



# Self-Love Journey

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## Step 21: You Truly Have Amazing Talents

This is one of the challenging and demanding topics that accompanies any deep process regarding a person's relationship with themselves, especially when the focus is self-love and nothing less. To address effectively the subject of the truly amazing talents every person possesses, a subject that can open vital possibilities for human expression and growth, I wish to clarify the essential differences between the phrases "self-love" and "self-acceptance."

Knowing the differences between these concepts, and how they shape the way we relate to ourselves and our inner makeup, is central to the journey of increasing self-love and to the path by which a person comes to recognize what truly exists within and what they can truly do with it.

Before we analyze, let us feel the difference. Sense the phrase "self-acceptance." Imagine accepting yourself without criticism or reservation, accepting everything you do, think, choose, and feel. Accepting everything as it is, without judgment, without remarks, without an immediate need to correct, and even without offering a strong opinion. Simply accept. Let things be. For a moment, connect with this state that refrains from reacting or from trying to adjust to certain norms. Try to accept yourself as you are, in quiet and calm. Be with what is, that is all.

Now, make a sharp turn to "self-love." Try not merely to "accept" yourself as you are, but actually to "love" yourself exactly as you are. Do not observe without remarks or responses. Generate within you a loving, embracing gaze toward everything you encounter inside, toward your thoughts, emotions, actions, past choices, and what will be in the future. Love it all. Love everything you are, every single part, including the parts you are ashamed of and prefer not to mention. Try to locate each inner part, especially the less pleasant or desired ones. Try to love them, really love, as you would love your infant or a person very dear to your heart. Love everything, without limit and without conditions. Everything.

You likely noticed the differences, at least at the experiential level.

"Accepting ourselves" as we are is often considered a therapeutic ideal worth pursuing, a state in which we try not to feel. We allow everything to exist without a

strong emotional response to one part or another. This stance leans more on the left brain, temporarily dampening emotional flow in order to avoid a negative or rejecting attitude toward some inner parts.

“Loving ourselves,” by contrast, reflects a more emotionally active position that arises more from the right brain, a stance that initiates a clear, decisive response, one of love, from which naturally flow compassion, empathy, and the desire to hold and include.

At first glance, it may seem simpler and less challenging to “accept” everything within us without judgment and without emotional response, especially the parts we regard as negative, unworthy, shameful, or misaligned with our worldview. At first glance, to “love” those parts may appear to create a conflict of values. How could we love our aggressive, hostile, manipulative, or fearful sides, and why should we love what we want to reduce or even remove from our lives? What message do we send ourselves and the environment if we choose to love the impatient, aggressive, or frightened parts within us? Seemingly, if we love those parts, will they not only harden and grow?

This potential clash between the two approaches reflects a fork in the road. When we choose to accept ourselves rather than love ourselves as we are, we give up using our feelings as part of the way we engage with who we are and with what lives within us. When we choose to love ourselves, we give up the option of cool, purely logical observation that quiets the chaotic currents of our unpredictable emotional system.

We can, of course, try both approaches at once, to love and accept ourselves simultaneously, yet this attempt can become complicated and confusing.

A small secret, perhaps the most important of all, self-love contains self-acceptance. When we love, we also accept, but not the other way around. One can certainly accept without loving. That stance tries to be neutral and non-involved, yet it does not allow emotional colors to participate in the experience and the coping.

Why is this crucial now? Because only when we consistently and resolutely choose self-love will we slowly connect to the understanding that within each person, in a personal and unique way, there are truly amazing, very specific talents. Without self-love and healthy self-appreciation, these talents will never emerge into the light, will never receive a chance or a stage, will never be implemented, and will never be integrated into the ways we think, do, work, and relate.

Self-acceptance leaves little room for surprises, because it does not expect them. It is a kind of attempt to halt the inner system, freeze it, and prevent it from flowing with vitality and desire. Self-acceptance does not allow us to connect to the marvel within, to the odd, the funny, the original, and the surprising. In self-acceptance, there is caution and reservation, and missing are the courage and the wingspan of self-love.

When we practice the mindset of self-love, life becomes a kind of thrilling and unpredictable adventure. The more we love ourselves, the more the inner parts that are hard to accept and identify with receive the chance to soften, dissolve, and become a legitimate piece of our personality. The more we love ourselves, the less we fear

meeting anything within us, including what leads us to discover what was once hidden and repressed, the things that make us wondrous beings rather than people who merely wake, work, and sleep.

The more you connect to your heart, the more it tells you the true and surprising story of your amazing talents. There is so much to discover within, in a kind of endless journey of peeling away the barriers and limits we developed over the years. If you try simply to relax and balance yourself, then “accept” what is within without the involvement of love and admiration for yourself, you will discover very little, and perhaps gain a few moments of calm that will quickly be replaced by a new wave of feeling that bypasses the wall of self-acceptance you tried to build. Emotions are wiser than we are, and as long as we try to dictate their agenda, we will later discover that such an attempt does not hold.

A divine spark exists in every person. You are free not to believe this, if you wish. But if your heart signals that there is something to these words, and that you, too, possess amazing talents that will greatly satisfy you when they are expressed, even if you do not yet fully know what they are or how they operate, then there is nothing left but to choose the path of more and more self-love. Those exceptional inner parts, when they sense that the inner environment holds more love than before, will feel safe and comfortable to be expressed and to join the game of your life. Are you ready for them?

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

1. What are the **special talents** that you particularly love about yourself?
2. Are you able to say about yourself, **with pride and without unnecessary modesty**, in what ways you are **wonderful, creative, and positively different**, in your own view?
3. Why is it worthwhile, in general, for people to **be in your presence and get to know you more deeply**?
4. Complete the following sentence three times:  
**“I am wonderful because...”**
5. What essential things do you feel you have come to **offer or teach others in the coming years**?
6. Any other thoughts, feelings, insights or questions you would like to share about this step in the journey?