

Road To Self-Love



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Introduction

It took me nearly 50 years to fully love myself properly! That is a very long time. I spoke to someone last week who said it took them almost 70. Damn! We are certainly not born with the knowledge or ability to love ourselves. It is not something we are taught how to do in schools, at home, at church, or wherever. So where do we learn it? Like many things in life: out of necessity.

Its safe to say that the vast majority of people do not love themselves at all. In fact, most people probably hate themselves. We live in such a negative oriented world in many ways, and self-depreciation is among the leading causes of our current mental health crisis. Self-loathing and not loving ourselves is rooted in our earliest conditioning and programming that occurs before we reach the age of 5.

Unfortunately, this early conditioning sets the tone for our entire lives until we consciously change the programming and learn to truly love ourselves. This Etbook is a guide to begin that journey, and fortunately it won't take you 50 years like it did me. Once I learned some of these principles, I dramatically improved my results in the area of self-care and self-love in less than 90 days.

Like anything worthwhile in life, it is a daily practice that takes time and discipline to enjoy the benefits. You are the only one that spends 24/7 with yourself for your entire life, so wouldn't you think that loving yourself is important?

I sure do!

There's a better formula: love yourself more. When you love yourself, your emotional vitality vibrates "cleaner" and at a higher frequency.

As well, when you love yourself more you more able to share that love with others.

The world needs us now more than ever to be kind to ourselves and to those around us.

To Your Bliss,

Josh Liteky





Chapter 1:

Taking Care of Your “Whole Self”

Principle:

If you don't take care of yourself first, you can't truly take care of anyone else.



In Taking Care of Yourself First Lies The Key to Your Physical Health and Emotional Happiness

It's rather sad that we tend to take our whole self for granted most of the time. We live in such a fast-paced world that we seldom stop to consider the care we should be giving to our bodies/minds to promote good physical and mental health. Our bodies are like machines that are on the go most of the time. Machines require oiling and fueling to continue. And we must use the correct oil or fuel otherwise the machine breaks down, right?

Have you ever taken a moment to think whether what you're doing to your mind/body is either helping or hurting you? Begin with the food you consume daily, then go on to the things you do to and with your body and mind. If you were a machine, would you still be going, or would you need to stop for mending occasionally? How's your energy levels and productivity throughout the day? What do you really think about yourself?

It's obvious to say that everybody wants to enjoy a long and happy life that's free from illness and full of love. But not everybody wants to do the correct things to make their lives better. Of course, we live in a "I WANT IT NOW!" world, but fortunately or unfortunately the universe doesn't work this way. If we are ripped and healthy, it took a long time to get that way. Same is true if we are overweight and unhealthy. It is all the result of our habits over time.

It can be quite difficult to take good care of your whole self at times. For instance, it's important to eat the right food and do some routine exercises on a regular basis. It's also important to live a life that's low stress. It's critical to think positive and loving thoughts for yourself and others, most of the time as well. Easier said than done, right?

Let's begin with the food we eat, how many of us really follow a wholesome diet of the right type of food 24/7? Take the average employee who is on a 9-5 job Monday to Friday, can this individual really be faithful to any prescribed diet considering they're going to be tempted by different foods being eaten by different people and the fact that they are probably short on time? This individual has really got to be disciplined if they want to take care of their whole self and be healthier!

Talking about a low stress life, this may sound like a joke to a few individuals. No life can be stress free if we take into account the things we have to do and go through day-after-day.

There is much information available about great ways to reduce stress. Try some meditation, calming yoga or deep breathing exercises. Take a short walk and actually take in the beauty along your path. Be present. Getting a massage is a wonderful way to calm yourself physically as well as emotionally. Just some ideas.

You want to know a beautiful and amazing secret about you and me? We are much more than a skin bag of organs doing daily tasks just to survive. We are actually profoundly spiritual beings with a soul and a consciousness with infinite potential. Our “whole self” is a piece of the Universe or “God” and our purpose is to enjoy and give our gifts fully to the world.

