

Self-Compassion

We must learn to accept our own imperfections.

We will make mistakes, but we must treat ourselves with kindness.

We must learn to forgive ourselves. Just like we forgive others who have wronged us.

Embracing the person you are TODAY--not the person you were. Not the person you long to be, BUT the person you are at this very moment.

The Art of Self-Compassion is when we learn to treat ourselves with the same love and compassion we would have for others regardless of their faults and short-comings.

If someone judges me on my looks that speaks more of them, than it does of me.

When we love who we are, in all our faults and imperfections than we are able to move forward and give ourselves the best gift of all--SELF-COMPASSION!

Motivation is a gift we give ourselves. Inspiration is a gift we give others

Five Characters that within ourselves (and withing every other human), which makes us loveable:

1. Being compassionate;
2. Being a Giver
3. Being a Bonder (i.e. someone who can bond deeply with another).
4. Being Content
5. Being Truthful

These five are expressions of the human "real me". Acting them out make us feel valuable, and denying we have these takes us further away; from being able to relate to the "real me".