



Self-Love Journey

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Step 28: Bloom with The Nourishment of Self-Love

The people who are progressive in human society are people who aspire to progress. It does not matter to which field they direct this passion, but their aspiration usually places them among the high quality ranks of human beings and among the human group in which more positive changes, growth, and development take place.

Ideally, a person wishes to progress in every domain in which they are involved, both in domains in which it is easy for them to progress and in areas in which they feel stuck, cumbersome, and not radiant or talented. There are people for whom the work domain is their home field, and there they have more self-confidence and the ability to aspire to progress and implementation. There are others for whom the emotional or interpersonal domain is strong, and they can develop and advance this domain in their lives with greater ease and grace.

By contrast, those who do not regard their life as a path in which progress is very important and in which it is necessary to give attention to development, to upgrading, to correcting what exists and improving it, are forced to make do with a sparse lifestyle, even if they apparently live the most desirable and sought after life according to existing social codes.

Those who are in a journey to increase self-love have most likely set themselves a goal to progress and to heal the inner relationship as much as possible. It is a blessing that people take upon themselves the responsibility to face what does not flow within them or what is seeking renewal, cultivation, and an addition of knowledge and tools.

All of this brings us to emphasize the connection between self-love and the ability to develop, to promote, and to advance, to improve, to remove obstacles from the way, to keep the vision alive even in difficult times, and to continue to adhere to the path toward a new place even when the conditions of the course are not friendly.

The connection between self-love and progress, development, growth, and upgrading is so decisive and so fundamental, yet many people are not aware of this. Therefore, they greatly limit their ability to realize their passion to move from the first grade of their life to the second grade and from there to places that are even more sophisticated, abundant, and right. As long as self-love is not an essential part of the tools and of the components of the process, we will not be able to break the glass ceiling that we have placed above ourselves, we will not be able to leave the boxes into which we have put ourselves, we will not be able to see beyond what we are accustomed to seeing, we will not be able to challenge the incorrect norms, and we will not be able to do the special thing for which we yearn.

It is not simple to understand, because we usually want to fix what is not correct and to improve what is not improved. Yet as long as we are not able to love what exists, as it is, even before it has changed, healed, or been upgraded, nothing will move.

Here we make a fundamental mistake. We tend to regard the weak or unsophisticated parts within us as faulty or inferior parts. We place upon them excessive criticism and lethal judgment and assume that if we relate to them in this way, we can overcome them and eradicate them. We tend to condemn what we do not like in ourselves, exactly as we condemn what we do not like in others. It is the same mechanism and the same mistake.

Change cannot develop through force and cannot change a problem that must be erased and overcome. Change does not develop without love, compassion, understanding, and empathy for what exists. What exists in its current state, with our distortions and our lack of harmony, is the very thing we have at present, it is the place from which we begin our journeys of healing, it is the truth that we must recognize and reveal, and it is the thing that with time will dissolve through proper awareness and through various therapeutic and healing tools that we will choose to adopt.

In that stuck place in which we tend to repeat our mistakes, love is missing at a critical level. Many times the problem and the stuck-ness connected with it reflect more a lack of love and less a lack of ability or knowledge. In the place where the lack of love is too great, the greatest, most bleeding, and most difficult to heal wounds will develop.

Until we love what is not developed within us, what does not go well, what does not flow, and what is not graceful, we will not be able to do anything with it, we will remain in a state of not understanding ourselves, we will invest many resources and perform manipulations to bypass or to eradicate this limitation, and we will not succeed. There is no chance.

And why is that? Because in a place where love is missing, nothing that is not love can set matters right. In a place where love is missing, the energy required for transformation, for healing, for release, and for the opening of the eyes is also missing. In a place where love is missing, pain is too dominant and cannot be softened. This is the place in which we are rigid, constrained, and not aware of the way we can act more beneficially.

When we review lists of what to do or review goals, a vision, aims, and wishes that we set before us, and we form plans of action to promote, to advance, and to achieve, it is worthwhile to remember an important rule, as long as we cannot love what exists, the broken, the injured, and the nonfunctioning, we cannot move from it to something better.

The human soul is not able to improve something inner and to train it without the involvement of full and unconditional love without qualifications. That is, we must love what there is so that it will be possible to change what there is. As long as this does not exist, nothing else will grow.

This is difficult. It is truly not simple. How will we succeed in loving what we do not love?

How will we support those parts in us that the surrounding society is not ready to accept, is not ready to see, and is not ready to reconcile with their existence?

How will we give ourselves a hand when we fail and do the most serious errors?

How will we look with compassion at places in which we are not radiant, not talented, and not creative? How will we develop positive feelings toward what does not seem to us positive?

The answer to these questions is one, self-love. When we internalize self-love we understand that it has no limits. A person who knows the love within understands that it is possible to transfer it wherever they wish, even if the target is something for which there seems to be no reason to give loving and positive attention.

We are able to love everything, including what we abhor. This sounds paradoxical, yet it is the truth. The muscle of self-love and its channels can direct its energy anywhere, even toward things with which we do not agree and which we do not want. We will do this and we will love everything if we understand that love is a very important component in every process of change, healing, and development. We will do this even more after once or twice we notice that this wonder indeed works.

Development is a beautiful thing. Growth is a wonderful thing. Healing is a lovely thing. These are the things we seek. They will not exist and will not be possible without self-love. Every effort that is not accompanied by this basic component is a pity. In order to

change we must love, and now. Everything. From here it is possible to continue and to see how we can move mountains and bring about real revolutions.

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

1. Can you now see self love as a source of high quality nourishment for yourself?
2. Do you recognize how self love is an essential tool for progress, growth, flourishing, and meaningful change?
3. What price have you paid, in terms of personal development, when you did not pay attention to your need to increase self love?
4. Take a moment to focus on your inner child, who is part of the source of your imagination and desire. Can you recognize how much she needs consistent love from you?
5. Have you tried so far to strengthen the tools of self love in relation to something you would like to grow or change? Can you elaborate on that?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?