We have emotions and physical needs as well. Yet, our self-awareness and self-love is the most important aspect of building a sustainably happy and expanding life. In our journey we can actually change how we think and what we believe. And we have to start with our complete and whole self, from the inside out.

Taking good care of yourself by meditating, eating right, exercising, drinking plenty of water is just the bare minimum. Learning to love yourself fully and completely is the challenge, but also the opportunity that needs to be practiced daily for best results.

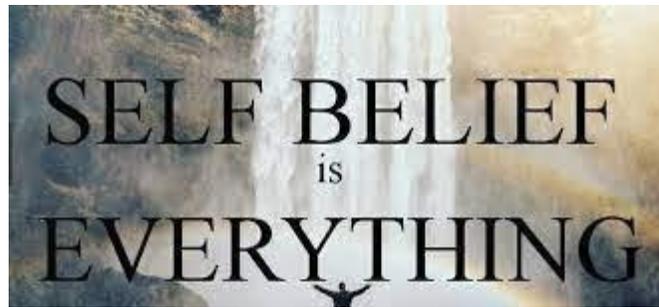


Chapter 2:

Believe in Yourself

Principle:

You must believe in yourself in order for anyone else to believe in you.



Self-Love Requires Self-Belief

Billions of people around the world fail to live the lives they always dreamed of living. They neglect to realize their ambitions and give up on their big dreams as soon as they take face their first few obstacles. Simply stated, one of the biggest reasons for this failure is that these individuals don't believe in themselves.

Believing in yourself is being certain that you're going to do whatever you put your mind to, even if most other people are against you. Generally, when you choose to take a big challenge or do something that they failed to do, you'll find that everybody is putting you down. Under the pressure of this criticism, many of us start to question our own abilities and sooner or later give up. The few that manage to believe in themselves and continue down the path they've selected will be the ones that enjoy the glory of success and learn to love themselves. This is why less than 3% of people are truly successful. The numbers always play out.

We may start out having big dreams and goals in life, but few of us stick with them long enough to see them through. We are all constantly being tested by the world around us to see how bad we want it (what ever "it" is.) This is why so few make it, they give up under the peer pressure of all the other people around them who also gave up on their dreams. Don't let this be you.

Believing in yourself first and foremost is critical. You have to believe in yourself in a way that you may never have up until this point. If you settle for mediocrity like most other people do, you will basically experience what it feels like to be dead while you are alive. The "juice" or aliveness you once felt in life will wither away leaving you with the attitude that most people have of just surviving and wishing for the weekends to hurry up and come. This is not living. This is barely surviving.

Start small. You may not have a whole life mission plan for yourself yet. Start changing your self-talk and self-beliefs around YOU and what YOU want for your life. Stop

listening to anyone else when it comes to you living your life. Certainly, they can have input, but for you to enjoy a life of power and love, you have got to believe 100% in yourself, regardless of what anyone around you says or does. Even the people closest to you. Living our lives for others only we often lose ourselves.

Ask your higher power for guidance and help and you'll feel that you're supported by a power which is superior to anybody who rejects what you're doing and to the unforeseen difficulties you'll face on your road to achieving your goals. Remember, everything is a test.

When you start believe in yourself and continue fighting for what you want in your life you are simultaneously increasing your self-love. It may feel weird at first to prioritize your own goals and needs above others, but this is a necessary step. I am not saying become a selfish person not caring for the needs of others. I am just saying place your own needs first, and beliefs are the place to begin.

The beliefs we have about ourselves were also created very early in our lives. And most of us live a lot of our lives on automatic pilot, trying not to think too much more than we have to. This creates the fact that our beliefs are deeply ingrained like grooves on a well worn record. And if this record is playing the song of our life, and it's a song we don't like very much, we are probably not living as happy as a life as we want.

