

LOVING YOURSELF

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Love your life; love your body, because it works so hard for you. Remember, you are a soul come here to this plain for living experiences and expression. You couldn't fully accomplish all that without the cooperation of millions of cells and organs of your body. They work tirelessly to sustain you, as it has a vested interest in your evolution, and you also in theirs. It's one huge cooperative effort, to keeping you here in this dimension for the soul's life and expression. So love the cells and organs in your body. Take a moment, and just sit. Sit and feel your body. You can feel it, even on the inside, because it weighs at least 100 lbs. How can you not feel it? And while feeling it, love it. Pass love from that nexus area where your soul meets with the physical inner workings of your body. Tell your body how much you love it, and appreciate it, and are grateful for its continuing efforts in keeping you alive, healthy, and mobile. Your body will respond. It will love you back. You can build a rapport, a trust, between your soul and your body. You may actually be able to use the rapport as a guide to loving and trusting your own outer relationships with potential mates, instead of ones that distrust and defeat.

Your body, like your environment outside of you, is a manifestation, and a highly cooperative one, of your expression of being. You know you create your body, but in cooperation with the creative forces of molecules and atoms, coming together to create the intricate workings of this vehicle. You magnetize and become a cohesive unit, probably with the same intentions, dreams, or what-have-you, in mind for evolution.

Love your body, and you'll love yourself. You will no doubt glow, as do pregnant women do, because of the love energy going throughout the body. You'd see a different kind of woman that despised the body growing inside her than you would a woman who loved it. So, when you love all this inner physical beauty, you'll radiate, and you'll attract other beautiful people. Your beauty will attract beauty.

Also, make friends with your ego. The two of you are here to work hand-in-hand. Just don't let the ego become the god-force of your life. You two, your ego and soul, need to become best friends, who care and nurture each other, understanding that this life is a journey of evolution, expression, and expansion. If you start to hate and distrust your ego, you'll start to hate and distrust yourself. Ego is not bad. It's part of who you are, and a part of your personality. Ego can

sometimes tell you when you're being taken advantage of, when you're being abused. It can also tell you when things are not as they should be. It's a flashlight that likes to highlight signs on the street of life, saying "Hey, I don't like this. I WOULD like this." You must have a balance with it, though, so balance it with the wisdom and sense of the spirit. Teach your ego to say "I don't like this. I think we should have this -- WHAT DO YOU THINK?" To which you check out the spiritual side, your soul mind and heart, for the answer. Work together. In tandem. Don't deny yourself, or your life will suffer for it.

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