

You Are the One

“When we think about befriending ourselves, we can approach the practice as an unfurling experience, a slow and steady unfolding toward unconditional love.

...One way to initiate ourselves into the practice of befriending is to explore and come to know ourselves as if beholding an exquisite newborn. Our essential nature is so much more available to us in the state of infancy.

If we can come to treat ourselves with the unconditional tenderness and cherishing that we bring to a new life, we can know ourselves anew.

...If we hold our vulnerabilities and sensitivities as sources of rich information about how we deserve and need to be treated, and if we honour ourselves with compassionate care, we can forge an abiding friendship that will deliver blessings into every aspect of our life, and into the lives of others.

It is commonly said that you cannot love others until you love yourself.

...Hence, learning and leaning into the opportunity to offer love’s key ingredients; compassion, kindness, and appreciation – to ourselves is a highly worthwhile focus for learning how to be with others.

The committed practice of unconditional self-befriending is the formative ground for the qualities and capacities we will bring to all our circles of relationships, to living out our life in all its manifestations and moments, and to our ability to offer ourselves fully to be truly loving the world.”

Read the reflection in full by Kristi Nelson: <https://bit.ly/2KCDqNK>

Blessing + Quote

“You are the one you have been waiting for.”

Bryon Katie

Reflection

How did Jesus show compassion & kindness to himself?
What word or phrase is revealing something to me today?