Did you know you can actually change the grooves on the record, and create a beautiful song of a life by changing the thoughts and beliefs you have about yourself?

Try it!



Chapter 3:

You Get What You Deserve

Principle:

Reflect about your likes, dislikes, what you want and don't want. You deserve to have the best relationships, career, and lifestyle.

Are You Getting All You Deserve?

A lot of folks struggle with the idea of being deserving. They feel that there's something wrong with them. That's why they feel they don't deserve happiness, love, riches, you name it. Here are some things to avoid when trying to change your life and love yourself more. When you're trying to feel you do deserve all the best.

- 1. STOP COMPARING YOURSELF TO OTHER PEOPLE**, particularly if they have more than you of whatever. You're unique and your situation doesn't match anybody else's. See yourself as an individual with your own exceptional range of influence, which you sincerely have.
- 2. STOP EQUATING YOUR PRESENT LIFE WITH YOUR LIFE AS A KID.** You were fundamentally powerless as a youngster, as is every child. What was then, when you were a child, doesn't manipulate what can be when you're an adult.
- 3. THINK POSITIVE THOUGHTS** as much as possible, about yourself and everyone else. This one is critical! It's said that people between 50,000 and 60,000 thoughts per day - - most of them damaging. If most of your thoughts are damaging, and they'll be unless you make a concerted effort to alter them, just think how you're perpetuating negativity in your life. 95% of these thoughts carry over day-to-day, so you are actually re-creating your life, every moment. Think about that! So, why think negative?

Start applying your **BELIEF** skills here. Start to **BELIEVE** you **DESERVE** the best of everything in your life, and think and feel into it as if you already have it. Doing this in spite of what your current circumstances is hard work, but it's the way to go!

- 4. KNOW YOURSELF AS YOU TRULY ARE.** You are a child of the universe. A Divine embodiment of the Highest. From your soul awareness, see and believe you truly deserve the best without any doubts, and the universe will test you and supply you with all you need.
- 5. KNOW THAT YOUR PAST DOES NOT CREATE YOUR FUTURE.** What was, was. Leave it there, and create a beautiful new future with the blank slate of right now and live into it a little more each and every day.

6. EXPRESS YOURSELF POSITIVELY AS MUCH AS POSSIBLE. Be aware of all of your own thoughts and desires and whether they are serving you or not. Consciously develop a minute by minute awareness of what you are thinking and how you are being. You can change anything you don't like about what you think or believe.. Sounds curious, I know. But in order to arrest the negativity in your thoughts, you must become aware of those views. Then, when you find negativity, supersede it immediately with positivity.

By integrating and applying these techniques in your moment by moment life, you will almost immediately feel more deserving!





Chapter 4:

Discover Who You Really Are

Principle:

Learn about your personality, values, beliefs through assessment tools and inspirational books is level one. Level 2 is dig deeper! Excavate your soul and create your life around what is most inspiring to you from the SOUL level.



You Must Realize Who You Are. NOW!

Do you ever ponder the timeless question “Who Am I?”

If you can't quickly answer that question, you don't have a really clear picture of your own identity. Welcome to 99.9% of everyone. Possessing a clear image of yourself is crucial in relationships, self-confidence, self-love and growth.

Just as it's inconceivable to reach your destination when you don't know where you are, it's impossible to become who you want to be when you aren't well-defined on who you are.

In order to improve you must first determine where you are and then how you want to be. If you are a victim in any part of your life, you must stop that immediately and start taking 100% for everything that you are dealing with. YOU created it all. Believe it or not it's true. This is the only way to really step into your power, because from this place you can create a new reality for yourself. And you must be brutally honest with yourself. If something in your life sucks, honor that. Its not permanent, unless you believe it to be.

If don't or can't accept where you are in this moment, it's impossible to begin making changes. A lot of pop psychology tells you to emphasize the positive and brush off the negative, but regrettably without first acknowledging the potentially negative you can't mend it.

