

## LOVE YOURSELF

There is always an exception to the rule.  
The exception to the rule "love conquers all" is...  
One must love oneself, first!

If you break this rule – you are lost.

But how do you love your Self, first?

Love is bravery.

Love is, letting go of and forgiving the past.  
Love is, living in and accepting the present.  
Love is, creating and being fearless about the future.

Love is, the transformation of harmonious amounts of energy.

What I see and love about you - I love about me,  
The love I don't see in you - is my ignorance.  
I make no apology, your pain is mine.  
Love connects and ignorance separates.

Love is the divine energy 'language' of our spirits,

I love myself because I try to make my world a better place.  
I love myself because I am honourable and search for the truth.  
I love myself because I truly care for others.  
I love myself because... I love you.

I try but make mistakes and I fail.  
I try but I learn and I grow.  
I try to understand why; truth and emotions sometimes fight.  
I try to understand evolution - the journey from Ignorance to love.

There is no personal shame, guilt, or any tears of self regrets.  
Blame only exist in the mind of the accuser.  
I am a good man just trying my best.  
I will not be judged by any ones measure – but my own.

Love is the freedom to express myself.

What ever I am to you - I will try to be my best.  
If that falls short of your expectation.  
I will not worry, I will not care.  
Love is the opposite of war.

Even when I am trying to do my best but others see my worst.  
Even when I am making mistakes and failing.  
Even when I am judged by ignorance.  
Even when you don't love me.  
I will always love myself (first) and I will always love you.

And if you don't get that... judge and love your self 'first'  
Then... Love conquers all.

Love is a sense of humour.

[Pete Donno](#)