

Unconditional love may be the most powerful gift we may ever give or receive. Alas this transcendental gift of love may be impotent when someone with whom it is shared fails to love themselves.

About Love, Love Thy Self

By Greg Gourdian, aka Grigori Rho Gharvey, etc, et al...

Perhaps the most difficult person we can ever learn to truly love is ourselves.

So many of us harbor bad feelings about ourselves, guilt for the hurts we may have caused, sadness about the quality of our relationships with our family or friends, or some deep dissatisfaction with our careers, and so on...

There is far too much we can choose to feel badly about towards ourselves and we may often fail to love ourselves adequately or honestly as a result.

Yet without our own love for ourselves we are lost.

Without our own love for ourselves we cannot believe in the sincerity of the love that other people may feel towards us. In our failure to love ourselves we may rob ourselves of the love of our sweethearts, family and friends, for no matter how much these wonderful people genuinely love us we cannot believe in their love if we do not love ourselves.

By denying the sincerity of the love of our closest sweethearts, family or friends we may inadvertently hurt the people we most want to cherish by rejecting their love.

Consequently loving ourselves is of primary importance to our well being and the well being of everyone we love. Everything in our lives depends upon our love for ourselves.

We cannot allow ourselves to advance in our careers if we do not feel deserving of reward.

We cannot permit our closest friends or lovers to love us if we feel badly toward ourselves.

We cannot adequately nurture our family if we fail to nurture ourselves first.

We may even do great harm to those whom we most love by teaching them, by our own example, to find fault with themselves or even to hate themselves, so that they may learn to live their lives with less joy, laughter and love than they deserve.

Ultimately, by failing to love ourselves we will inevitably deprive ourselves of nurture, love, joy and happiness.

Consequently I whole-heartedly believe we must take on the issue of loving ourselves as our number one priority so that we may learn how we may discover within ourselves the capacity to love ourselves completely and unconditionally.

I am not talking about vanity or egoism here. Some very vain or egoistic people fail to genuinely love themselves. Typically, vanity and egoism are compensation mechanisms that mask a serious flaw in our character or even a deep seated feeling of self loathing.

What I am suggesting here is that we develop our compassion towards ourselves, so that we may learn to treat ourselves with the highest quality of love and nurture, expressing a deep gratitude and a joyful regard for who we are.

It is so vitally important to our wellbeing to love ourselves well in this manner that our failure to do so seems to lead us to ill health, depression and even death.

I want you to know that in spite of whatever you have experienced in your life that may cause you to feel badly toward yourself, that you have always done the very best with your life that you have been capable of. I want you to know that had it been in your power to choose to do better in regard to anything you feel you have done poorly, that you would have done so.

You have always been the very best person you know how to be, regardless of your own judgment against yourself or the judgment of anyone else in regard to yourself.

It may not seem as if this is true but I believe it to be true and I hope you will be able to see this for yourself because you need to forgive yourself for every perceived wrong you may feel you have done.

You need to love yourself without reservation, without blame, without guilt.

If you harbor reservation, blame or guilt in regard to yourself these feelings demonstrate a character that has ideals and values that you would like to be able to live up to, to exemplify to yourself and to others. These may be good virtuous qualities to uphold but they lack virtue if they are turned against you and used to find fault with yourself over which you may punish or condemn yourself.

You really should not turn your own ideals against yourself over any perceived failure on your part to live up to them. Understand that these are dreams or visions of what you wish to become or which you believe you should live up to, and that as such they are to be striven for but that they should not be held against you as a means to measure or judge yourself.

Judgment is a poison. Self judgment is self destructive. We may use criticism constructively to help us to become the sort of people we most want to be, but when we use judgment to condemn ourselves we may then punish ourselves as a consequence and we may turn against ourselves with anger, hatred or self loathing.

So please consider how you may accept yourself for who you are now, as you are now.

How can you love yourself for being you just as you are now?

Act out of love toward yourself.

Nurture yourself and praise yourself.

Rejoice in being who you are in every moment of your life.

Celebrate yourself, your life, your intent, and your purpose.

By accepting yourself regardless of any perceived faults or flaws or past failures to live up to your own ideals and values you place yourself in a position of power, you become capable of loving yourself unconditionally and whole-heartedly.

From a position of total unconditional love for yourself you may reach out to others and know that your love for them cannot be sullied by your self doubt, and that their love for you can not be diminished by your self criticism.

With complete love and compassion for yourself you can heal any hurts that weigh your heart down.

The inner dialogues that may have expressed conflict within yourself can be resolved when you accept and love yourself unconditionally. The hurts you have done to yourself, to your life, and to others may be forgiven so that you may live your life with greater commitment, interest, passion and joy.

When you commit yourself to being a more joyful passionate person then everyone whom you know is likely to benefit from your love, compassion and wisdom. You will then be better able to exemplify the sort of nurturing being you may most want to be.

Any time you feel any resistance toward loving yourself, let go of that resistance and acknowledge your love for yourself.

Buy small gifts for yourself or for others to symbolize the love you want to exemplify.

Make small improvements to your home, whether it is just your day-to-day housekeeping or replacing a worn out rug, or buying a new painting.

Do everything in your power to nurture good feelings toward yourself and a healthy attitude about yourself so that the love you feel toward yourself becomes a healthy part of you.

Be your own constant companion, best friend and lover.

You deserve nothing less of yourself.

Enjoy!

Love, Grigori Rho Gharveyn

aka Greg Gourdian, Roger Holler, Falcon, Chameleon, and many more...

BIO:

We have been collectively known by the name Greg Gourdian for the purposes of publishing our articles. We perceive ourselves as a collective of people spanning many worlds in different universes. We seem to share many bodies; however we have only one body here in this world we share with you now.

We worked with the general public as a psychic reader for a little over four years from 1981 to 1986.

Much of our written work has been channeled however we often have no idea whose voices are speaking through us when we channel.

We have many strange tales to tell regarding our adventures in this world and our spiritual journeys.

We try to tell our tales in a humorous, engaging, or entertaining manner.

While we were a high-school student we channeled or taught classes in metaphysics & parapsychology, sociology, and psychology.

We are still emerging from the closet in regard to being a collective of many people inhabiting what appears to be a single body in the context of the world we appear to share with you. Our current written works reflect this new change in perspective as we have adopted plural forms of reference to ourselves that may not always appear consistently, particularly in our older work. Using plural forms of self-reference helps us to develop a greater awareness of ourselves as a collective as well as conveying to other people how we perceive ourselves.

We hope you will understand if we sometimes may sound awkward or conceited as a consequence of making this adjustment in how we refer to ourselves.

Our group's primary beliefs share these ideals:

- *Love should always be universal.*
- *Liberty should be unconditional for everyone.*
- *Justice is best served by not judging yourself or any other people.*

For further details please see our site's [About](#) pages or view our profiles on [Linked In](#) or [Temple Illuminatus](#)...

Enjoy!

namaste