



SHOEBOX WISDOM

The Official Newsletter of Stiletto University



LOVE IS...A 4-LETTER WORD

The Desire and Disenchantment of Love

What's your 4-letter word for love? How has the way love's treated you impacted your ability to attract and revel in it today? Is your word for love--take or give? Hurt or heal? Are you excited by it, or scared to death?

Our experience with love colors how we think about it, interact with it, seek or avoid it. But no matter your experience, love is the one thing we all crave and yet, understand the least. And whether we see it as negative or positive, there is that four letter word we all, at some point in our lives, associate with love--**FEAR**. Fear it will hurt us. Fear we will lose it. Fear that we'll never find it.

Just how does that fear of love impact your relationships? It reveals itself in behaviors like: people pleasing, sabotaging, ghosting, settling for less than we deserve, afraid to be yourself and be fully expressed. It can also show up as over compensating and having an inflated sense of self or entitlement.

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Interestingly, the 4-letter word we associate the least with love, the love that is the most important, and is the basis of all true and enduring love, is **SELF**.

Interesting, but not surprising. From day one, we are enticed by, curious about, and enamored with the fairy tale love we're exposed to. It's romantic love we see all around us on the television, in books and movies. It's the one version of love that we literally grow up, and go out in search of.

But not falling in love with yourself in a real and soulful way impacts your sense of self-worth, deservedness, and your ability to give and receive the very thing you crave. It also has a huge impact on the way you perceive the world and your place in it.

So what is self-love? In theory, it's doesn't sound like such a puzzling concept, but in actuality, self-love, like all other formations of love, is an abstract concept. What does it look like? Feel like? Sound like? How do we know it when we see it?

Self-love is being open and honest with yourself, about yourself. It's accepting, respecting, and appreciating yourself (faults and all). Self love is knowing your self-worth and honoring your desires and values. It's **unconditional** and is compassionate and kind (to yourself) in thought and deed. Yep, it's all the things we try to give to those we love, without thinking about giving it to ourselves.

Get to know, and do the work necessary to fall in love with yourself. Once you do that, everything changes.

What's Love Got to Do With It *(Everything)*

Get ready for **LOVE 101**, where I'm going to break down love in all it's many, magical forms to help you understand, find, and improve the loving relationships in your life. Join the live, online SOL Circle discussion on **Wednesday, April 10th at 8:00 PM est.** Click the log to join at the appointed time.



“ Angel Insights

Romantic love, that which you experience in your art forms, touches you in places of lack because every gesture, big and small, deemed part of romantic love is an expression you define as "I am worthy." "I am deserving." If you only feel worthy and deserving through the gestures of others--gestures you deem as gestures of love--your worth is only as long lasting as the romantic gestures.

You are not wrong to enjoy such outward gestures of affection and caring, but they are not a measure of your worth. Do not define your worthiness by the abundance or lack of such gestures. They do not tell of your worth. Only self-love is your true barometer of your state of worthiness.

So Says the Light

These words are channeled messages from the Angel realm. They have not been edited in any way. lbw



Hi. I'm Lori, a certified feminine esteem and spiritual life coach, confidence peddler, author, speaker, joyful flirt, shoe lover, Angel scribe, and love connoisseur. Learn more about me and book a FREE session at Stiletou.com and Solcoach.co

Until we chat,
Expect Great Things!

A handwritten signature in pink ink, appearing to be 'Lori'.