



Professional Certified Coach

Being Loved

Looking for Love in all the Wrong Places

In the pursuit of happiness, fulfillment, and peace, we often look outside of ourselves to experience this luscious state-of-mind and heart. Yet, externals can never totally achieve it. We think that if we have the perfect career, the ideal mate, lavish possessions, 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.

Simply put, the bottom line of what we are after is love. Love is what we seek; it is the ultimate experience of inner peace, fulfillment, and happiness. It is the feeling of emotional goodness, connection, tenderness, and expansiveness. Do you long for that sweet connection of knowing with certainty that you are loved by someone else? It is likely that you have felt loved before, so you already know that no one can ever love you enough to provide you with an ongoing sense of peace and happiness. Love from the outside is simply not enough; it cannot sustain you. Love is an inside job and it must begin with loving yourself.

If inside of your mind and heart, you have patterns of self-judgment, self-criticism, and self-loathing, no amount of love from the outside has the capacity to fill you up and make you whole and happy. Regrettably, in our culture, self-loathing and self-flagellation is the norm. When His Holiness the Dalai Lama learned of the insidious and pervasive state of self-loathing in our country, he cried. 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. I wonder what would happen in our culture if we shifted from a paradigm of self-hate to a paradigm of self-love. However, this is a discussion for another day.

A Course in Miracles says, "All negative behavior is a cry for love." That includes the negative thoughts, beliefs, and behavior 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 before you begin loving yourself? 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 (because they are not true and they do not serve you), 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 begin. You must start right now. Your health and the quality of your life depend on it. Imagine what would be different in your life if you totally loved and accepted yourself, warts and all. What would your relationships be like, especially your relationship with yourself? How would you feel inside? What might you be able to create and manifest if you were coming from a place of self-love instead of self-loathing?

Being deeply loved and cherished is a worthy goal. Moreover, when you learn to love yourself, the floodgates of love from other people will open wide, and you will find yourself bathed in love, surrounded and enfolded, from the inside out. Are you willing to take the first 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 some tips on how to begin loving yourself, go to the Resource page of my website and look under "Tips" for the document entitled "*Loving Yourself, The journey that matters*" www.chrislucerne.com.

I leave you with a quote 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." ~Nelson Mandela

(Chris Lucerne is a Professional Certified Coach. Using a body centered approach, she specializes in two areas: Supporting clients to *Build Relationships that Matter*, and to *Go Beyond Loss and Embrace Life*. www.ChrisLucerne.com)