Acknowledging that, for right now, this is who you are, has an astonishing level of self-satisfaction. When you're wholly honest or uncertain about who you are it's easy to get ensnared into viewing tiny imperfections as you can't perceive the whole. Exposing yourself inevitably creates the self-contradictory situation where you both accept who you are without taking away the desire to improve it.

To get a grip on your current identity all you need is a piece of paper and a pencil (or a computer).

Begin by merely producing a list of all the attributes and ways you define yourself. Now it's easy to make a reasonably short list naming obvious attributes, but I think you need to get a little more depth. Keep authoring on your list until it has at least 100 to 200 points about yourself. Then go deeper. Like an onion, when you peel away all the layers, what's left? Answer that question, you know who you are.

Put down items that describe anything that you'd affiliate with your identity. This means achievements, failures, strengths, failings, personality traits, interests, hopes, past, future, etc.

Follow the exercise until it's finished.

This list isn't a resume or a way of perceiving yourself in a confident light. This is a technique for ascertaining exactly what you see your current identity is, the good, the bad and the ugly. If there are pieces of you that you dislike, write them down also.

You'll be the only person reading this list, so get everything out there.

You may feel uncomfortable putting down negative aspects of yourself. You might have wanted to push some of them away or quash them. But part of exposing yourself is also finding the parts that maybe you dislike, are afraid of or even detest.

When you write these things down, recognize that they're a part of you also. Admit the truth that these are ingredients of your identity. Unveiling these parts can be the hardest, but it's utterly essential if you want a clear identity that can be improved upon.

When you view your list, you may be amazed at just how big and complex your identity is. Your current identity has 100s of enlaced factors that create your life.

Some of them you may not like others you may feel unbelievably proud of.

Now get complete acceptance of this list. If you don't feel the list is complete, go back and add more to it, but in the end you must view your vast list of qualities and accept that this is who you are right now, in this very instant.

Now that you've a comprehensive list of your identity, everything is out in the open. No longer are pieces of yourself obscured, hidden from view. With your current identity accurate and clear, the true work begins.

This is the work of crafting precisely what you want from your identity. Make it the way you want it to be and ascertain how to express it in the best way possible. After you feel like you are in a real place of acceptance, take a moment and congratulate yourself. You just did a lot of work! Ok. What's next?

Be Grateful for every single aspect of what you wrote down, and who you think and believe you are up to this moment of right now. Be thankful for all the ups and downs, gifts and challenges, the good, the terrible. ALL OF IT. Stepping into gratitude is a daily practice.

Now. Ask yourself again. Who Am I? What do you get? You should be starting to see who you really are, the soul version of you. The BIG YOU. You are actually the universe in a perfectly unique embodiment of you. No one else is just like you in the whole infinite galaxy. See how special you truly are? Live and love yourself from that place, your whole life will change.



Chapter 5: Be Your Own Cheerleader

Principle:

You are worthy of special treatment! Say and do wonderful things for yourself every day. Keep a running accomplishment and gratitude list and add to it regularly.



Give Yourself a Boost

A lot of times individuals feel crappy because they don't feel appreciated by other people. That's understandable. Naturally we all long to be appreciated by others. But if our happiness hinges on the encouragement of others, we may occasionally find ourselves being needlessly discouraged. Outer validation will always lead to disappointment.

The answer is to encourage yourself!

Here are a few ways to Ra Ra Ra for You!

1. Small pieces of bigger blessings.

Since you are in a grateful state, keep encouraging yourself with making a list of all the things in your life you continue to be grateful for. Start with the long-familiar and obvious things like family, friends, your home, and so forth. But once you've named those things, try to be more particular. Get down to the nitty gritty. Are you grateful for the socks you have on right now? Keep writing!

