

SELF LOVE

Loving yourself is the key to loving anybody or anything else. Your relationship with yourself must be the most important relationship in your life.

Only when you are a priority can you really sense what you need and how to best give it to yourself. Learning to meet your own needs means you are truly free and those around you are truly free.

If I look to you to make me happy or I believe I'm responsible for making you happy that means I'm co-dependent and that just ends up with one or both of us being miserable.

I'm going to make loving the self VERY simple.

Back in the 70's my parents had a book on their book shelf called, I'm Okay, You're Okay by Thomas Harris. It was written in 1967. At the time I thought of the book as something stupid my parents were reading.

AND then, when I was in my thirties my psychotherapist explained the book in a nutshell to me and I was blown away.

Here's a brief explanation of the concept I'm Okay, You're Okay —

There are four ways to love yourself and others:

**1. I'm Okay
You're Okay**

**2. I'm Okay
You're Not Okay**

**4. I'm Not Okay
You're Not Okay**

**3. I'm Not Okay
You're Okay**

So the work is to find yourself in one of these boxes.

The boxes defined

1. I'm Okay/You're Okay is the box to strive for. When you feel you are okay and you feel others are okay, you'll be happy and people around you will be happy.
2. I'm Okay/You're Not Okay. In this box you may feel like you are right and others are wrong. You may feel fine about yourself but the people around you will be depressed.
3. I'm Not Okay/You're Okay. In this box you think you are wrong and everyone else is right. You will suffer from low self-esteem and you may allow others around you to have power over you.
4. I'm Not Okay/You're Not Okay is the box of depression. Everyone is depressed because no one is okay!

Which box do you most identify with?

What is your level of suffering within yourself? 1 - I'm super happy with me to 10 - I'm depressed.

The answer to end all suffering —

Simply put, work your way to box #1: I'm Okay, You're Okay.

HOW??

The best way I know to work your way to I'm Okay, You're Okay is the practice of Ho'oponopono the ancient Hawaiian practice of forgiveness.

The four steps of Ho'oponopono

1. **I'm sorry** - say this to yourself. I'm sorry _____ (your name). You could add the parts of yourself you reject. For example, *I'm sorry, _____ I believe I'll never be worthy of finding true love* or *I'm sorry, _____ I judge my legs as too fat.*
2. **Please forgive me** - say this to yourself. Please forgive me _____ (your name). You can add the parts of yourself you need to integrate. For example, *Please forgive me, _____ for believing I'm unloveable* or *Please forgive me, _____ for judging my legs.*
3. **Thank you** - say this to yourself. Thank you _____ (your name). You can say thank you to those parts of yourself that need love. For example, *Thank you my big beautiful heart for providing me with infinite love* or *Thank you my beautiful legs for carrying me for so many years and so many miles.*
4. **I love you** - say this to yourself. I love you _____ (your name). You can say, *I love my heart* or *I love my legs.*

The beautiful thing about Ho'oponopono is all you have to do is do it. It works miracles in your life.

So try it — right now.

Soon I'll give you a movement practice to do while you say Ho'oponopono to enhance its power!

How do you feel after Ho'oponopono?

Note: You can Ho'oponopono other people but I mainly do it with myself and the more I do it with me I find I accept others.