

free soul



The four reasons to love yourself more:

- 1.) When you love yourself completely you don't need any other technique... and the more you love yourself, the more any other technique works. And it allows you to create the reality you want.
- 2.) The only way to handle the negative ego is to love yourself. That's how you give it back its old job. (The ego was only supposed to be a messenger between the illusion of the world around us, and our internal spark, to help us decide and take action.)
- 3.) Love for yourself makes you more than a grown up, it makes you an adult. It creates a synergy, (a whole that is greater than the sum of the parts) that brings about the alchemy of adulthood.
- 4.) There is the desire to know the God/Goddess/All that is that is within you... Love is the only thread of communication from you to them.

Self-love is the act of doing certain things so as to produce or provide a particular state of being for yourself.

Do one of these in order to...

... produce or provide one of those:

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| 1.) Give | 1.) Security |
| 2.) Respond, be responsible | 2.) Pleasure |
| 3.) Respect
(honor my emotional nature) | 3.) Honesty and Vulnerability |
| 4.) Know | 4.) Trust |
| 5.) Be humble and intimate | 5.) Intimacy and Caring |
| 6.) Have the courage to commit | 6.) Reduced Fear of Loss |
| 7.) Care | 7.) State of Knowing |