



Self-Love Journey

Dr. Pinkie Feinstein

Step 25 : Your Prime Motive

One of the prominent domains in recent decades that has gained momentum and a very impressive change in consciousness is the human attempt to live healthier lives. Usually the intention is to improve bodily health, and often this is entirely separate from improving mental health, which is intertwined with bodily health, influences it, and largely determines the body's ability to function, to exist, and to respond appropriately.

Today people talk a lot about “healthy food.” This subject has become so broad that people are sometimes confused and embarrassed in light of changing information that sometimes even contradicts itself regarding which foods are recommended to consume. Many link their bodily health almost exclusively with the food that enters their mouths. Others focus on physical activity that they consider healthy or healing, on various treatments they enjoy receiving, on a variety of cleansing workshops, and so on.

This phenomenon, which is more aware of the link between the food that enters the body and bodily health, can only be welcomed.

But does a person truly secure a healthier life when they focus on the body alone? Can a life without self-love be considered a healthy life? Does the fact that in the absence of self-love, self-hostility grows, hint at possible harm to the immune system and to the resilience of body and soul in the face of potential hazards and changes?

Your mental health, which is not directly tied to habits or choices that are bodily, determines your health much more than can be described. Your mental health, especially if you have motivation to deepen self-awareness and your capacity for unique expression, is the essential and most vital component you need. In the absence of mental health, all the actions, workshops, treatments, and new concepts that enter the language will not grant you the good things they can offer.

Your mental health is the basic condition for everything you will wish to receive or to do. Your mental health is what will determine your ability to grow, to bring about changes, to

choose, to make positive decisions, and to stand before life's difficulties with courage and without needing to flee into pretense or into denial that something essential is happening.

And what is that mental health? How can you assess that your soul is healthy and functioning in the right and fitting way for it and for you? This is a question that can confuse, and it is advisable to consider it in a journey that focuses on self-love and in every journey of the development of human consciousness. What is your mental health, and how can it be characterized, are questions very much worth asking, wondering about, and investigating, because some of the concepts tied to them may change over the years in accordance with our changing values and needs.

We must deal with what we think about the concept "mental health."

Many people link mental health with psychiatry and with psychologists and are tempted to think that anyone who is not "mentally healthy" is a person with a serious problem, that is, "crazy." We tend to recoil from closely examining the degree of our own mental health. We find it difficult to quantify and assess it, so we make do with creating a crude category between those who are emotionally exceptional, whose problems stand out greatly and require much intervention, and the others, certainly including us, who are somewhere on the spectrum of the "normal."

When we become accustomed to thinking, expressing ourselves, and acting under the shelter of self-love, and when we dare to implement self-love and to look for it in many places in our lives, we also cultivate the courage to look closely at what is probably not so healthy in our psyche, and this is true for every person. In every person conflicts develop that cause them to be hurt during various periods. Every soul carries wounds with it, whether the person is aware of this or whether they think that overall they are fine and there is no reason to dig or to look for matters that will only disturb their functioning.

Self-love, as it develops and takes root in your awareness and leads you to a place where the quality of your emotional life becomes more important, will create in your awareness a desire and a wish to explore your mental health and to raise your expectations of what can be achieved and received emotionally in the coming years.

Self-love will remind you that being happier is part of the traits of a healthy soul. Self-love will remind you that dealing with the pains of the present and of the past is a kind of responsibility and a kind of work whose reward follows it. Self-love will help you stop neglecting the places where relationships are not proper, the places where enjoyment from work is not high enough, the places where the feeling of satisfaction does not exist, and the places where the soul becomes worn down due to unworthy compromises that do not advance you to any better place. Self-love will expose your addictions and will grant you a good opportunity to part from them. It will not let you, and it will not allow you to

live in a kind of fool's paradise composed mainly of an inability to deal with difficult emotions. On the contrary, it will guide you to look at residues and dark things directly, with compassion and with tolerance, with the intention to bring about change in them. These are the things self-love will cause you to do, and more.

It is very possible that these changes will be the greatest gift that self-love can grant you, the ability to deal better with the places where your soul is not as healthy as you may have thought before, the ability to approach pains without fear and without recoil, the ability to identify the emotional weaknesses and the small obstacles that the soul constantly sets for itself due to its limitations and the places where it is stuck. Self-love will help you stop hiding from truths and will grant you a new dimension of relating to your mental health. It is not the world around you that will determine according to its norms what your mental health is. Your soul, your heart, and their true needs are the ones that will determine this more reliably and more precisely.

When your motive is mental health, without which every effort to improve the health of the body will not succeed much in improving the quality of life, there arises within you a motivation to better the relationship between you and yourself, up to the level of self-love. When the recognition develops in you that without mental health almost everything goes wrong or will go wrong, including what will happen to your body, you have little choice but to invest much in increasing your self-love. This is what will distinguish you from people who will not understand what real health is and what must be done to cultivate it.

Fulfilling your passions and identifying the right goals in which it is worthwhile to invest life energy are a substantial part of mental health, even if a person does not suffer from anxiety or from depression. A life without passion is not a healthy life, it is a life without much joy, optimism, creativity, daring to change, and capacity to contain changing emotions and situations. All these are connected to true mental health. All these can be cultivated. All these will move in the right direction with the help of self-love that goes on increasing. Your true mental health should become your most interesting and important factor. Your mental health will only continue to grow as self-love becomes the central subject and the first priority. Are we ready to treat our soul with love and to treat the places where it is not so healthy?

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

1. Is your mental health currently at the top of your priorities?
2. Try to recall a few decisions or choices in which you prioritized other matters over what was truly good for you emotionally or mentally.

3. If we now place your mental health truly at the top of your priorities, what new decisions might be worth considering in the near future?
4. How is your overall feeling, in every sense, when you experience within yourself the experiential flow of self love?
5. Can you say that increasing your self love has helped you become more happy, optimistic, calm, light, or in any other positive way?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?