



HOW TO LOVE YOURSELF

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FOR ME, THE COVER SAYS IT ALL:
ALL OF US, LOVE TO BE LOVED
BUT FIRST, WE MUST LOVE OURSELVES

Are you wondering how to love yourself more?

There are many books written on this topic.

Let me simplify it for you, here.

In this short e-book, I will tell you why I believe that we must learn to love ourselves first, and then I will give you some gentle steps to begin the process.

As an airline stewardess I gave the following instruction over and over again: *“Put on your Oxygen mask first before assisting others!”*

In other words, SELFCARE OR SELF LOVE IS NOT SELFISH - IT IS NECESSARY.



How to Love Yourself

Selflove is a balance of taking care of yourself physically, emotionally, mentally & spiritually.

Physically –

Are you doing these things for basic selfcare?

- Eating healthy
- Sleeping
- Getting fresh air and exercise

Emotionally

Are you feeling your feelings?

Know that your feelings are powerful in your life.

Practice to know and understand yourself.

Spiritually

In this short eBook, I focus on a few steps toward meaningful spiritual selfcare that will lead to a deeper self-love.

So many of us find it hard to ask for help yet it is easy to ask God for help, in moments of stillness. That Spiritual connection is the easiest to access. It requires no special technology and no money. We have a direct line.

In spiritual sense, Self-Love is an intimate time of awakening to God, or your Higher Power - what you call “It” makes no difference. It is the connection we seek.

How to Love Yourself

All people have potential to make a spiritual connection and you can do this in the way that makes sense for you.

ALL OF US ARE CAPABLE OF DIRECTLY COMMUNICATING WITH GOD

...God is communicating with us all the time and calling us. Most of what we are “to do” is listen. It is a conversation.

Share your problems and weaknesses with humbleness, turn them over to God to transform. Open your heart to receive answers while able to rise above the difficulties.

The more direct prayer-like conversation we have with God the more we are able to Love ourselves and others, just “as we are.”

“If we saw ourselves the way God does, we’d smile a lot.”

For you to experience why you were created, listen to that quiet, inner voice. It will help you to remember that the purpose of life – is to extend God’s Love on earth, first by loving ourselves and others by helping each other, being kind, and taking action-steps for all of us to get along.

Humans are unique yet all of us are a part of “All There Is” or God.

We are meant to be in relationship (made ever-so-evident as Covid has kept us apart). Before pouring your heart out to others, take the steps to make sure that your cup is filled with daily spiritual practices.

How to Love Yourself

Again, in the lesson I learned and taught as an airline stewardess –
“Put on your own Oxygen Mask first, then assist others!”

Selfcare is one of the biggest acts of service to others you can offer. It's turning our problems to our Higher Power and see them fade away.

SELFCARE IS NOT SELFISH

**WE MUST First LOVE OURSELVES
SO WE HAVE THE "KNOW HOW"
TO LOVE OTHERS.**

The following are the 7 steps to open the door to learning to love yourself:

1. See yourself as a child of God that makes you perfect and whole.
(Remember: God does not make junk!)
2. As a child of God, your heart is naturally full of Love.
3. That understanding makes you ready to understand not only yourself but others as well.
4. You feel compassion for all and with that willing to forgive because God has already forgiven us - as in the Lord's Prayer.

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5. Our Father, who gives us our daily bread, is the Source of all abundance. In the Spiritual sense supply and demand are equal.
6. His spark of happiness is present. All we have to do is recognize it.
7. These are all His Truths about us which set us free.
It is for us to have the faith in these Truths.

Dear Reader, I trust these spiritual basics are meaningful to you.

This article was written from Love deep down in my heart and an ever-growing Love for myself and for all of God's children.

May it help you understand your Inner Child - IC better.

This topic is dealt with in depth in SET YOUR PTSD FREE – another of my books.

May it also inspire you to read my book:

[SPIRITUALITY](#)
[Modern Disciples Of](#)
[Jesus Christ](#)

This book takes you simply and lovingly into the Spiritual Realm. I often call it "Spirituality 101." God is blessing us all.

Thank you for giving me the opportunity to serve you.

Bettina



How to Love Yourself

PTSD MENTORING

1/2 hr. CHAT with anyone interested in learning more about traumas in simple language.

LIFE-CHANGING FREE ADVICE

ON-GOING 45-min. CLASSES

**ONE on ONE
or
GROUPS OF 5**

Check with Bettina for scheduling by submitting the form on page

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