For example, if you're grateful for your family, individually list the members of your family and then compose a detailed listing of all the ways you're thankful for that particular family member. The same can be true for the other biggies. For example, if you're thankful for your home (and you ought to be, even if it's humble!), list the particulars about what you value about your home.

Think through every facet of your home, and individually, list what you're thankful for. They are things you take for granted, and yet would certainly miss if you didn't have them! I've found it helpful to center on one small aspect of the various big things in my life daily and list utterly everything I can think that will encourage me. Drill it down.

2. Laundry list of your gifts.

We frequently focus on what we're not good at, or ways we go wrong or wish were different. But everyone has a bunch of gifts and abilities! You may not even have discovered some of yours yet. Focusing on our gifts can provide a good deal of encouragement. Nothing is too little to list! Or, as in the case above, begin with something big, and then list utterly everything you are able to dream up that comes

under that certain category. Generally speaking, every talent that you have includes multiple "sub talents." Be particular!

Next, write down the gifts you WISH you had. Secret: You can develop them!

3. Think happy memories.

Occasionally when setbacks happen, like not being able to pay the rent on time, remind yourself of the fact that you've always managed to keep a roof over your head in the past, and that somehow things will work out this time also.

As well, when remembering the past, occasionally it's great fun to think way back, even to childhood, about fun, interesting, and exciting experiences. Frequently this makes me laugh, and it also helps me to see how rich and terrific my life has been - and without doubt will continue to be.

4. Name your concerns and worries.

This might seem like an unusual way to be encouraged, and I'll acknowledge that initially naming my concerns sometimes causes me tension! What in your life do you worry or are concerned about? But, naming my concerns is often the first step in coping with the issues impending, and as I deal with them, I'm encouraged.

As well, as I name my worries - particularly if I write in my journal about them - I frequently see that they are not as bad and scary as I thought. Frequently, when I journal about my cares or the things I'm baffled about, I find that I'm blowing things out of proportion and that the situation isn't nearly as bad as I initially believed. That's encouraging!

Remind yourself of encouragement from other people. Yes, this is about encouraging yourself, but occasionally you are able to do that by remembering past encouragement from other people. Maybe no one has done anything to encourage you this past week or even month, but we've all had moments of encouragement from other people in the past.



Chapter 6:

Expand Your Horizons

Principle:

Explore the world around you. Get interested in what life has to offer. Read books, meet people, take classes, and travel to new countries. Get in the habit of doing things differently.

Expand Your Knowledge

When you are working on improving yourself, your own personal attitude and experience is going to come into play on a regular basis. To remain on the cutting edge for your life, you can benefit by constantly educating yourself in all areas that interest you and pertain to you and your life. Getting better is a process of becoming. We are never “there” so embrace the journey, rather than the destination. We are always getting better or getting worse. There is no staying the same in the universe.

Continuous Self-development is going to be a really important mindset in your new growing self-loving life.

When you're constantly seeking ways to improve upon yourself, it will show in your attitude and in all aspects of your life. There are several different ways you can do this. Simply reading and being aware of all that you can is a great way to begin.

There are countless apps, podcasts, videos, books, and websites that are FREE and easily available through your phone. You can stay up to date on information by subscribing to newsletters and magazines also.

Education is significant when it comes to your personal life because the more you know, the better equipped you'll be to handle any crucial decision you're confronted with. However, knowledge alone is not enough. You have to apply it. Actually DO the thing you are learning about. This is where change and growth happen.

When the unforeseen arrives, you'll know the best course of action to take. When confronted with hard decisions your knowledge will help you ascertain how to deal with these troubles.

New information is being introduced perpetually and the only way to stay on top and with-it is by constantly educating yourself further. If you stop learning new things, one day you'll realize that someplace down the line you got left behind. While other people are still moving forward and you're stuck in the past. Yet at the same time, information overload is a thing too. Create a balance with learning and applying what you have learned.

