



*They Love Me*

*They Love me not.*

*I fell in Love a hundred times today,  
and yet, still not...  
with myself.*

*With each projected thought,  
I plucked out a tiny piece of my Self...  
And again, I gave it away.*

## LOVES ME NOT

Hiking along a glorious trail in the Smoky Mountains this flower captured me. “Loves Me Not,” I heard. What? Was I still pining away for a partner in life? I thought I had done good work in this realm, but apparently on some level I was still more concerned with someone else loving me, rather than how much I Loved myself.

I realized that there were parts of me that I would rather have swept under the rug. I knew in my heart that if I wanted to feel at Home, reconnected to my Wise Self—to feel whole again—that I had to LOVE every lost and shoved-aside part of myself. I had to Love every emotion, thought and story my mind wanted to spin regardless of how horrific they appeared.

There was no way to achieve this by loving only some of me, and sweeping the rest under the rug. Dreaming that someone else would come along and pick up where I left off was clearly a fantasy.

I knew that whenever I rejected my emotions, thoughts, and desires, I was tossing myself out. I knew I couldn’t allow *them* to lead my life. I needed to embrace them, allow them to rise and fall like waves in the ocean—while holding a strong course home to LOVE.

The moment I took this photo, I committed fully to doing whatever it took to come Home to the one true relationship – the one with my Wise Self.

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### EVERYDAY ENLIGHTENMENT TIP

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Buy yourself a daisy and take the time to pluck out a petal and repeat a loving thought for each part of you that you often keep hidden and out of sight. How about: I Love myself even though I am crying...I Love myself even though I feel lost in the world... I Love myself even though I do not wish to be alone any more in life. I Love myself. I am in Love with all of myself.

Simple? Yes. Easy? No. Like all things that have the potential to profoundly shift us in our lives, it requires a 100% commitment....

The question is: Are you ready to commit to being your one true Love?