

Love with No Limits

To be brave
is to love someone
unconditionally,
without expecting anything in return.
To just give.
That takes courage;
because we don't want
to fall on our faces
or leave ourselves
open to hurt. -Madonna
Lifelovequotesandsayings.com

Feeling drained? Of course you are! You are so busy spreading unconditional love around you forgot the most important person who should have been on that unconditional love recipient list-you! You are so used to giving it out you have forgotten the concept of accepting it for yourself. But are you really giving out pure unconditional love if you don't truly love yourself? Psychological experts say no. If you don't have unconditional love for yourself experts agree that the unconditional love you were spreading around may have some strings attached.

Spend the time to learn about your inner self with all your foibles, quirks, positive and negative attributes, skills, mistakes, beliefs, and all your other components. Until you do, you cannot feel honest compassion, kindness, and forgiveness for yourself. Can you handle the truth? You first have to know who you are in order to treat the depth of yourself with unconditional self-love. I didn't say this is going to be easy. Once you start the process in understanding yourself, though, you know you are up for the challenge and it is well worth the work.

The beauty of this process is that learning about the real you and giving yourself unconditional self-love can be done at the same time. In reality this is a three pronged process contributing to your growth. All three work hand-in-hand. As you find a fault, forgive yourself, and then take action to change that behavior. If you have a day where even you were surprised by your actions, show yourself some compassion, you are human, give yourself a break and then move to make those actions right with all those involved. If you had a tough day where others may have treated you miserably, think of why you react to this situation in this way, and then be kind to yourself by giving yourself a hug and a bit of a treat. You get the idea.

Still having trouble with the concept of you being on the receiving end of your love? Here are a few tips:

- Start out by giving yourself permission to put yourself first. You are a loving person and you want to spread that love around, but remember: you have to

make yourself primary target of unconditional love. When you are charged with love for yourself you can then share it with others. Think of yourself as being the parent and child simultaneously, showering yourself with love, patience, forgiveness, kindness and compassion.

- Be your own best friend. Think of how you tell them when they look great, celebrate in their accomplishments, applaud their jobs well done, and support them in those difficult moments. Don't you deserve to treat yourself the same way?
- Deserve-now that's an interesting word-let that seep down to your bones. Realize that you are a wondrous and powerful being with the loving nature that gives you the immense capability of creating more love. We are the ones that hold the power of love. When we realize this consciously we are able to see that we are One, Whole, and Interconnected. The love we hold in ourselves is fluid and once we recognize the capability of loving ourselves the flow of love permeates to everyone and everything around us.
- Boundaries and saying No is an important component of self-love. When people make physical demands on you that make you uncomfortable-refuse. Now that's self-love at its best and shows that you truly love yourself!

Here are some ways to express self-love for you:

- Choose friends who enrich you, not tear down.
- Stop comparing yourself to others. You are your own person.
- Let go of those nagging self-directed negative thought of yourself.
- Spend time in a place that lets you feel calm and centered.
- Pamper yourself in your favorite way.

Remember love has no limits. Self doubt, self criticism, taking others opinions of you personally or as truth, fear and anger have no space in the room of unconditional self-love.

With Gratitude,

Kai

