

What does it mean to Love Myself?

Greetings to all...

One has to begin not by loving oneself, because if you do not know who you are, then how do you know who to love? ... Therefore, it becomes an impossible task to love others...

Nonsense !!! ... many will think, because each individual will believe, they have experienced this thing called 'love' ...

Yes, in one sense, and that is in the sense of 'conditional-love'... it is a very limited type, or, degree of love... Yes, it is from the heart, however, it falls with time...

The prevailing conditions of the relationships whether they be of family, friendships, partnerships, are generally based on this thing called, 'love', and this type of 'love' generally dwindles in time... This is 'conditional-love' ...

With partnerships, 'Falling-in-love' is a term that has been used quite mis-knowingly... it is an ambiguous statement... for it can be taken several ways ... most have experienced both interpretations of the, falling-in-love...

The love that is talked about here, is in the Unconditional-Love mode of meaning...

If you start by loving yourself, you will love only your ego, which is your false personality, which is not yourself...

So what is the difference between personality and the individual?

Almost everybody loves their personality, everybody loves his ego...

The personality is the part shaped by our upbringing, schools, friends, bodies changing, hair-colours changing... it is the part that we project unto others for us to become more acceptable by the society that we are living in...

Even the hippy has to dress accordingly if they wish to be accepted without ridicule by the community ... and whoever have heard of an emo/goth/bikie, who has no piercings, cuts, tattoos... so even for those who think they are non-conforming, they are in fact, conforming...

The personality changes over time, for it is projection ... it is of the outer...

One minute a radical student dressed accordingly, then after the graduation, a banker in a suit ... the outer may change, yet the inner remains the same ...

The outer projections that have been formed, moulded, changed like the clothes, can be described as the personality...

The inner, is the part that never changes ... it gains through experiences of life to accumulate more knowingness ... it is the part that does not age... it is separate from the emotions of the heart and thoughts of the mind... It is the 'watcher', the 'inner-voice', the 'real-you'... the 'individual-you' ... the, 'I am' ...

So a little awareness on the various aspects of each individual is quite necessary for further advancements...

The more experienced an individual has experienced in the many successive lives we all have, then the greater awareness of what is being said here...

Personality ... the outer, the part that we are taught to believe is the you ... the ego ...

The ego is a wonderful trickster... How many things you have admitted that you know perfectly well are not true... People say you are so loving, so sincere, so truthful, so beautiful, so honest... so strong... and you never deny...

This part of the person, is of the conditioned love, of conditioned behaviour, of conditioned religions, of conditioned traditions that has nothing to do with 'real-life' ...

This is not the love that is being talked about here... for this is of the conditioned love... and in this mode, there is the possibility that a friend, may say something to upset you even if true or not true, and straight away, they are not your friend... they are de-friended from the facebook in an instance... and of course, you will let everyone know about it too... Is this true friendship? Or is it a friendship based on the conditions that you say only nice things, the things you want to hear, not want to hear...

This same principle holds with the difference between conditioned and un-conditional love...

Yes, to love yourself ... because unless you love yourself, you cannot love anybody else... You don't know what love is if you have not loved yourself ... however, before you can love yourself you have to know yourself; hence love is secondary, know thyself comes first...

When you can realise whom you are, to know thyself, then it becomes natural to get out of the ego, out of your personality and realise your real-self, your inner-self, your true-self... then love will come on its own. It is automatic. You don't have to do anything. It is a spontaneous flowering, but it blossoms only in a certain climate, a certain state of mind...

This state of mind occurs more easily, more readily, more acceptingly, when there have been enough difficulties in your life ... it is when you are finally at the stage of seeking more in life, wondering what life is all about...

This is the state of mind, that certain realisations 'happen' within thyself..

It is of a certain type of inner-thought, very personal, it cannot be shared for others do not realise, are not aware...

There is a certain type of feeling within, it is of silence, no-mind, no-disturbance...

You will feel the sense of peace, of a 'knowing' that there is more to life than what appears, than what you have lived so far...

It is like the flower within you, in your heart, has finally been watered enough for the petal to unfold, to give some colour, some fragrance... It is like the lotus flower of the heart-chakra unfurling its closed petals ...

To love thyself, is to know thyself first... to accept whom you are, to accept that your life has been of experiences to learn what is suitable for you, what is not suitable for thyself...

