



# Self-Love Journey

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## Step 18: The Real Truth

Everything that is not love is a rather convincing illusion that arises only from a lack of love, nothing more. When we experience love, we usually do not wonder what within us is true and what within us is false. Such questions arise only when we distance ourselves from the love within us. The concept of “truth”, which sometimes stands opposite words like “lie”, “evasion”, or “concealment”, is not special or exceptional when we are within the experience of self-love. In this experience, truth is the only existing factor. Every other factor disappears in moments when we truly succeed in loving ourselves.

The need to pretend, to lie, to evade, or to distract attention arises when we are afraid, and when the environment forces us to react out of fear or excessive caution. The need to explain in an orderly, logical, and clear way what the truth is or what the real story is in a given situation stems from not using the tools of self-love and from not understanding their significant role in human consciousness.

When we connect to the natural, simple, and innate ability to love ourselves, we no longer need explanations or proof. In that state, our doubts dissolve, our worries weaken, and feelings of uncertainty no longer frighten us or require immediate action to make them disappear. When self-love is present, nothing exists except our truth, even if it is not entirely clear or understood. In those moments, we feel it, we know it exists, and we do not feel the need to hold on to it tightly. It does not run away anywhere.

Suppose we are sitting in front of a particular person and wish to know as much as possible about them. They intrigue us deeply, and we want to know the whole truth about them, who they are, their age, their family situation, their interests, their profession, their weaknesses, their desires, and more. Toward this person, we likely have positive feelings that drive us to want to know the secrets of their heart and to understand all that exists within them. The possibility of gracefully entering their life and knowing every detail about them seems delightful. Does this feeling sound familiar from certain encounters?

Well, beyond our curiosity about that person, there is within us a deep and important need to love them. The need to remove their masks and mysteries is a genuine, natural, and blessed desire to come closer, to love. The more we improve our ability to love that person, the more their truth peels itself away and is revealed.

Moreover, and perhaps most importantly, when we begin a journey of meaningful acquaintance with someone who is important to us, and we do so out of deep love for them, we will receive most of what we discover about them more positively, less judgmentally, and less fearfully. Through love for that person, we learn to accept their difficult sides and even those we disagree with. Love allows us to see the truth from the right angle. Love brings truth, because within judgment and criticism there is an element of falsehood, cowardice, and separation between people, precisely where connection and listening are most needed.

It is worth clarifying this matter, because often we tend to err without realizing the recurring nature of our mistake.

When we think logically and rationally about the word “truth”, we unknowingly bring ourselves to a place where large parts of the truth remain hidden and elusive. What we perceive as the truth will always be just a fragment of the complete truth, and worse, we will delude ourselves into thinking that we have already revealed the full truth and can now move on, calmer, more informed, and less fake.

When we are only logical and cold, trying to be realistic and supposedly accurate, and in doing so try to separate emotion from intellect, we give up a huge portion of our ability to identify, contain, and describe reality and the truth it carries. In vain we rely on the left side of the brain, which supposedly observes reality objectively. In vain we tell ourselves that we are connected to the truth. As long as our emotional filter does not participate in the process of exploration and observation, precious information remains behind the scenes, buried underground, well protected and inaccessible. Only after a certain time do we awaken and realize that the truth has remained vague to us. When we do not include love in certain places, we remain blind and powerless.

That imaginary person we want to know, to get closer to, and to build a special relationship with, will never feel comfortable revealing their full truth to us as long as they do not feel sufficiently safe and emotionally protected to release what is within them. As long as they do not truly feel loved in a way that will not judge any part of them, they will continue to hide parts of the truth. They will have no choice, they must protect themselves.

Thus, in a mysterious and wondrous way, when a person tries to study nature and discover its secrets, every method of learning, observing, and drawing conclusions will always remain limited as long as the mindset of the researcher or the student lacks the component of love. Reality restricts what it reveals to us as long as we do not approach it with love. It may sound strange, but that is how it works. If you were to say this to scientists, they might think you are delusional. But you know that there is a fundamental difference everywhere between a space governed by love and a space that tries to put love aside and neutralize feeling in order to focus supposedly on the one and only truth.

There is no truth without love.

When we turn inward and wish to know our inner world and befriend ourselves, we must understand that as long as our ways of looking at ourselves do not include enough love, they will always be influenced by excessive criticism, prejudice, fear,

and distorted thinking. As long as we observe and analyze ourselves without compassion and empathy that arise from self-love, we will always remain alienated and ignorant about our own truth. In vain we will try to present ourselves as understanding, but we will not truly understand. It is impossible to fully understand the emotional world through intellect alone. The intellect does not fully understand emotion. Love understands emotion and its mysteries. Love knows it. Love is an authentic part of it.

So when the word “truth” interests you, when your authenticity fascinates you, when the journey into the depths of your soul excites you, remember that you cannot progress much without self-love. Self-love is the most senior guide for traveling into the depths of our psyche. It holds entry permits to the most complex and mysterious areas and serves as a bridge between parts of the psyche that struggle to coexist and stubbornly fortify themselves in their separate places.

Let self-love serve as your correct lens and your preferred vehicle when you intend to know yourself better. First of all, self-love, because the truth will not reveal itself without it. Only a loving space allows deep content to emerge safely. Only a loving space is a safe place and a foundation for healthy treatment of what lies within. Self-love is the truth, it is the way to truth, and it is one of the essential tools for healing truth itself. That is how it works, and many times it is a miracle. Did we already know that love is one of the greatest miracles on earth?

**Practice Questions (Answer in handwriting or share in a practice group):**

1. What do you think is the connection between the word “**love**” and the word “**truth**”?
2. Do you think you can truly **see and understand what is happening within you** without the support of **love toward what exists inside**?
3. What do you think about the statement:  
“**When we do not love ourselves, we are actually in a kind of self deception**”?
4. What new truths have you discovered about yourself so far through the **practice and study of self love**?
5. Complete the following sentence six times:  
“**The truth is that when I love myself more, then...**”
6. Any other thoughts or feelings about this step that you would like to share?