Life never stands still. The flow of the universe we live in is always growth and progress. By putting ourselves in that flow, we can constantly grow. Because as mentioned, we are growing or dying. Lean into the growth, and see how much better your life gets.

Change is not easy sometimes, but completely necessary. We all know we are going to die someday, but if we sat down and took a moment and asked ourselves if we are truly living to our fullest potential, what would the answer be? For the vast majority of us, it would be NO!

By continually expanding our selves through new knowledge and experiences, taking risks and becoming more of our potential, we will see our love and appreciation for ourselves and everyone else in the world will keep growing.





Chapter 7:

Forgive Yourself

Principle:

Let go of any residual guilt or fear from your past. Forgive yourself for making mistakes and not getting everything “exactly right.” When you forgive, you free up emotional energy that can better used to love and be loved.

Give Yourself a Break

Your mental health is impacted by your ability to let go of hurt and anger, even at yourself. Forgiveness is the way. If only we could find a way to learn and teach it -- what a better world this would be.

First things first. You have to learn to forgive yourself. Easier said than done. I get it.

Did you ever do anything you need to be forgiven for? Of course, we all have. Did you betray your spouse? Strike a child in anger? Steal something? Go off the wagon? The list of human misbehaviors is as long as the ocean is deep.

Letting Go is the way...

If somebody else did these things, you can learn to forgive them or at any rate let go of the anger. That's because it's easier to forgive other people. After all, they don't live in your brain, reading you the same old riot act. All the world's major faiths preach the mightiness of forgiveness. But forgiveness is such an evasive act, super fast in its power to be strongly felt one moment and then quickly kicked to the curb, beyond reach the next.

A continual state of anger and bitterness interferes with life. Innumerable studies also show stress and anger can cause or aggravate diseases, like cancer, heart disease, and assorted autoimmune disorders. When bitterness is interfering with your life, it's time to forgive yourself. So many individuals have a ceaseless, critical voice in their heads narrating their every move. Forgiving doesn't mean not being angry with yourself, but not detesting yourself.

Individuals frequently try to forgive themselves for the wrong things. They think they ought to forgive themselves for being human and making human errors. Individuals don't have to forgive themselves for being who they are – We make mistakes and hopefully learn from them. We may be different in some way, or have some sort of handicap. Embrace the differences. Forgiveness means being particular about what we did that needs forgiving.

Forgiveness is often confused with excusing or lack of accountability. This is a Earth with high operation standards. Individuals think they need to be perfect. Yet we do things -- intended or not -- that damage others. You may not intend to hurt, but the other individual is no less harmed. That's when you need to stop at some point and forgive yourself.



It's about releasing a source of pain and releasing resentment. Individuals think forgiving yourself means you're letting yourself escape whatever it was you did.

The hurt and anger you're feeling are supposed to be your punishment. Individuals who want to feel pain and resentment use it as a way of putting a barrier around yourself as protection against being hurt again.

For example, let's say you picked the inappropriate mate and the kids suffered neglect. Or, you circulated a story that got somebody fired. You didn't report a crime and other people were victimized. Is declaring yourself forgiven enough? You know you have done it when the memory gives you no more hurt or anger. It's as simple as that. When you are able to say, 'I am free of this.' Naturally, along with this frequently goes the need to ask the wronged person to forgive you also. Forgiveness is never done unless individuals and relationships are transformed in the process.

Making restitution is more than a simple 'I'm sorry.' It calls for a willingness to listen to another person's anguish. It involves a willingness to take immediate corrective action.

Forgiving yourself isn't a plugging away, long-term, "good day/bad day" sort of thing. At some point you reach a corner. Something changes. You feel less burdened, you have more vitality. You live longer; you have better health and love yourself more.

We all mess up occasionally. Forgiving ourselves is as close as we come to a reset button and a great thing to work on for self-love.



Chapter 8:

Value Yourself

Principle:

Just by being born, you are worthy of esteem and value. Let yourself off the hook and move from having to do anything to deserve to be valued. Treat yourself like you treat your best friend or your pet that you love.



