

Beenie Bits: Love is in the Air

With Valentine's Day happening in February, many are focused on love. There is the day we show our love to our sweetheart by giving cards, chocolates, flowers, and other gifts. Yes, it is wonderful to have someone to share our life with, to have a loving relationship. Cherish it.

My question is, how is your relationship with yourself? When was the last time you told yourself "I love you"? When was the last time you did something solely for yourself to make yourself feel great and loved? Do you remember?

We tend to be so focused on showing others how much we can love, what they mean to us, and how much we cherish them. Don't get me wrong. It is wonderful to let them know. After all, we are humans and we all want to be loved. Love is wonderful!

But... yes, there is generally a but... how can we love someone else if we do not love ourselves unconditionally first? As with everything else in life, it starts with us. If you are one of the amazing people who loves oneself unconditionally, congratulations. Most look for validation and permission from the outside world to love themselves. They feel as if it is selfish to love oneself.

Well, I am here to tell you it is not selfish to love yourself. Actually, it is necessary! Have you ever poured something from an empty cup, bottle, or pot? To pour something out of something, you first must fill the container! It is the same with love. How can we give and proclaim love for someone if we do not first love ourselves? Accept and love you! All of you! Understand that you are perfect the way you are. You are love! Can you feel it?

“I think the most important thing in life is self-love, because if you don’t have self-love and respect for everything about your own body, your own soul, your own capsule, then how can you have an authentic relationship with anyone else?” – Shailene Woodley

In my book [‘Happiness Matters – Unleash Your Superpower in 7 Easy Steps’](#) there is a chapter called: Love yourself. In it, I talk a bit more about the importance of loving yourself unconditionally. At the end of the chapter, as there is after every chapter, I have an exercise you can do to help you fall in love with yourself.

You are amazing and loved.