



# Chris Lucerne

Coach to Leaders • Teams • Couples • Individuals

## INSPIRATIONAL LIVING SERIES



### Being Loved

#### Looking for Love in All the Wrong Places

In the pursuit of happiness, fulfillment, and peace, we often look outside of ourselves. Yet, externals can never totally achieve it. We think that if we have the perfect career, the ideal mate, lavish possessions, big accomplishments, and the ability to do and buy whatever we want, then happiness, fulfillment, and peace will be ours; it will not. Or at the very most, it will be fleeting, and then we will be left wanting.

Underneath these external strategies, lies what we are really after... to know ourselves as lovable and capable, to love and be loved. Love offers inner peace, fulfillment, and happiness, a feeling of emotional goodness, connection, tenderness, and expansiveness. Do you long for that sweet connection of knowing with certainty that you are loved by another? Likely you have felt loved before, so you already know that no one can ever love you enough to provide an ongoing sense of peace and happiness. Love from the outside is simply not enough; it cannot sustain you. Love is an inside-out job and it must begin with loving yourself.

If inside of your mind and heart, you have patterns of self-judgment, self-criticism, or self-loathing, no amount of love from the outside will make you happy. Regrettably, in our culture self-loathing and self-flagellation is the norm. This negative energy, while sometimes subtle, has the power to totally de-energize and dis-empower you. It is no wonder that so many

people are taking drugs for depression, drinking themselves into the grave, and eating themselves into heart disease and diabetes... looking for some relief from their internal negative dialog and contracted feelings of anger, sadness, and fear. I wonder what would happen in our world if we shifted from a paradigm of self-hate to a paradigm of self-love.

A Course in Miracles says, *“All negative behavior is a cry for love.”* That includes the negative thoughts, beliefs, and behaviors that you impose upon yourself. Is your heart and soul crying out for you to love yourself? Are you willing? If not, why not? You probably have plenty of good reasons. Are you waiting to be perfect, or waiting to live up to your own expectations or someone else’s? Do you have a bunch of old beliefs playing inside of your head that keep your own love away from you... beliefs like, *“I’m fat, stupid or ugly”*, *“Nothing I ever do will be good enough”*, *“I don’t deserve love”*, and the list goes on-and-on. On the other hand, perhaps you simply do not know how to love yourself.

While I am a big fan of transforming outdated beliefs, I am also an advocate for loving yourself right now. You cannot afford to wait until you live up to your own expectations (or someone else’s) before you begin; nor can you afford to wait to transform your beliefs and behaviors before you

*“Love is the flowing, the outpouring, the rendering of emotional goodness to yourself first and then to others in your life.”*

~The Hoffman  
Quadrinity Process

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begin. You must start right now. Your health and the quality of your life depend on it. Imagine your life if you totally loved and accepted yourself, warts and all. Are you willing to take this step toward yourself?

My wish for you is deep intimacy and connection with yourself and others. My wish for you is that you step into your genius and see yourself for who you really are at your core: loving, beautiful, powerful, brilliant, creative, resourceful, the list goes on.

If you would like more resources on loving yourself, go to the Products Page of my website and download, *30 Pathways to Loving Yourself* and *Tips for Loving Yourself* [www.chrislucerne.com](http://www.chrislucerne.com).

I leave you with a well-known and well-loved quote written by Marianne Williamson and delivered by Nelson Mandela as part of his inaugural speech.

*“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you NOT to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you.*

*We are born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And, as we let our own Light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”*