Your Self Worth Is Important

Self-respect plays a crucial role in how much or how little you value yourself. In order to value others, you must value yourself first. What do you think about yourself? What do you think about your line of work? Do you feel like you do a beneficial job, or do you feel that you're not good at what you do?

You're more likely to succeed if you value yourself. Self-esteem decides your inner most happiness. If you have elevated self-esteem, you're likely a happier individual than somebody with low self-esteem. Self-respect conveys how we treat ourselves and how we care for others.

You have to feel good about you. It does not matter what anybody else thinks or says. You don't have to be the coolest individual in a group, you don't have to be the better looking. Stop equating yourself to other people and stop letting other people get the best of you.

We shouldn't let other people determine how we feel about ourselves, nor should we give in to that inner critic. We shouldn't have to base our self-respect around how other people treat us. If we valued ourselves, we'd have a confident self-image and a high self-esteem.

The good thing is, we can change our self-esteem. We can learn to value ourselves.

Think confidently:

As soon as you hear that damaging inner critic, cut it off and fill it back in with a confident statement. Keep filling your brain with confident thoughts and in time your mind will have no more room for the damaging. Remember the reprogramming exercises we learned earlier?

See your mistakes as learning opportunities.

Everybody makes errors and the best thing you can do is learn from them, instead of beat yourself up for it. Making errors only makes you human, learning from them makes you grow and change, and that's a beneficial thing. Failure is feedback of something that didn't work. Keep trying it different ways until it works.

Create loving acquaintances.

Surround yourself with those who love and care about you, and those who treat you well. Avoid those who treat you badly.

Some more things...

- Do something courteous for somebody; it will make you feel good as well.
- Acknowledge your accomplishments and talents- build on them.
- Set truthful goals, stick to them and when you accomplish them, you'll feel great.
- Stop seeking to be perfect
- Pursue your passion, be true to yourself
- Make eye contact, stand tall, dress nice-you'll feel better
- Smile
- Exercise regularly
- Eat nourishing food and take care of your body.

These are a just a few things you can do to change your self-image and value yourself more - to change the mental image you have of yourself. You can take it bit-by-bit and see that you feel worth a little more after trying these out.





Chapter 9:

The Truth Behind Love of Others

Principle:

There is more to it than just saying I Love You.



What Is Involved In the Love Of Others?

Whether we recognize it or not, the role that we play in the lives of others - those we know and those who know of us - is that of karmic teacher. It's the same role that other people we know play in our lives. Each of us is perpetually learning from and teaching all others around us - by our words and actions – about our dissimilar ways of being. From these examples and lessons, we each can decide what to do and how to be as we make our own journey through our life in Earth school.

Often other people teaching us what NOT to do/be is as valuable as their teaching us what to do/be. Being aware and open to learning from other people is the first step on the long journey through the cosmos that we all take on to unfold into greater levels of love, joy, and awareness. It's easy to SAY that we love others but...

It's more difficult to demonstrate that we love others. All it takes to demonstrate that we love others is to practice and “do” loving one another through our actions. As with many other themes in this book, treating other people with such loving kindness is easier said than done.

We're our own worst enemy when we think, act, and treat other people as anything other than inspired beings. When we think "I detest them" or "They don't deserve to live" or "regrettable they're (fill in the blank)... otherwise we could be friends" or "If only they were more like me" or "If only they thought like me", we're saying a mistake was made when "they" were created.

We shouldn't show love to others out of motivation to get their love. Love is the gift you give as an extension of your heart and soul...profit doesn't enter in the equation. If you're driven by motive when giving love then you're not giving love you're selling something to get something in return.

Ideally, Love should be unconditional. Aspire to truly live with the unconditional aspect and the true essence of how great love is. Too many individuals throw the words “I Love You” around and minimize the value by saying it, without the full intent of being it themselves, or taking the actions to follow through to demonstrate it.



