

## **Self Love and Forgiveness**

Perhaps the most powerful and important key to self love, forgiveness, health, happiness and success is this: Honesty! To just Love yourself, as so many books and trainings tell you, is very difficult because no one really knows what that is or how to do it.

So here is something you can understand and something you can do today to enhance your self love. Tell the truth! If you had to choose just one rule to live by, and you wanted to live a joyful, healthy and successful life, this would be the most powerful principle you could choose. Tell the Truth!

Be honest; this seems simple, but to really be honest, you must engage and understand the complexities of yourself and of life. Try using this principal with the following questions, and see how you feel as you do it and when you've completed these. Then try living more honestly in your life and see how your self love grows.

As you see how many ways you have not been honest with yourself, and as you see the price you have paid, then is when you need to draw upon forgiveness, and love yourself even though you have made many bad choices and mistakes.

Starting right now, you can be more honest, more self loving, and more forgiving, and immediately you can start to enjoy the benefits of feeling better, having better health, enjoying more happiness, and creating more success.

Be curious, courageous, and begin a new journey of self love and success by writing out your answers to the following questions. Enjoy.

Who are you really?

Teilhard deChardin said "We are not human beings having a spiritual experience; we are spiritual beings having a human experience." What does this really mean to you?

How honest would a truly spiritual being be? How honest are you in your life?

What areas are you most honest in?

What areas are you least honest in?

What feelings do you feel most honestly?

What feelings do you hide most?

Who do you blame most of your problems on? Really look honestly at this one. Is it your past, your family, circumstance, bad luck, the world, God?

What wonderful things could happen if you realized you are powerful and you are the source of your life?

Who could you become, and who would you like to become, if you really could create your own future?

How would you feel, and what would happen if you realized you are the source of your life?  
How important would it be to then forgive yourself?

Imagine a future where you totally love yourself and have totally owned your power.

Reach for an understanding of why you would choose limitations in your life. We are often taught by family and life experiences that being weak, sick or helpless is the way to get attention or help. Look at your own and other peoples attempts to get acceptance, attention and love. Ask yourself, what was I taught about being lovable? About being powerful and responsible for my life? What have I done to try to get the love I want?

Write about better methods for creating the acceptance, attention, love and success that you want. How would a powerful spiritual being create the love and success that they want?

Imagine how your future self would love you and forgive you for your mistakes and failures. Imagine that loving future self coming back to help you learn to feel forgiving towards yourself. Keep on practicing being honest, loving and forgiving.

There will be many products and more free materials and meditations to help you feel love and forgiveness for yourself at [www.TiCaine.com](http://www.TiCaine.com). Come visit, and sign up for our newsletter so we can let you know when new materials become available.