

YOGA

Look After Your
**SEXUAL
WELLBEING**

The Perfection of
SELF-LOVE

Finding Divine Love
with **YOGA**

EXCLUSIVE INTERVIEW
**BAXTER
BELL**

PROMOTION
**WIN
OVER
£150
OF
YOGA-WEAR**

yogamagazine.com



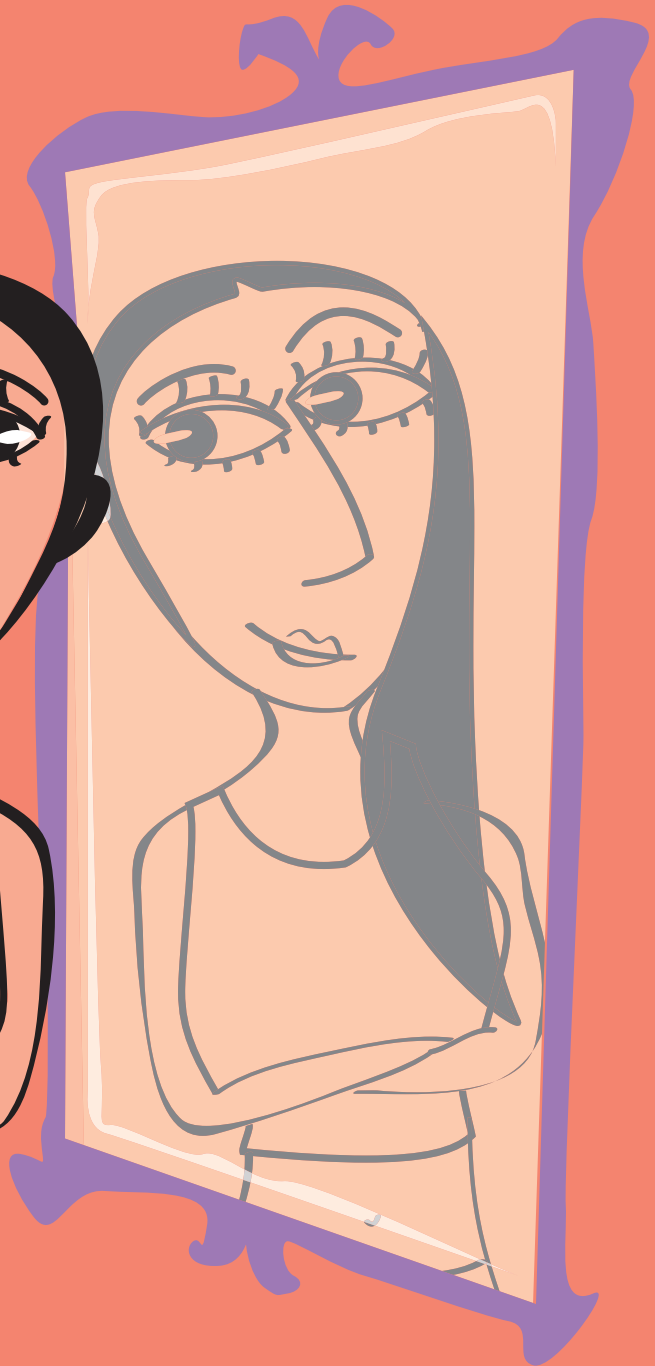
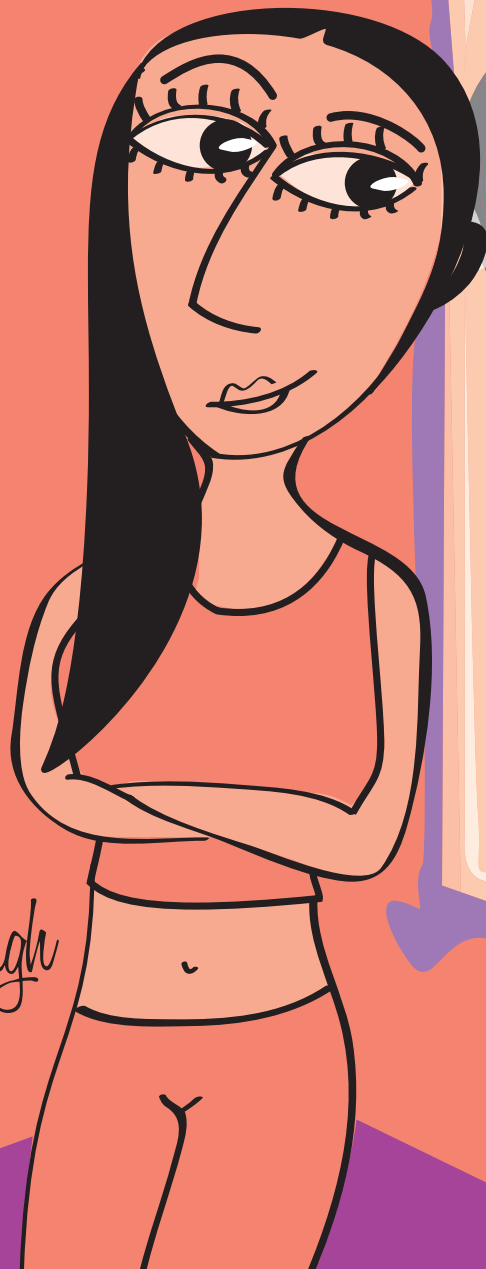
UK £3,50
February 2012

