



# Self-Love Journey

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## Step 19: Wonderful Things Asking to Emerge

One of the most complex tasks is helping a person deeply recognize the special, creative, unique, and meaningful qualities that have always lived within them. For most people, it is not at all simple to accept that there are wonderful things inside them that are asking to break through, to be expressed, and to positively influence the environment through their authentic and singular voice.

Why are people distant from recognizing the wonder within them?

You have likely guessed, they do not love themselves enough.

There are additional forces that create a mindset in which a person drifts away from recognizing their inherent potential. A deeply rooted cultural habit of overusing the left brain has cultivated exaggerated self-criticism that narrows a person's reality into one where access to imagination, fantasy, intuition, and natural creativity is limited, and is even regarded as unreliable, risky, or unserious. Self-criticism demands that a person not err, take fewer risks, and avoid leaning on what cannot be explained neatly and logically.

As a result, culturally and personally, we are programmed to see ourselves as average and ordinary, meant to act and think more or less like others. In contrast, original and creative thinking that relies on imagination and fantasy, which could serve as a channel for expressing what differentiates one person from another, is pushed aside and is not treated as a tool to be used, trusted, and followed. From here arise the mistaken assumptions that only a few people are talented and creative, while the majority are "average." This is what happens where we are trained to feel less, to fly less with imagination and fantasy, and to almost never allow ourselves to be different, odd, and original.

As self-love develops, we learn gradually to release ourselves from the inner barriers we built against our own depths and against what leads us toward the unique spaces that distinguish us. Self-love permits us to be anything we wish to be, and it does not limit or "correct" us when we wander into fantasies that at first may seem impossible or impractical. Self-love helps us step back a little from what familiar logic insists we should think or do. Self-love grants us permission to reach the unknown within us, to

roam there as much as we wish, to see, explore, and discover new and interesting inner landscapes, and even to return safely with concrete ideas for combining imagination with practical steps that change life.

We are not there yet. We must begin from the premise that many of the parts that make a person unique, meaningful, and authentic dwell in places we tend not to consider precise or relevant to daily life. This is confusing, because what I am explaining cannot be grasped by the usual route. It is better absorbed when we set aside the tools we normally use to analyze and evaluate information. Those tools are wonderful and central to human learning and research, yet they become an almost impassable barrier on the way to recognizing the marvelous, the different, and the astonishing in each person, in a one-time and very moving way.

Here is how it works. There are wondrous things asking to emerge from you. Perhaps you sometimes feel it, perhaps not. Perhaps you sense a longing for a life that is more rewarding, surprising, and creative, a longing that hints there are elements inside you that your logical mind cannot recognize through its usual channels. These things are asking to be born, yet as long as your stance toward them is skeptical, critical, and overly logical, and demands advance proof that ties them to what is already familiar and known, they will remain hidden and elusive, and will be judged impossible, impractical, unimportant, and irrelevant to everyday life.

In fact, almost everything you are reading here cannot be proven by familiar tools. So we stand before two options:

A. Give this theory a chance, the view that within each of us there is a unique creative seed that longs for authentic expression, and that under certain conditions it can reveal itself and live within us. In other words, we can stay open and grant these ideas provisional trust even if they are not yet clear.

B. Decline to delve into a subject that does not present enough solid arguments to make it seem reasonable.

This tension between what is known and clear, and what is vague, elusive, yet thrilling and captivating, has occupied humanity since the beginning. It is the eternal tension between what exists and what has not yet been discovered, between what is considered correct and what challenges it and sparks revolutions, between the conservatism within us and the adventurousness and creativity within us.

If the phrase “the wonderful things asking to emerge from you” tugs at your heart, then you truly have no choice and there is no real dilemma. To practically and fruitfully explore the excitement that awakens in you and the longing to realize what is not always clear yet very alive, there is no way forward other than the adventurous, rebellious, convention-breaking option, the option that is willing, for a time, to risk a perceptual shake-up in order to reach the impossible. Do not worry, we are not asked to discard the powerful cognitive instruments human consciousness has developed over centuries. We only wish to send them on a short vacation, so that later we can unite them with new tools.

Here self-love comes in to help us make this move. Self-love can grant what you barely dared believe you possess the measure of trust, holding, hope, and faith needed for it to appear and come to light. Self-love will serve you like a loving mother who believes in her child without reservation, even when he fails, and even when he speaks of dreams and wishes that at first sound strange or unrealistic. Self-love will help you rise above the habit of relying only on what is logical and acceptable, and listen warmly and supportively to what wants to emerge from you in a creative, unique way unlike anything anyone else has done so far.

Here is the fascinating catch. To connect more fully with what wants to emerge from us, that unique and creative part we were born with as sophisticated beings carrying very specific DNA, and to understand those inner parts and learn how to use them, we must place more trust in the unclear regions of fantasy, longing, and desire, and less in organizing them too quickly into tidy logic. Self-love is the path that ultimately lets us put aside, for a while, the limitations, prohibitions, fears, and warnings, and turn up the emotional, imaginative, and “odd” parts within us, slowly turning them into practical instruments that guide us toward places we cannot reach by ordinary means. First we must love, only then can we understand. Are we ready for this new order that gives love the first place and understanding the second?

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

1. How do you feel about the expression “**what is wonderful within me**”?
2. How do you feel about the possibility of being toward yourself like a **supportive, encouraging parent who fully believes in their child’s ability to do wonderful things in life**?
3. What happens to you on an **experiential and emotional level** when you say to yourself a sentence such as:  
**“I would be very happy to express and encounter the wonderful things that are seeking to emerge from me”**?
4. Give one example in which you experienced a **very pleasant and special feeling** about something you did, achieved, succeeded in, or coped with.
5. How do you feel now as you **look at that experience**? Can you see that within you there is a **natural ability for wonderful and unique expressions**, even if it is not always clear how they may be expressed?
6. Any other thoughts, feelings, insights or questions you would like to share about this step in the journey?