

I love myself unconditionally. I am without blemish I am God's miracle. I delight in caretaking the amazing creation that I am. I deeply honor myself and all creation that lives within me. I deserve unconditional love from me, my best friend. I am loved by God . Why not love myself as God loves me. I accept my body, my emotions my powers, my joys, and my sorrows, my happiness and pain. I accept my everything. I am beautiful and divine and totally deserving of my respect and embrace. I love myself. I love myself, I love myself. I love myself. And in so doing, I love life.

For me this is one final thought I would like to leave with you. I decided some years back that if God totally loves me and totally loves everybody I ever talk to, and totally loves every animal and insect and blade of grass and plant and every facet of life, then why would I not want to be 100% loving. If God can be totally forgiving in regard to anybody's anything. If God can keep saying you know you really messed up there. But you know, there's always another chance and let me find another way to support you. If God can just be totally understanding of everybody's weakness then gee, why shouldn't I.

So I gave that, not just a lot of thought, but a lot of heartfulness. Over the years, I still come back to it today. I come back to that concept. Gee, you know what? If God, or that person's soul, or life can be totally, totally embracing, all loving, unconditionally caring and responsive, then maybe I can do that too because after all, what God is, lives in me as well. So my final thought to share with us is this: God loves you, totally, and you certainly, if you want, can do the same for yourself. Just open to love and let yourself move into and experience and celebrate the magnificence that love is in yourself.

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