

# Developing Self Love



**Mushiba:** We each *look* for love from family members, spouses and friends ~ and we each *give* love to family members, spouses and friends. Waith is regularly asked how we can be more loving. He reminds us that *Developing Self Love*, so often, is neglected, thinking that to Love Self is selfish:

**Waith:** *“To be more loving you need to Love Self first and foremost. If you are strong within Self, you then begin to give out that love of Self to others. As you learn your lessons, you become more loving of Self. This is achieved through your Focusings within Self to Gain Self Awareness.”*

*“All answers come from within. There is no magic formula that we would give you that says, ‘if you do this and this, then this will happen and all will be wonderful’ ~ it does not happen that way. The earth plane is a training ground, specifically, for Developing Self Love.”*

My experience in counseling others shows that most people struggle with Self love. They believe it is more important to Love Others and then wonder why they so often lose patience with others. I advise them, as Waith has guided, that we can only Love Others to the same degree as we Love Self, and the more that we Love Self ~ by Developing Self Love ~ the more we will be able to Love Others. Simple, right?