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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Unconditional Love

By Judi Singleton

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Unconditional love

In this journey in life we often are called upon to love others

unconditionally. How does one do that? I feel it starts with loving

yourself unconditionally. Now about two years ago I made a commitment

to myself to be authentic. How is that connected with my journey in

learning to love myself? Well, it is definitely the first step in

loving myself. I had to ask myself if I placed conditions on myself of

how I would behave to be able to receive my own self love? Of course I

did, some times my expectations were not apparent but they were there.

I would love myself when I lost ten pounds. I would love myself when I

succeeded in my business. I would love myself when you fill in the

blanks. I am sure you have a lot of those expectations of yourself in

your life too.

Next I had to take the risk to be open and vulnerable to who I really

was with no preset expectations and still unconditionally love myself.

This took getting to know myself in a whole new way. It meant loving

Unconditional Love

the dark and light sides of me. We all have dark sides but it sure was easier not to look at the dark side. Then I was suppose to love the dark things I saw in myself, yeah sure. That took a bit of doing but with practice one decision at a time I am doing it. I can also say at this point that it is not easy but it is getting easier everyday. I had to learn to love myself because I existed not because of what I do or how I behave. I began to allow myself to be who I was not what others expected me to be. In short I began to show warmth, caring and concern for myself. It is always easier to overlook others faults and forgive them for not living up to my expectations but it was harder with myself as I am my own worst critic.

Now I am still working on these issues daily many of the expectations I have for myself are not rational. They are filled with perfectionism and I will love myself when. But I am learning to love myself for just who I am. This has cause a real change for me in my self esteem and self worth. Because I love and approve of myself I now am able to take full responsibility for all my actions. I can now accept the rewards of being me and the consequences. This feels really good. Loving yourself unconditionally frees you to unconditionally love everyone else in your life.

About the Author: Judi Singleton publishes To The Universe a list of Jassmine's Journal you can join this list or any of her other lists at <http://www.motherearthpublishing.com>

What Else Can I Ask For

By Kathryn Lim

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What else can I ask for?

I am so intoxicated in Her love

Everything I do has the vision of Her within

The moment I wake up, I feel her

When I am asleep, I feel Her

What else can I say besides mentioning about Her Blessings and Love?

What else can I do? What else can I say?

I often wondered how could the spirit of a bird be captured without killing it?

I searched for a direct experience for the answer

I yearn for someone who can truly be my sky

I realized who else could it be besides my Guru who is the supplier of unconditional love?

She has become my blue sky the moment our hearts joined

There's so much space for flying and at the same time the shelter of this blue bird from the scorching sun.

Kathryn Lim is a life coach, business image consultant and author of Wealth From Within who can be reached at kathryn@kathrynlm.com, or visited on the web <http://www.cvreferral.com/17/108655.html>



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