



Self-Love Journey

Dr. Pinkie Feinstein

Step 1: The Reason and the Way

Self-love is one of the most important missions in human life and one of the most significant challenges that can be imagined. Everything that exists within a person, everything they will be able to do, change, or face, all are derived from their level of self-love. Self-love is the inner home, the main engine, the foundation for setting out to any place, and the condition for the existence of every other kind of love a person may wish to feel and deepen.

This book will touch on various aspects of the concept of “self-love,” aiming to bring readers and listeners closer to the truth about self-love, and more importantly, to their own ability to build within themselves a relationship based on growing amounts of clean, genuine, courageous, and uncompromising love.

Self-love is a universal challenge. The more people truly love themselves, the more wars, poverty, hardship, environmental pollution, diseases, suffering, and pain will be reduced. As people love themselves more, they become more relaxed, more focused on what is truly needed for their growth, and less preoccupied with unnecessary struggles or with causing harm to themselves and to their surroundings.

We begin this journey with the most complex yet essential question: what is love? This question is difficult to answer, and perhaps it cannot be answered fully or completely. Yet the question itself, and the reflections it evokes, are crucial in a person’s journey toward their own truth, toward their mental health, and toward their ability to build within themselves an inner space that allows them to move through life’s path in a more joyful and fulfilling way.

Deep inside, we do not need to ask this question, because we already know what love is. The problem is that what exists within us is not easily accessible and is not included in the toolbox we use in our daily lives. Deep inside, there is an ancient, vast, and limitless wisdom. Deep inside, we already know everything we need to know about love, but here, on this earth, in these lives, we tend to forget what our wise heart already knows. Instead, we create doubts, fears, and countless thoughts and behaviors that distance us from what quietly exists there, behind the noise, deep within the emotional DNA of our being.

This is precisely why we are going to dedicate significant effort to getting to know self-love, to practicing it, applying it, understanding it, increasing it, and strengthening it.

We will do so because only through the experience of self-love can we remember and reconnect to the original love that exists within us, the one that brought us here and continues to accompany us quietly behind the scenes from the day of our birth until our departure from this life cycle.

If love is important to you, then self-love must be your number one goal, because only through self-love can we fully and clearly touch the original essence of love, the immense, boundless, energetic essence that is love itself. Here, as human beings, as mortals, we have limitations that allow us to live here but also reduce the depth of experience we can contain. One of the “side effects” of these limitations is the significant distance we have developed from the ability to contain, carry, and work with love.

The only way to reduce these limitations, without disrupting the existing emotional balance or the essential functioning required for life, is through the gradual and consistent cultivation of self-love, through practice, renewal of core beliefs, application, and much ongoing repetition. Self-love allows us to make changes at the right pace and to refresh our emotional capacities without experiencing deep disruption or instability.

Love, or the absence of it, is the source, the reason, and the way to everything, even if it is not immediately visible. Deep within our hearts, we wake up each morning to look for our love, to work for it, to meet others for it, to feed ourselves out of the search for love, to move homes because of love, and even to change our relationship status if that is what is required to continue the journey toward love.

Love is also connected negatively to the ways things happen, through its absence or lack. With considerable confidence, one can assume that everything in human and community life that involves harm, illness, suffering, conflicts, stagnation, or various forms of entanglement is connected to a lack of love. When love is present, things flow better. They develop, change for the better, evolve, and improve. When love is absent, the opposite occurs. Excessive effort, obsession, misunderstanding, lack of listening, lack of empathy, excessive focus on fear, and ultimately manifestations of violence between a person and their environment, between humans and animals, and of course between one person and another.

From this understanding arises the profound responsibility of the individual. To know love from within, from the most authentic and pure place possible, from inside themselves. A person who cannot love themselves limits their ability to love others. A person who cannot love themselves limits their ability to give to others from the right, healthy, and empowering place. A person who struggles to love themselves expects others to feel as they do and influences them not to love themselves either.

If you have a wish you want to fulfill, self-love is the first factor you will want to enlist, to give yourself the best chances of succeeding in your new path.

If there are things you need to change, self-love is the supportive and stabilizing force that will help you overcome resistance to change and will grant you the spirit and optimism needed to take the right action despite fear or uncertainty.

Even if at this moment it may sound unclear or illogical, I invite you to feel this possibility: love is the source, the reason, and the way to every place.

Our logical mind naturally demands evidence and precise explanations before accepting any assumption, statement, or worldview. Yet at this moment, when we want to cultivate self-love because we already know it is the right thing to do, we may allow ourselves a pause, just for this period, to contemplate an idea that cannot always be scientifically proven: love is the source, the reason, and the way to every place.

This means that love has sent you here to read or to listen to me. It means that love has brought you to where you are, even to those places that seem undesirable or unpleasant. Love is the reason we meet here, and it is also the quiet and hidden reason behind everything that happens, or everything that falls apart, whether due to its absence or due to its beneficial presence that causes what has expired to dissolve and transform.

Love is the way and the path toward a better life, and perhaps you already know this. Yet what turns love into a practical tool and an accessible force in human hands is self-love. Self-love is your entry ticket into the healthiest and wisest space on Earth. It is yours, it is ours, and we are here to make it an inseparable part of our lives and the lives of those close to us.

Practice Questions (Please answer in handwriting or share in a practice group):

1. How do you feel right now about the expression **“self love”**?
2. What are you most curious or interested to discover in this process?
3. How do you feel about the expression **“I came from love and I am constantly on my way toward love”**?
4. What might happen in your life if you were to love yourself a little more than you love yourself today?
5. What change do you wish for yourself to take place in your life after you deepen and grow through learning about the love within you?
6. Any other thoughts or feelings about this step that you would like to share?