

*Maria the Muse*

[www.mariathemuse.com](http://www.mariathemuse.com)

## So What Is This “Self Love” Thing All About?

Before reading this report stop right now...go find a mirror...look deeply in your eyes and say “I LOVE YOU!”

How did you react to that? Did you jump up and down, give yourself a hug and feel totally overwhelmed with joy and love? Did you kinda roll your eyes and think “yeah right...whatever.” Did you outright cringe and give yourself a look of disgust, perhaps choking on the very words I asked you to say? Or finally, did you skip it all together and just keep reading?

*One of the keys to personal growth is to practice self-love.* And yet it’s often one of the hardest concepts for people to embrace. That’s because society doesn’t really support self-love. In fact, the term self-love is often equated with selfish or self-centered or self-serving...not exactly the most favorable characteristics.

The messages we receive from the world don’t help either. Instead of “I love you, you are wonderful, you can do it, you deserve that,” many of us receive messages like “you’re not allowed, you can’t, you’re not old enough, smart enough, educated enough, good enough, skilled enough, etc.” from the people we care about in life. Even in religion where we are taught all about how God is love, there is also the message that we are sinners and therefore unworthy of that love. With all of these messages bombarding us daily, both from memories of the past as well as present circumstances, it’s no wonder that we believe that love is conditional on behavior or accomplishment. And it’s no wonder that we feel unworthy and not good enough to be loved. And if the world doesn’t love us...why should we?

*Odd as it might sound, we have it backward.*

*Self-love is actually about self-care.*

It’s about accepting, honoring and cherishing the person you are...exactly as you are in this moment. Once you begin to do that, you begin to realize that **you are worthy and you do matter** and then you begin to stand up for yourself and not tolerate people and circumstances that do not support you. And through that you become a happier, stronger, more peaceful person with many gifts to share with the world...because you are sharing from your abundance rather than your lack.

So how do you accomplish this? How do you change your idea about what self-love is and reverse the effects of years of negative messages to learn to love the very person you believe is unlovable?

It all starts with a choice. The choice to learn to practice self-love. And out of that choice comes inspired action...one small step to loving yourself. Then another and another until you really can look in that mirror and with a huge smile on your face say "I LOVE YOU!"

Take my word for it...you are worth it!

Maria Meiners is a personal and business muse who helps ordinary people understand the principles of the Law of Attraction and how to use them to manifest what they want in life.

Note from Maria – If you got this report from a friend, I wanted to let you know that available as a free download on my website [www.mariathemuse.com](http://www.mariathemuse.com)

Also, if you'd like to learn more about how to manifest what you want using Law of Attraction principles then check out the FREE Manifesting Kit at [www.musemanifestingkit.com](http://www.musemanifestingkit.com).

Thanks for allowing me to be part of your journey!

*Maria*