

Window's of the Heart

With all of this talk about Self Appreciation in this issue, there are likely a few people wondering how to appreciate themselves without appearing arrogant. I wanted to offer those people an honest look at the differences between self appreciation and arrogance because they are very different ways of being.



Every nuance to every attitude that every person learns and cultivates is a window into the heart, showing who that person really is inside. The heart of someone who has cultivated an appreciation of self will look very different from someone who is arrogant, as these two attitudes are very different.

The physical heart of someone who has cultivated self appreciation will look strong and healthy; it will beat to the rhythm of a life lived with passion and conviction. This heart will exude love for everyone including itself.

The physical heart of an arrogant person will be weak and if not unhealthy, it will definitely become unhealthy over time; it beats erratically from fear and uncertainty. This heart will exude envy and contempt.

The one who possesses the appreciative heart will be helpful to others knowing that any energy they put out will be returned by the universe; they engage in meaningful relationships of every variety and they are honest with themselves. This person has healed their life; they've allowed a relationship with themselves to blossom and they nurture it. This is a creative person who adds beauty to the world, not just because of what they do but also because of who they are.

The person harboring an arrogant heart will always have an agenda, helping others only when they can see personal gain; their relationships are generally shallow and they don't really know what they want in life; their relationship with themselves will not be very good and they will often seek the company of others to avoid spending time with themselves. This person's life is full of distractions and addictions designed to keep the secret of how unhappy and unhealthy they feel from self.

The appreciative person honors life and treats it as a gift, while the arrogant person uses life for whatever gain they deem important right now. The appreciative person is happy while the arrogant one is not and any one who observes the two will be able to see the difference.

I could go on and on, however, what I really want to do here is simply reassure you that you can not become arrogant if you are practicing self appreciation. The arrogant ego doesn't have the capacity to appreciate itself.

Look through the window of self appreciation and see your heart. You will see yourself become healthy, wealthy and wise – you can't go wrong!!

Happy Trails

Kat

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P.S. If you are looking to become more appreciative of self, I am taking on short term coaching clients. Email me for details and your free consultation. :-)