Each individual is a masterpiece... a living being... quite unique... and not only be treasured, but also to continue to learn and transcend through this thing called experience which can only happen in this thing called life...

Firstly, it is to know thyself... be honest, embrace every aspect... Loving your-self, thy inner-self, inner-child, your individuality follows quite naturally ... You will love yourself, because that will be your first encounter. Yourself. First you will become aware of the fragrance that is arising in you and the light that has been born in you, and the blissfulness that is showering on you. Then loving will become your nature. Then you will love many; then you will love all...

What we know in our ignorance, in our conditional-love state, is a relationship... What we know in our awareness, is no longer a relationship, it is not that I love you... it is that I am, in-love... to be, in-love

And you have to understand the difference. When you say the words of, 'I love you', what about others? What about the whole existence? The more narrow your love is, the more imprisoned... The more narrow... The more conditional...

Love has to become not a relationship, not a narrowing, but a broadening... Love has to become your very quality, your very character, your very being, your radiance... for just as the sun radiates light not for anyone in particular, so the love in your heart be radiated unconditionally, your love is 'un-addressed' so-to-speak...

Of course, first it is felt within oneself, for oneself, and then it starts radiating all around... and then you love, your love, is for others, you love trees, you love birds... you simply love, you love life... you are in-love... It is a state-of-being... It means to be yourself...

This state-of-love, is not meant to be, or implied, in the gushing, hugging and kissing of everyone... no, this is not the love that is being spoken of here ... To be in this in-love, is simply to be yourself, have your heart-chakra opened, not closed, not with petals curled up in hiding through the many years of disappointments and hurts from others...

With the petals unfurled, with your heart-chakra opened, then there is a certain type of peace felt within... it is of a relaxing, of you just being you ...

This relaxed, loving-state-of-being, does not mean that you are going to be an easy target for all to take advantage of... most definitely not, for you will find that you have an inner-strength that accompanies this love, your guides and inner-self, prevents others from 'using' you as they have done in the past...

Nature will bring results accordingly as a 'reward'... in fact, it is simply a reward to thyself from thyself... it is karma, it is balance...

Go with your own heart, your own love, your own awareness... Make up your own mind to suit what is right for you... you can listen to everyone to do that and not just the ones in authority... you know the ones... the priests, the politicians, the ass-holes, the miserable ones, the pessimists...

For they are the enemies of love...

Each has their own way of causing anti-love... They have been teaching the world to hate yourself and to hate the world, to hate life... this is all the pessimists know...

The politicians being a little more clever, create so many difficulties under the pretence of helping the populace, for they simply wish to control others to fulfil their own agendas... they do not like to preach of the love, for this will create harmony and peace...

The politician prefers to keep the masses divided, spread their propaganda to try and get a majority of votes... Common sense tells us through the ages, that if politics work, then why is the world in so much dis-harmony... and not improving either ...

The priests of every religion over the globe and through the ages of time, keep the control of the masses through the regulations of causing inner-difficulties... they enforce the guilt, through either the teachings of the sin you were born with, or, that you are suffering through evil acts of past lives...

But no religion accepts this life with joy and rejoicing, as a gift, as a reward of which you are worthy, of which you feel happiness, love for thyself, for others... for everything...

Unlimited love that radiates from the heart-chakra has no conditions... it is like the frangipani tree when flowering, for it gives its fragrance to world... it cares not how far it goes, to whom it goes for it gives without conditions... without thought ...

So to be happy... to rejoice... to love, means to avoid the priests... the pessimists...

They have taught you life-negative values... and these words here are like seeds... The seeds sprout and evolve into an individual regaining their individual-self...

To become aware, to live and love in your own way, your own life...

This is what is called loving yourself... accepting yourself for whom you are...

Most definitely not as a sinner... for how can you even accept yourself, never mind love-yourself, if you think you are a sinner?

How can you love yourself if you think you are nothing but full of guilt, nothing but an accumulated past of evil acts of millions of lives...

You will hate yourself... and that's what the priests and pessimists have been saying and continue to say...

To keep the masses under control is the way of governments and religions...

The priest was preaching, and it matters not what religion, for they all have their own versions of heaven and hell... and he came to talk about hell. He warmed up to the theme, and said, "There will be much fire, and you will be thrown into it. And there will be much trembling and gnashing of teeth."...

