

Learn to Appreciate Yourself



Appreciation and self-love are the most important tools that you could ever nurture. Appreciation of others, and the appreciation of yourself is the closest vibrational match to your Source Energy of anything that we've ever witnessed anywhere in the Universe.

~ Abraham-Hicks

(<http://www.abraham-hicks.com>)

Learning to appreciate yourself is likely the most valuable thing you could choose to spend your time on. It is the Golden Ring of personal/spiritual evolution and the Law of Attraction. One who appreciates self is also one who lives as he or she chooses. How does one learn to appreciate oneself better though?

Over the years I have used many different methods of increasing my ability to appreciate myself; some worked better than others though everything helped. I am really glad that I spent the time as I began this journey being quite sure I was less important than the dirt on my shoe and today, I feel pretty darn good about myself.

Understanding

The first method I would like to offer you is based in an understanding of how we all ended up self DEprecating. Culturally speaking, it has been handed down from father to son, mother to daughter, to not acknowledge our greatness. It is considered arrogant and selfish to see our own value.

As you probably know, as small children, we learned far quicker from what we witnessed than what we were told or taught. Most of us spent our childhood witnessing our parents devaluing themselves and slowly, over time we adapted the practice into our own lives. Things that our elders said to us reinforced the correctness of being humble when it came to our opinion of ourselves.

The folly in this is that if it is practiced long enough, any thought or belief system becomes part of our life experience. So first we adopted

the idea that we shouldn't see our own value, then we made it part of our own life philosophy and began actually living it. It is important for us to understand now as adults that devaluing ourselves does not add value to others. In fact, it diminishes the entire human race.

We are what we think. All that we are arises with our thoughts. With our thoughts we create the world.

~ The Dhammapadam

Anything that is believed about oneself that is not outstanding is an untruth that was created through our efforts to devalue ourselves as our culture demands and it is creating a world that promotes devaluation of every single human being.

This simple understanding will give you the foundation needed to begin creating a new philosophy about life and what you are within your life.

Listing

Listing can sound like a very nasty word to some and yet, when used properly lists can be a wonderful tool for creating great things in a person's life. Here is one way I have used lists to learn to appreciate myself.

Each day for almost 3 years I took 10 minutes and wrote a list of things I appreciated about myself. Some of those appreciated things were descriptions: Intelligent, loving, kind, talented etc. Other times they were things I appreciated about myself that described who I was in the world like: A writer, an artist, a visionary, a mother or grandmother.

Sometimes my list would include physical things like that I love my eyes and my hair. On days when I did something I thought was remarkable I would list that as well. Like for example; I smiled at the cashier, helped an elderly lady with her groceries or assisted a lost child to find their mother. The list can also include every day activities that were completed like; I made my bed today, I cooked an amazing dinner or I allowed myself to sleep in today.

Hopefully, you've gotten the point; your appreciation can be about almost anything as long as it's about you. Over time, this exercise will show you that you have many facets to appreciate and give you many reasons to appreciate yourself more than you ever dared to dream.

If at all possible, try to write different things everyday. In the beginning it might be a bit difficult so write repeats if necessary.

The important thing is that you write something each day; your list is actually a list of acknowledgements for yourself.

Please note: If you can't remember if you have acknowledged yourself for a specific thing, it is fair game and considered a new appreciation. :-)

If you are loyal to this exercise, you will begin to see changes rather quickly. Your confidence level will increase and while you may not see it in yourself right away, you will see it in how others treat you in a fairly short period of time. You will feel happier, healthier and more content within a few weeks of beginning your listing each day.

Letting Go of Guilt

Guilt is one of the most interesting traps ever devised by the human mind. Its basic premise is: Feel as bad as you can for as long as you can about something you are carefully holding against yourself that you can't change. The whole thing sounds a little insane when it's put that way doesn't it? And yet, most of us buy into it.

Guilt gets you no where. Guilt is self-deprecation. You are love of self, love of all, you are love. You cannot be love and guilt at the same time — they are opposite vibrations.

So you say, "I've decided to be very tidy. I'm going to make my bed every day." And then you think of all those beds you didn't make. And you say, "I guess I have to go back and make all those unmade beds." And we say 'good luck with that one.' You could not possibly do anything about them. Just make your bed today!

Just reach for a better feeling now, and never mind anything that has been, because you can't do anything about it anyway, and you don't need to. You stand right now, as this pure, powerful, blessed, beloved, all powerful, all knowing, all deserving Being. And anything that has happened before has nothing to do with that.

~ Abraham-Hicks (<http://www.abraham-hicks.com>)

**Excerpted from the workshop in Monterey, CA on Tuesday,
August 21st, 2001**

Guilt is a well crafted covert operation to collect little bits of evidence that proves one is not valuable and like any well crafted covert operation, it is appropriate to have a well crafted exit strategy.

The simplest exit strategy I have ever used – which is also the most effective I have ever used – is to tell on myself. Anything that I am feeling guilty about I find a willing pair of ears and I tell the story then ask for that other persons take on the situation. By bringing the light of day to the story, I can see the mole hill for what it is and often get a good laugh from it. :-) It's never as bad as I have made up that it is and just imagine holding on to something that really isn't that important even though I made it out to be very important.

If I am feeling particularly brave or it is appropriate to the situation, I will tell the story to the person I feel I have some how let down. Most of the time, the other person wasn't even aware of what happened and those few times when they were, they had a very different experience then I did.

Every once out of a thousand times I learn that the other person really was offended or they became offended through my telling of the story. I look at these situations as wonderful opportunities for healing a relationship that was apparently ailing. Healing can not begin until light is shed on the wound. Once healing has begun however, the story will slowly start to come back into perspective. Become once again, the mole hill that it truly was.

When we realize that the things we are taking ourselves to task on are really not as big an issue as we made up, we can more easily begin to learn to appreciate ourselves. Consequently, learning to appreciate ourselves begins to create a world where all things are valued. :-)

Happy Trails
Kat
[Email Kat](#)

P.S. If guilt is running your life, you may need some assistance. I am available for hire for short term coaching situations. Contact me for a free consultation and my rates.