



Self-Love Journey

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Step 27 : The Victory Is Yours

When public figures take their own lives we are shocked, because despite their sweeping success, their wealth, their recognition, their self-fulfillment, their fame, their ability to do it, the realization of their dream, their touch of glory and the admiration of the masses, they do the worst of all.

We ask ourselves, where was the self-love of these public figures? It is possible that we will not want to hear the answer and will prefer to preserve the dream along with the disappointment from these cultural heroes.

By contrast, people in difficult situations, in states of loss, dismissal from work, poverty, the breaking up of a family, and more, most of them continue to live despite the difficulty, despite failures, despite deprivation, and despite humiliation. Why do these continue to choose life while others who succeeded beyond measure, a certain percentage of them, reach the lowest point a person can be in?

Self-love and love of life in their simplest place, without comparison to others and without needing external approval, are the greatest victory a person can wish for. There are people whose given characteristics may lead them to fame or to financial wealth or to other outstanding achievements. There are others who receive less attention, about whom we will hear little, and who will not impress us when they pass by us on the street. We will think to ourselves that they are just ordinary people in whom there is nothing special and from whom we cannot learn, admire, appreciate, or give thanks.

In every situation, hard or easy, with conflicts or without them, with confrontations with other people or without, the same challenge stands before a person, regardless of what is happening, to love themselves more. Others may think that you failed because you are not meeting what they fantasize as success or victory. Yet if the smile dwells within you, if faith in yourself is gradually developing, if support for yourself is steadily growing, and if appreciation for your efforts is not harmed and may even be improving, then the true

victory resides within you, the great victory in the most significant challenge that exists for human beings.

There are many modest people around us who do not stand out in social gatherings and who do not try to display their assets or their ideas. Some of them are people who feel no need to prove themselves or to surpass others in any race whatsoever. These quiet people apparently love themselves and feel at ease with themselves even if they do not harvest thunderous applause. They are the principal winners and they are the ones from whom we can learn and from whom we can receive very great inspiration.

Self-love is not connected to how much a person stands out compared to others and it does not belong to the competitions through which society ranks people with scores in which there are always people who succeeded or who won and all the others are average. This evaluation by which society defines people is done with tools of evaluation that are very limited. Self-love is not connected to this drama and does not cooperate with systems and frameworks that do not truly support the cultivation of the individual, rather they create a kind of cheap show in which there is a sharp and shallow distinction between winners and losers, between good and bad, and between those who excel and those who fail.

The greatest achievements of self-love are not successes to which others will pay attention, at least not at the beginning. If most people around you do not understand the importance of self-love and are not connected to it on the level of experience, commitment, and worldview, then the chance that achievements of self-love will receive appreciation from them is negligible. Furthermore, many times negative and dismissive responses from the environment to changes made by a person who possesses self-love increase the knowing that what that person is doing is right, fitting, and worthy.

Self-love does not need headlines. When a person loves themselves, that person does not need feedback from others in order to feel worthy, respected, good, and loved. That person needs touch and loving communication for other reasons, no less important, that person needs emotional connections, nourishing relationships, and mutual enrichment. Yet none of these will define the person who loves themselves and none of these will be a condition without which that person cannot feel worthy, victorious, and significant. These feelings will be developed from within and will be found, invented, and cultivated while discovering the wondrous power of self-love.

At this very moment a person can conquer their world and attain the greatest and most important thing in a split second and without turning it into a dramatic and exceptional event. Self-love is the greatest achievement a person can aspire to, and it is the important victory for which a person can labor and realize in full. The one who loves themselves is the true winner, not the one whom society has crowned as the popular public figure of the

moment or as the best singer in the neighborhood. Many people, as noted, reach very impressive achievements in their field, but discover within themselves a frightening emptiness that becomes a tangible danger to their lives, only because they lack the minimal conditions for cultivating a connection with themselves. This is because they are very busy with satisfying a crowd of admirers that demands more and more without considering the human needs of the star they created, who apparently has no life of their own, the one onto whom they project wild fantasies, the one whose quality of life does not matter to anyone.

Therefore, when the thought creeps into your mind that you did not do enough, did not succeed enough, did not try enough, and did not excel enough, it is advisable to refresh these outdated concepts that our primitive society has planted within us. The one who always gets the highest scores is not the more developed and advanced person. The person who finds true compassion within, the person who can feel love toward themselves and afterwards toward others, the person who can be in friendship with themselves in every situation and in every outcome, the person who can speak to themselves with tolerance and appreciation, that is the more developed person, the higher person, and the true winner by a significant margin over others.

Concepts such as happiness, joy, and satisfaction are devoid of any validity and meaning when they are not essentially and practically connected to self-love. There is no happiness without self-love. There is no joy without self-love and there is no true satisfaction without self-love. We are not able to feel good and to grow stronger without self-love. We cannot live in an inner space of intolerance and still be happy. It is impossible. This is a falsehood that we have heard too many times.

Let us attain our great victory now. The true victory is not connected to the fact that we preceded someone else or that we displayed an ability superior to theirs. Here there is no benefit in the fact that we arrived before our friend or that we left that friend disappointed in their loss. Here the true, essential, authentic, and profound victory is that each individual finds within themselves the way home, the way to love within, the way to a brave friendship that stands with courage before the waves of negativity and difficulty that befall us many times. Self-love is the ultimate victory, in principle, spiritually, and emotionally. This is the right victory, we are at most competing with ourselves, improving upon our previous achievements in love, breaking records of self-love, and insisting on continuing to improve tomorrow as well. This is our victory, the only victory that truly exists.

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

1. How do you connect the concept of self love with success or victory?

2. Can a process occur in your life that others may not appreciate, yet for you feels blessed and deeply appropriate?
3. How do you feel when you are not understood? Do you rely more on self love when this happens?
4. What are your most authentic and genuine wishes for your life?
5. How do you think self love can help you move closer to fulfilling these wishes?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?