

How Self Love is Sabotaged

By Dr. Joy S. Pedersen

We are often not having and doing what we want and deserve in our lives because of our own lack of self love. What inhibits our loving ourselves enough to manifest all that we could for our highest and best good?

Our unconscious thoughts and beliefs dictate the results we experience. They stem from how we were raised, how people have treated us, what parents, teachers and society have taught us and how we internalized their messages as well as circumstances experienced. Some of the memories we hold are also buried in our subconscious from past lives as well as the karma of previous negative thoughts and actions.

If someone carries guilt from a harmful act that occurred lifetimes ago, that memory can still affect the feelings and results experienced today. Distasteful memories can color the perception of life. Regardless of whether we came from a loving home that provided us with what is outwardly perceived as potentially adequate displays of love today, we still may not have been able to adequately receive the love given due to our past. We carry into this life the thoughts, beliefs and emotions from previous lives and they often contaminate the optimal outcome.

Our own errors in the past may have been forgiven by others but possibly not from within ourselves. Deeds that have been done to us in past lives may lie dormant in the subconscious and cause us to believe certain things about us that are not true. The decisions about ourselves from those incidents can impede our views of ourselves and our self worth. No matter this lifetime or another, our guilt can sabotage the feelings we have about ourselves. Sometimes the more integrity we have, the more guilt we have because we take more things to heart.

When we release from within us the cause of the guilt, we free up the thoughts and emotions that hold us back from feeling better about ourselves. When we release from within us the past life negative memories that contribute to our self esteem, we raise our self esteem. It isn't always easy to do but it is easier to do that than live with the consequences of how our self esteem affects our lives and the results that we achieve.

The more we let go of the issues that contribute to our challenges of optimum self esteem and self love, the greater love and confidence we have within us. The enhanced self love and confidence improves our results. Every time we improve our results in one way or another, that affects the results of the situations that come out of those to further improve other circumstances going forward.

The domino effect is endless. Every time we release something negative from within ourselves, our future is improved. It might not always be evident at first but the effect is cumulative over time. When we heal some aspect of ourselves that has been damaged, we not only improve our lives but effect the lives of others as well. Put simply, all improvement within, improves results for ourselves and others.

Effort put into improving how we feel about ourselves makes us better. If we come from a place that we are one, then our improvement improves the whole and will be evidenced by and with others as well.

We need to be valued as the most important people in our own lives. We need to have self care and self love first. We need to value ourselves above all others but not at the expense of others. When we take care of ourselves, we are in a better position to take care of others appropriately. There is a fine line at times between self love, loving others and self sacrifice. By taking care of our needs first, we are more effective in our ability to take care of others.

How do we take care of ourselves first? By taking responsibility for who we are and our self care and the results we are experiencing. By focusing on ourselves to eliminate whatever blocks we have to self love, we become more loving and compassionate toward others. We also attract better experiences by the action as well as ability to operate at a higher place within that causes us to draw better circumstances to us.

We don't always have to identify the cause of the reasons we feel less about ourselves than is optimal. We only need to release it. There are a variety of ways to address those causes to release them. The one I found that worked the best for me was to use a clearing process called ho'oponopono. This ancient Hawaiian spiritual process can release the cause without the ability to see the cause. It is a stress free and effortless process only requiring applying it to the situation at hand.

I learned this process early on in my career and saw the first hand benefit of how it affected my results. Applying it to a variety of issues that surfaced from living life on a day-to-day basis, I saw the results change in my life. If something was bothering me mentally or emotionally, it was a process I could use to release the cause of what was bothering me.

When I discovered I had the gift of seeing past lives, however, I was able to sometimes see situations from my past lives that were effecting me in this one. I identified lives that had an impact on my outward experiences, my feelings of worth, confidence, abilities to make more money, attract the right relationships, etc. I was convinced that my past affected me in this life time. When I cleared those past lives that were revealed to me using ho'oponopono, the results I was experiencing and the way I felt about myself improved.

Ho'oponopono became the greatest tool I had in my life to improve anything that faced me. It could be applied to negative feelings I have about myself and others, the negative

circumstances in my life and the stress that came with all the above. The application of it improved the results I received.

As I use ho'oponopono, as well as my innate gifts in my healing practice, I see the lives of others improve by releasing what I am shown about their current and past lives that are detracting from them having the feelings and results they prefer. They are often surprised that the reason they are challenged now was from something they had occurred lifetimes ago.

A woman I was working with recently had a number of abuse and self esteem issues this lifetime that also affected the way she felt about herself as well as the way she felt about and dealt with men. We not only cleared the experiences she had this lifetime that contributed to her feeling that way, but found there were quite a few lifetimes of abuse previously that we needed to clear. By releasing whatever abuse exists from within our subconscious memory, we don't attract further abuse. When we release abuse from within us and the impact it had on our emotions, the decisions we made about ourselves and others as well as circumstances and life itself, we feel better and attract better experiences in the future.

The power to change the future lies within us by changing the way we love and care about ourselves. The better we feel about ourselves, the better decisions and actions we make that have a more positive outcome. Our self care makes for a better life for ourselves as well as those around us.

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Dr. Pedersen shares channeled messages regularly through www.AngelEnlightenment.com. Information on the book she channeled from Archangel Michael, *Wisdom of the Guardian*, can be found at www.WisdomoftheGuardian.com.