



# Self-Love Journey

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## Step 35 :Making Peace Within Me

The concept of “peace” is often heard in our region, and it reflects a state that is too complex, too confusing, and at times even impossible. When we speak about self-love and the price of its absence, the concept of “peace,” and everything that stands in opposition to it, can be defined more precisely and can lead to practical steps that every person can take in order to contribute to the reduction of violence in one’s surroundings.

In different places in the world people fight one another, kill one another, pursue other people, and exercise great creativity when they harm or take revenge on others. At times the human race is unique and different from other creatures in that it inflicts very severe harm on members of its own species.

Human beings are the greatest danger to human beings. This is completely contrary to the basic rule upon which the survival of species in nature is based, that one does not harm and does not kill members of one’s own species unless one must and under very specific circumstances. Harm by a person to other human beings is a kind of evolutionary foolishness, irresponsibility, and self-harm. The killing of a person by another person is a kind of suicide.

How did it happen that human beings, the most sophisticated creatures, have behaved from the dawn of their existence in a manner that grossly violates primary laws of nature? Where did we lose the important code that enables people to feel safe near other people and caused us to be wary of one another instead of supporting our collective and personal needs?

If we wish to examine this phenomenon in connection with self-love, we can identify several factors that explain how a person reaches such a low point and a mode of behavior that shames human wisdom, creativity, spirit, and deeds.

A basic rule in the psycho-creative theory, which is based among other things on viewing self-love as an essential part of the quality of human life, is that when we do not cultivate a certain trait within us, the opposite trait will dwell within us. If we do not cultivate enough optimism, we will suffer from pessimism, cynicism, and distrust. If we do not cultivate our enthusiasm, we will suffer from heaviness, a lack of vision, and a lack of ability to realize interesting ideas. If we do not grow love within us, fear will dwell within us and inner wars will break out between different parts of our personality.

A person who loves oneself is not capable of harming oneself or others, and certainly not intentionally. The more self-love increases, the more a person finds it difficult to harm others, because self-love does not only improve the connection of a person with oneself, it also improves the connection to the environment. The more a person loves oneself, the more that person feels that the other is part of oneself and that one is part of the other. Therefore, it is clear that any harm one causes another person is in fact harm to oneself.

From here we can conclude that a person who harms other people, or wants to harm others, or fears that others will harm that person, is in a substantial lack of self-love. Self-love neutralizes the parts in awareness that are based on practical or potential violence. The more a person loves oneself, the less that person is flooded by exaggerated fears, and the more that person holds on to hope and to connection with people, including people who in the past were considered dangerous, enemy, and harmful.

The word “peace” reflects the transformation and healing that a person must do when wishing to move away from zones of violence within and to connect to the contents of love, connection, hope, and shared creation.

The word “peace” is connected, according to the rules of our journey, to self-love with a strong bond that cannot be untied. As long as we are in a conflict with violent characteristics with another person or with another group, it is a sign that we lack self-love and are enslaved to what happens when it is lacking within us.

As long as we are physically or emotionally involved in a state of ongoing hostility, suspicion, and fear of meeting certain people, it is a sign that in that place there is an inner war between parts of us and our emotional structure. That inner war reflects a considerable lack of self-love and even an addiction to this state, to the unpleasant friction between us and ourselves, which will later be reflected as friction between us and the people around us.

“Inner peace” is a concept you may have already heard. “Peace begins within me” is a familiar slogan. These concepts receive meaning only when they are tied and connected to the mission of self-love, which is the highest commitment of a person. Here we can understand why. The price we pay for a shortage of self-love includes also what does not occur to us, harm by one person to another. As long as we do not become acquainted with

the path of self-love that will help us more than anything to abandon the options of mutual harm and instead to seek constructive, courageous, and creative ways for dialogue, agreements, accords, and joint work, we will not arrive at inner peace.

It is always possible to blame the other side for being more harmful, more suspicious, and more violent. It is always possible to claim that others started and we are only defending ourselves. We are sophisticated and wise and we will always find a convincing argument that explains why we have no control over the violence around us, and that if the others come to their senses everything will be fine. This is a gross falsehood and a lack of responsibility on our part.

When we grow self-love, and when more people do so, human awareness will reject the option of war outright, because people will not want to harm themselves through harming others. This is the clear message that will be sent by me, by you, and by many people when self-love grows within us. Let us end the war with ourselves and turn to a new and healthier era, and in it we will also end the wars with all our fellow human beings, because this is the right and better way to live.

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

1. What are your associations with the concept of inner peace?
2. In which situations might you find yourself in a kind of inner conflict or self war?
3. Self love aims to connect the different, even disconnected, parts within us. How does this show up in your experience?
4. Regarding which things from your past or present do you feel it would be beneficial for you to forgive more than before?
5. Go to a mirror and say to yourself in a soft yet clear voice: "I would like you and me to be much more at peace." Continue to look at yourself. How does it feel?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?