An old woman stood up and she said, "Sir, I have lost my teeth."

The priest retorted quickly, "Don't be worried. False teeth will be provided."

They have made every arrangement to make the masses suffer...

These people who have invented hell are dangerous...

They have invented heaven also...

Heaven for themselves and for those who follow them, hell for those who don't follow them and don't believe in them... The religions have had much practise, and by this control of how individuals think and act, it keeps the individual from being free to love their-self, to love others unconditionally...

Renounce life, hate life, hate pleasure, hate everything, sacrifice everything if you want to enter into paradise ... Nobody has ever returned from paradise, so there is no evidence of any paradise anywhere, no proof, it is just a futile exercise which has never been able to come to a conclusion ... Perfect conjecture, a conjuring act to keep control of the retarded, the sheep, the goldfish...

Surely, if there is the paradise, then surely someone, other than the priest who has never been there, pop along to confirm it... After all this time, with multitudes of high-ranking priests and popes going to paradise, you'd think that a little message would be polite...

'hey guys, having a wonderful time here in paradise... '

Heavenly paradise... every religion in the world has promised and keeps promising...

There is a catch to this promise of paradise... you must conform, must obey the rules as they are changed, must be obedient, must die first, is the only proviso...

Nature is creation ... it never stops ... sex, copulation, conception, birth, growth, decay, death... You cannot change nature. If you can simply live naturally, transformations come... They come without efforts from your own part...

The politician wishes to control through the material-outer-sense to fulfil their agenda...

The priests control many through what a person thinks and feels...

Both the politician and the priest are the gloomy, the pessimists, the logistics-folk, the facts and figures folk, for the simple reason that they can steer every person away from the freedom of being in-love...

Live naturally... Live peacefully... Live inwardly...

Just give a little time to yourself, being alone, being silent, just watching the inner-scene of your mind... Slowly, slowly, troublesome thoughts disappear... This is the time to seek what it is you need to address for your own life, your own well-being...

This well-being, is simply the fulfilment of your heart... it is to drop the troubles of the thoughts of the mind... it is to drop quarrelsome folk from your life...

You will discover that the real-you, the inner-you, the I am, the inner-child is seeking peace and contentment... In this contentment, greed does not exist, sex does not exist, anger does not exist, violence does not exist...

In this awareness of contentment, beyond mind, it is of a different energy, a higher more civilised, more refined energy...

This is of the heart chakra, it is where love is felt, pure, unpolluted by any biological urge; where compassion exists for no other reason... not to get any reward in heaven... because compassion is a reward unto itself.

Just discover your hidden contentment...

Life is for living, not simply for existing...

To be aware of life, to actually live it, to experience it, is the key to opening up the padlocked heart...

All that you have to be aware of, is what life is about, live your own life to the best of your ability in the circumstances you are under, strive for more life and living, and a life-affirmative lifestyle is a natural happening, unfolding for you...

There is no division between us and the whole...

We are organically joined with it, we are part of one orchestra...

To feel this music of existence is the only religion that is authentic, is valid...

It does not have any scriptures, it need not have...

It does not have any statues of God, or of other entities...

It has nothing to worship, it has only to be silent... and out of that silence comes gratitude, happiness, love ...

There is no God as a person...

Godliness may be a better expression... Goddess even better..

Mother Nature seems to be a more acceptable term to every person be they of religion or non-religion... Nature cares not what it is called, for it will not prevent itself from being spread all over... in the trees, in the birds, in the animals, in humanity, in the wise, in the otherwise...

God is a male term invented by the males ... and it is common-sense, that God is a shortened name for Goddess, for it is only out of the feminine that creativeness comes into existence...

The world was not created, for that signifies an end, a finality...

Creation, creativity never stops ... Gravity cannot cease ... Consciousness cannot cease...

Love cannot cease simply because it is the glue of the Universe... Everything is 'in' it... part of it... always has, is, will be...

It is very important for each individual to be aware and try to break free from the confines of conditioned love, to be aware of the Universal Love that is quite unconditional...

For this is the way to be free, freedom of consciousness, and therefore, you will love yourself... and the automatic follow on, is, ... you will love the whole existence too...

Embrace and Love Thyself... so that ye may embrace and love others also...

... So Be It ...