Putting It All Together

Chapter 10:

Learning How to Love Others

Principle:

Take the steps to share your love with others.

Tips On Truly Sharing Love

1. Ceaseless criticism of other people does nothing to change them, and it harms us. Think about it. We are the ones thinking the negative thoughts in our heads. They don't feel it. Being unloving to other people is like us taking poison and expecting them to die. It's you who will be harmed by the outpouring of your unloving thoughts towards them. To stem the tide of negativity towards other people, you need to start with one thought at a time.

As you move throughout your day, for every individual you see (yourself or other people) say and feel wordlessly to yourself "I love you as Soul". Soul Love is neutral and unromantic. You can love someone's Soul even if you really detest everything about them because their Soul is the "love" part of them. It's the perfect part that the universe sees, that it knows, that it loves.

That's how you can connect with their worthiness and act as if they're worthy... and truly mean it. This is the essence of Self-love. Loving your self and others from this same expanded soul place, as this is the truth of who we all really are.

2. If you love the other individual, add to their health by nurturing their bodies with loving touch. 4 hugs a day are the minimum for good health, 8 a day are truly needed, and 12 a day create personal empowerment.

To show love to another, work to encourage them to love their own bodies. So often we join other people in the popular trend of constantly complaining or comparing ourselves to others: where we trade accounts about how ugly, bad, or imperfect our bodies are.

3. Mental damage is the greatest damage that we routinely do to each other. We think that by sharing our sorrows that we're supporting others. The reality is that continually sharing broken heartedness - especially once the painful crisis has passed - only serves to keep our wounds and theirs alive. For what we shower our attention on is what we manifest into our reality. Everybody has made their share of errors... we're meant to learn from them and progress. Energy flows to where our focus goes. Be careful what you focus on.

We exhibit the greatest respect to other people when we refuse to keep their pain alive... when we speak of ways that they can solve their troubles and move past their

pain. Or when we demonstrate to them the path to their own empowerment or how to achieve their dreams... anything but nursing their pain.

4. No one is perfect, not me, not you, not anybody else. Regardless what you dislike about other people, it's of vital importance that you value other people - even as they are right now. For by doing so, that's how we create peace within our own hearts. The fact is that we all are - from the saints to the sinners - a "work in progress": changing daily and evolving into becoming who we already are.

As Philo the philosopher counsels, "Be thoughtful, for everybody you meet is fighting a hard struggle." When you can accept other people just as they are right now, this is the ultimate way of respecting the hard fight that they're fighting.

5. What keeps us firmly stuck with our negative baggage is the fact that we can't forgive other people for believing they are somehow failing us. Sincere, heartfelt forgiveness is the solvent that unsticks our fingers from this baggage, allowing us to drop it. Dropping it is the best thing that we can do for ourselves and other people. Forgiveness doesn't mean condoning what happened or just forgetting about it or not learning from it. All of those are valuable lessons that we spent emotion learning.

6. If there's one key to showing unconditional love to other people, it's this. From a place of self-love radiating from your own core, do as many actions as possible toward everyone you know and don't know from this place. As mentioned in the wonderful book "Love Yourself Like Your Life Depends On it " By Kamal Ravikant, he mentions the powerful practice of saying "I Love Myself!" as many times as possible throughout the day. I do this, and it works! Unconditional love is one of the hardest things to do toward ourselves and toward others, but as a moment-by-moment practice, it's the highest goal we can strive for.



Conclusion

Love is the most potent force in the universe. It's the worldwide cure which traverses all hate, all fears, all obstructions, all troubles. Where difficult and toxic relationships exist, it is due to the absence of love energy between us and others.

By forever holding thoughts of loving kindness toward yourself first then radiate it out toward other people from your soul source place in your heart, you reconnect the love energy that binds you with everyone else. Remember, we are all in this together. Love is the way!



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