AUSTRIA, MALTA €6.50
BELGIUM, FRANCE, CYPRUS,
ITALY, LUXEMBOURG,
NETHERLANDS,
SPAIN €5.99
PORTUGAL €4.99
JAPAN ¥880
UAE AED30

ISSN 1478-9671
9 771478 967010 98

Self-Love:

Experiencing The Perfection Within



by
Amarjit Singh

We often wonder why life seems like a struggle. It appears that there is just some imbalance, that if we could resolve it we could get from life what we want. Trying to discover what will provide us this equilibrium overwhelms and frustrates us. We have difficulty putting our finger on it. Sometimes, we think we have it figured out, only for it to reappear in another part of our life. Like patching a hole in a leaking boat, only for another hole to appear; our imbalance moves from one aspect of our life to another, making it seem like several unrelated issues. However, nearly all problems spring from one source - insufficient self-love.

The lack of self-love impacts our life in several important ways: It prevents us from realizing our true nature, having healthy relationships, and achieving lasting happiness.

Realizing your true nature

You can spend a lifetime trying to understand yourself, but without self-love, self-realization will allude you. It is impossible to become self-actualized without self-love because understanding only comes through love. Try understanding something that you hate. It is impossible. This is why hate is so illogical; there is no understanding.

If you don't love yourself it signifies a negative self-view, that you haven't fully accepted who you are. Only through unconditional self-acceptance can you love yourself. You must accept everything about yourself. You can't say, "As soon as I _____(fill in the blank), I will feel better about myself." That's not acceptance. That is conditional. You can't have conditions in self-acceptance.

Judgment prevents understanding. If I tell my girlfriend, "I hate when you make negative comments about what I cook." What is the underlying problem? I hate her comments? That may be something that bothers me, but that is not the real issue. Will the issue really be understood through my statement? She may get defensive, and it could turn into an argument. What probably would happen is she stops saying negative things about



AMARJIT SINGH IS A TRANSFORMATIONAL COACH HELPING PEOPLE REALIZE THEIR POTENTIAL. HE USES SCIENTIFIC HAND ANALYSIS TO GET TO THE CORE OF A PERSON'S BEING, TRANSFORMATIONAL COACHING, BASED ON THE PRINCIPLES OF YOGA PSYCHOLOGY, FOR THE ENCOURAGEMENT AND GUIDANCE TO LIVE THEIR POTENTIAL, AND KUNDALINI YOGA THERAPY, FOR THE PHYSICAL AND MENTAL ATTITUDE TO PUT IT INTO ACTION.

www.psychochirology.com

what I cook, but then directs that negativity to another part of the relationship. This type of behavior will just continue in another form because this language is superficial and judgmental - it doesn't get to the essence of the problem. "When you criticize what I cook I feel that you don't appreciate the effort I put into our relationship." When I express myself without judgment the issue is clearer for both of us, making it easier to understand. I am not accusing her of anything, not judging her, but instead being specific about how her behavior makes me feel. Then, maybe she would continue the dialogue saying, "When you cook without asking me what I want, I feel that my opinion is not important to you." Through this language - language without judgment, or nonviolent communication we begin to understand.

