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Loving Yourself: The Mastery of Being Your Own Person

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As you love who you are you will find that you move through life holding your head slightly high and your chest will be expanded and open for love and receiving. Your neck will be long and lean, your throat open showing you are always ready to share and relate.

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Self-mastery pertains to the personal self and creation belongs to the universe at large or so we have been told and taught however these concepts are not entirely accurate. These things (self-mastery and creation) are not separate at all. To learn the principles of one is to learn the principles of the other.

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