

## Do You Like What You See?

When you look in the mirror, do you like what you see?

If so, congratulations! You are heading in the direction toward greater health, happiness and abundance!

If you answered:

"Well, no. Not exactly," then you must read this article. Believe me, there is nothing more important for you to do in the next few minutes. The first step in achieving anything you want in life, is to love yourself. If you don't love yourself, you are attracting negativity and doing away with your health, happiness, and abundance.

For me that has been the bottom-line formula for changing my life. I have methodically been dumping the non-love feelings about myself. And boy did I have a lot of those feelings with a Mother who was a masterful critic.

And, that's all you need to do, too.

That is what has changed my life and brought me all the way to the freedom and happiness that is part of my daily life now.

What kind of thoughts are coming up for you right now?

"O come on, Lucia, your formula is just too simplistic to make a difference in my life." or...

"I'll love myself LATER I've got too many things going on my life right now to deal with that." ... or ...

"Loving myself is egotistical and conceited."

Self-love has nothing to do with pumping yourself up with pride. It's about accepting yourself exactly as you are in this very moment - perceived imperfections and all.

So, why are we so in the habit of beating ourselves up? Because, on the ego level, we actually like it. Disapproving of ourselves and others feeds the small ego and keeps it alive. The ego demands a diet of judgments, comparisons and criticism. Deep down we fear the death of our ego. Since we identify with the ego – that's who we think we are – the demise of the ego means our own death. So we fight to hold on to it for dear life.

And the price we pay for spending so much time disapproving of ourselves is that our health, our energy level dives, we become depressed, we can't make good decisions, our relationships go down the drain, and we stay stuck, unhappy, and frustrated. On the other hand, if we go the other way and move toward loving ourselves, things improve VERY RAPIDLY because likes attract - it's the Universal Law of Attraction; Positive attracts positive.

- Our health improves
- Our energy increases

- Our mood becomes light and positive
- We make excellent decisions
- All our relationships become loving
- Prosperity flows to us without effort
- Opportunities show up for us constantly
- Good news follows us

So, the bottom line is: if you want health and abundance in all areas of your life, you must love yourself.

If you want peace, happiness and freedom . . . you must love yourself.

If you want to feel loved . . . you must love yourself.

Sometimes it is a bit hard to accept complete self-love all at once. Bad habits are hard to break, and unfortunately, most of us have had long-standing habits of beating ourselves up. So, work on it a little at time. A marathon runner does not run the full 26 miles from the get go, they do it in increments. Give yourself love and approval whenever you think of it - place reminders all over the house if you need them.

We each have a choice in every single moment to either approve of ourselves or to disapprove of ourselves.

Which will you choose?

Love & Light,

Lucia Luna

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**You are welcome to reprint this article with the following information at the conclusion of the text:** Lucia Luna is a Wellness Educator and Spiritual Life Coach. You can reach her at [info@lucialuna.com](mailto:info@lucialuna.com) or learn more about the author at [www.lucialuna.com](http://www.lucialuna.com)