



DIANE GOLDNER

energy healer & medical intuitive

ask diane

February/ March 2013

How can I learn to love myself?

Loving your own Self sounds so simple, doesn't it? When I first heard my meditation teacher's inner command I thought: "Don't I already love myself?" As it turns out, I had a lot to learn.

Through my own journey, and through working with many other people as a healer, I have found that Self love is one of the hardest things for many to master.

We can't always see the ways we aren't loving ourselves, but I have found that a lack of self love profoundly affects every area of a person's life. It can lead to disharmony in our lives and relationships. It can even lead to illness. It can affect our work, our creativity and our careers. A lack of Self love may be the most insidious of all illnesses, but it is epidemic in our society.

There are many aspects to finding and merging with the Beloved One within. It is the most marvelous journey we can take. On the way we must learn to have good boundaries. Many of us need to learn to recognize and trust our inner guidance. It's always been there, but often we are afraid to embrace that aspect of ourselves. We also have to develop the ability to stand up for ourselves and at the same time to be kind and loving.

We can start on this remarkable journey simply by setting an intention to merge with the inner Beloved. If we are aware of some of the obstacles we have to attaining this goal, we can also set an intent to dissolve each one of them. We will be led, step by step.

On the path to uniting with the inner Beloved, we gain many new skills and we detach from many desires that get in our way. Slowly we develop an inner sparkle and a stability that allows us to enjoy the bliss and abundance of each moment in our lives.