

Unconditional Love: It Takes One to Know One

"Until you make peace with who you are, you'll never be content with what you have." - Doris Mortman

I first read this quote in Sarah Ban Breathnach's wonderful book, *Simple Abundance*. Quite frankly, I don't know who Doris Mortman is, but I think she is really on to something. And to elaborate on a point, we could even expand her quote by adding, "...you'll never be content with what you have..." *and who you love*.

One of the concepts that I had difficulty processing in learning about the Law of Attraction is that if "like attracts like," then in so many relationships why does it appear that "opposites attract"? The irony is that even in those cases one party, or both, are attracting what he or she is focusing on in his or her own life. In other words, the shy woman who wishes that she were more outspoken attracts a mate who is outspoken; or the man who wishes he was more giving attracts someone who is a giving machine. The problem is, often times the attractor stays the same, still longing for a change, wishing for the desired qualities.

Mahatma Gandhi said, "*Be the change you want to see.*" If you really take Gandhi's words to heart, you will realize that YOU are the power. You alone are the driving force in your life. It's not necessary to look outside of yourself, intentionally or unintentionally, for what you want to be, do, have or achieve. And if that makes you uncomfortable, listen to this:

You Are Perfect Just As You Are!

You don't have to lose 30 pounds, get a graduate degree, buy a nicer home, make more money, get a promotion, or whatever. You are what you are now and that is just fine. Really, better than fine—it's GREAT!

Love yourself; embrace yourself for what you are now, in this moment. Now, if you choose to make changes in your life, go ahead, change away. But love yourself along the way. If you want to lose 30 pounds, don't look at your body and hate the way you look. Find something to appreciate about yourself just the way you are and focus on that. What is your best feature? Beautiful eyes, a warm smile, great legs or a tiny waist? Give thanks for what you are right now, and from that appreciative place take

inspired action and be the change you want to see. Eat healthier, exercise, drink more water to nourish and honor your body, and love the skin you're in!

Use this method for anything that you choose to change in your life. The bonus prize is that when you love yourself unconditionally, you will not put conditions on the people you love. *"Learning to love yourself is the greatest love of all,"* advises Lyricists Linda Creed and Michael Masser. Your happiness will not depend on your loved ones acting in a certain way; your happiness will depend on you!



Mary Jo Shaffer is co-owner of Heart Projects, LLC, in partnership with her twin daughters. Their mission of love is to share their gifts and to help others use the Law of Attraction to manifest their own heart's desires. Heart Projects, LLC's product lines include exclusive, genuine gemstone Manifesting® bracelets, bookmarks, key chains and other items. Please visit their website at www.manifesting.us

Heart Projects, LLC has created a Heartivations™ mini-poster that you can download free of charge to help remind you to appreciate yourself and to live in the present moment, as suggested in this article. It combines words and art that speak to the Heart. Get your free download at our website, <http://www.manifesting.us> Click on the Newsletter tab located on the left-hand side of our Home page and then select the February 2008 Heartivation on that page.

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*Begin doing
what you want to do
NOW.*

*We are not living in eternity.
We have only this moment,
sparkling like a star
in our hand—
and melting like a
Snowflake.*
- Marie Beyon Ray



H♥artivations™ Mini-Poster - "Words and Art that Speak to the Heart"

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This quote really brings home the power of living in the present moment—not yesterday or tomorrow, but TODAY, and RIGHT NOW!

See yourself in the hub of the snowflake and assign a different part of your life to each of the ovals that surround it, such as Health, Family/Friends, Work, Wealth, Relationships, Travel, Spiritual, Giving Back, Entertainment, etc. We are all as unique as snowflakes, so make these categories relevant to *your* life and how you would like to enhance it. Choose one area that appeals to you the most right now and focus on it with the intent of doing one action that you can take today...now...to enhance that area of your life. Notice the way the snowflake branches out and realize that every action you take, no matter how small, extends outward and expands.

The idea here is not to overwhelm yourself with changing these six areas of your life, but to embrace the philosophy of the Law of Attraction that says that focusing on anything—even for as little as 17 seconds—expands it and generates “inspired” action.

For the next five days go to the next area, focus on it and do one small thing to enhance it, progressing all the way around the center of the hub. On the seventh day, take notice of any changes that have occurred and give thanks for them and then re-start the whole process the following day.

Note: All of Heart Projects’ Manifesting® products feature 17 beads that will help you to focus and direct your thoughts in this exercise. Please visit our website at: www.Manifesting.us.