

ask diane

February 2012 How can I learn to love my self?

For many of us, it's easier to love others more than ourselves. We don't always realize when we're not being loving towards ourselves. We certainly don't think that loving our self could be the key to solving our challenges!

I remember when I was praying to find my life partner for a loving committed relationship. I would walk into the hall where my meditation teacher was going to give a talk, and I would hear her message to me in my own head: Love Your Self.

I found this message very confusing. Didn't I love myself already? And anyway, since when was that a requirement for a relationship? Sometimes I wondered if I was imagining this message. But I'd hear it every time I walked into the hall to be with my Teacher.

Slowly, I took this message to heart, and I learned to love myself more and more. I found that as I loved myself more, the whole world loved me more too. The outer was truly a reflection of the inner. If I said kind words to myself, well, I might actually hear them aloud from another person.

There are many things we can do to begin this glorious romance with our Self. We can be kind to ourselves. We can be nurturing. We can give ourselves what we need. We can take the right actions to support ourselves in the highest way. We can even romance ourselves with flowers and loving words. For a simple but profound exercise, you can try the February Meditation in the column to the left.

We can change some of the things we don't like about ourselves: bad habits or sloppiness in our actions, things that make us cringe when we think about how we acted. We can also accept things about ourselves that we can't change.

These steps may sound simple. But give them a try! They will be more powerful than you think and can improve every aspect of your life.