



Self-Love Journey

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Step 36: Jump The Cliff, Delight The Safe Descent

It is finished and it is not finished. The last chapter of this book aims to raise awareness of the very high importance of self-love and of the work that must be done in order to cultivate it. This book is one of those books that provide knowledge and tools through the “back door,” which means that something occurs in the soul of the person who reads and practices with the materials in the book without being fully aware of it.

Self-love is a way of life and the highest commitment. Self-love is the summit of feelings as it is the summit of spiritual experiences. Despite its importance and the essential consequences of its presence or absence, self-love is very available, practical, clear, and close to the reach of every person. Exactly as we are required to cultivate every relationship that we want by means of actions, initiatives, attention, coping, and ongoing updates, so must be the relationship that a person has with oneself.

Smiles to the mirror are not a trivial matter. They are the ongoing reminder of self-love, they are the simple gesture that changes reality. One must smile to the mirror, because if we do not do so, the figure we will see in the mirror will not send anything to the world, certainly not love or anything similar. Not only smiles to the mirror, but also the choice of self-love, self-protection, self-support, self-forgiveness, self-empathy, and self-compassion. All these and additional versions of love and affection are the factors necessary to maintain and amplify self-love. This journey never ends, unless we truly wish to slide into places in which we will forget the taste of true love and we will also be angry at others for not giving us its goodness.

Self-love grants us life. Life without enthusiasm are very partial life. If you do not experience enthusiasm from time to time about something, it is a sign that there are extinguished zones in your soul in which you do not allow yourself the freedom to be swept away and to fly to places that are wonderful and better. Self-love is the essential fuel and nourishment so that a person will allow oneself to be enthused and to enjoy the intensity of experience in moments when adrenaline flows more and when energy increases.

Life without experiences, without attempts, and without experiments are narrowed, limited, closed, and unsatisfying life. The role of a person is to experience a variety of experiences, although one is not obligated to experience everything in the world. A large part of personal growth, learning, and development is directly connected to experiences, to tasting, to trial and error, to failures that follow bold experiences, to becoming acquainted with what is different and strange, and to walking also on paths that not everyone walks.

Self-love is what gives the legitimacy and the push to experience and to try. When a person knows that within there is support and a safety net that will forgive and caress even in cases of failures, then the person will dare to experience more, to stretch boundaries, to expand horizons, to succeed and to fail, to excel and to be average, to spend and to save, to be confused and to be focused. Self-love will give us the green light for all possibilities and will lead us to the recognition that experiencing all these things and many others, more pleasant or less pleasant, is essential for our growth, for the healing of our pains, and for the realization of our overt and covert wishes.

A person who does not experience enough is similar to a person who chooses not to move forward to the next station on the journey. Experience causes a person to understand oneself and one's life better. Nothing will replace direct experience in the material world, not lectures, not books, and not screens that provide virtual reality. Nothing will replace the excitement of true experience. Nothing will resemble the emotional processes and the direct coping that occur when a person experiences, meets, rubs against, mixes, gets dirty, and is exposed.

For everything mentioned here to occur, we need an ever increasing measure of self-love. Everything that we did not take and did not receive from life even though it was necessary for us, remained distant from us because there was not enough self-love within us to support taking a risk, making a decision, and setting out without delaying too much. When self-love is present we know that the risk is not as great as we think, because there is always within us a warm home to return to, the home that we are building and maintaining through our self-love.

Yes, at times we must jump from the cliff. At times we must trust that good things will happen following a bold act that we do even though we have no complete certainty regarding the results that the act will bring. Sometimes we must leave someone or something despite discomfort. From time to time we must decide quickly about a trip or about studies without having tools to examine the consequences of the choice. At times we must be a little more hasty, exactly as at times we must be a little more considered. Here and there we must do soon something that most people are still not capable of doing, but within us it is already calling out, even though we will not receive support and approval from the environment to do it.

At times we must jump from the cliff and discover after a few bumps that the parachute indeed opens and that a better reality is waiting for us below. But if we do not jump from the cliff, we will never know. We will not be able to assess what will happen by looking from above, and the future will remain unclear. We will simply have to jump from the cliff, and if we do not jump we will suffer from the delay, but through self-love we will be able to receive additional opportunities.

Self-love is here to encourage us to change into a healthier and better person according to our inner aims. Self-love is not only the cultivation of a good relationship with ourselves, it is an essential foundation on the path of turning a person into what one only dreams of being. The wonderful potential in our genetics can be realized only if self-love is present and allows us to experience, to be enthused, and to jump from the cliff when necessary.

There is and there will be no true love in the absence of self-love. In every place in which self-love is lacking, a person causes oneself harm and addictions. In the absence of self-love fear and worries increase, restraints grow, and the illusion of lack of ability, pessimism, and helplessness increase. When there is no self-love we think that we are practical, normal, not unusual, and not crazy, but deep inside we reach a place that is more painful, stuck, and complicated.

This is your choice and this is your opportunity. Every gram of self-love will save you one hundred grams of pain and suffering. Every gesture of self-consideration and self-protection will bring you closer to the deeper, higher, and healthier people in their soul. Together with them we will gradually create a community that is based on the primary and most important love of all, self-love, which naturally flows outward and gladly gives the message of love from one person to another.

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

1. Do you think it is possible to connect the concepts of love and obligation?
2. In light of what you are learning here, how do you see your new commitment from this point forward?
3. Give an example of a price you paid in the past when you did not understand that self love is actually your responsibility toward yourself.
4. What is the deep and fundamental mental shift that takes place when we define self love as a kind of personal obligation?
5. What, in your view, follows from this obligation? Where does it lead you in terms of actions, attention toward yourself and others, and choices about what to do and where to be?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?