with the most joyful feelings.

## **Pre-paving**

Another powerful tool is called pre-paving. Pre-paving is a wonderful way to approach your day. It is a five-minute process where you allow your mind to take you through your day, exactly how you would like it to unfold, and how you would like to feel as it is unfolding.

Visualize, as you tap into the feeling of flowing through traffic and finding the perfect parking space, cooperative and harmonious interactions with everyone you encounter, anticipating wonderful service wherever you find yourself, and seeing and allowing every door to open for you. See yourself moving through your day with a deep sense of connection, appreciation, and joyful anticipation. Your mantra for the day is “Everything is going my way.”

Each one of us has something that makes us feel good: whether it is meditating, taking a walk, climbing a mountain, cooking, tending to our creativity, or cranking up the volume of our favorite music. Ultimately, it does not matter what you choose; making the connection to yourself is what is most important.

How can we expect to have a love affair with another, if we have not created that loving relationship with ourselves? Without self-love we can not authentically love another. It is

very important that we do not remain dependent on other people reflecting back the best of us. We need to do that for ourselves.

The ultimate hook-up is when you redirect yourself inward, to the connection that you have with yourself!