Even positive judgment is judgment. "I love when you leave notes for me in my lunch." While this is nice, what does it mean? Instead I could say, "When you leave notes in my lunch I feel that you care." Now I can continue with this line of thinking assessing why this is important for me and how it affects me.

The same goes for the way you communicate with yourself. Use language that is specific and non-judgmental. We constantly have an internal dialogue with ourselves, even when we don't realize it. Question-centered therapy focuses on this internal dialogue. It then attempts to transform this dialogue from judgmental to constructive. Try this language, internally, and externally. This non-judgmental, specific language provides a deeper understanding. Remember, the path to self-realization is paved with love; love and understanding are synonyms.

Having healthy relationships

The love you have for yourself is what creates strong and healthy relationships. If you don't love yourself you can't fully love others. This is why love is often contaminated with unconscious projections.

Projecting self-judgment onto others is violence. Violence is the product of self-hate. Become aware of what judgment you have for people - what you like and don't like, what irritates you, makes you happy. These are all filled with projections. When talking about projections, I am not saying that the person may not possess a particular quality that you see; they may, or may not have it to an extent, but these projections are loaded with information. Ask yourself: Why do I notice this? Am I exaggerating this? Am I understating this? Why does this bother me? Why doesn't this bother me? Why do I react in this way? What pattern am I seeing in this behavior?

The only way to take these projections away is to own them, understand them, and live your self-love. When you are able to accept and love yourself, you will act with love, with divine actions.

Love for others doesn't exist without love for self. Think of your love as filling an empty glass. Your self-love should overflow touching others. This is true love. Love without expectations, without demands, without conditions. It is free flowing love that grows from deep in the self and overflows touching all that come into contact with it. This is where healthy relationships exist. How do you expect to have healthy relationships with others, if you don't have one with yourself?

You need to love yourself unconditionally!
You are already perfect! You do not change.
What changes is how you view yourself,
and then you act according to this perception.

Achieving lasting happiness

Your general happiness is tied to how you feel about yourself. Your external experience is just a projection of your internal experience. Furthermore, you achieve the level of success you feel you deserve; you attain the jobs, relationships, and lifestyle, etc. that you feel you deserve. This happens consciously and unconsciously. The way to overcome these self-imposed obstacles is to believe that you deserve better. It is easy to convince your conscious mind that you deserve better, but much more challenging to convince your unconscious. You have to truly live it.

Your actions dictate how you feel about yourself. Don't accept anything, but the best from all situations. If you accept something that is inferior, you are saying, "this is what I deserve." Your actions and behavior need to reflect a high self-worth. Live a lifestyle that shows you care about yourself. When you wake up early to do yoga, you are showing yourself that you are worth the effort it takes to take care of your physical and mental wellbeing. With one positive action, many more will come. As you continue through the day, you will notice other habits falling into line with this simple action: feeling better about yourself, you eat better, and with a healthier diet you feel happier, and your actions follow by respecting your wellbeing. Employ discipline in your life. If you want something, work towards it. Don't wait for your attitude to change. Let your actions change your attitude!

The second part of improving self-esteem is to be aware of how it influences your life (decisions, thinking, behavior, actions, etc.). If you are not conscious of the effect it has it will be difficult to change the patterns of behavior that it causes.

Low self-esteem is a challenging thing to overcome, and doesn't happen overnight. You must work on it. The first thing you need to understand is that it is up to you to improve your self-esteem. Work on developing self-esteem that is independent of circumstances. Circumstances always change, but if your self-esteem is independent you will be strong enough to adjust. You need to love yourself unconditionally! You are already perfect! You do not change. What changes is how you view yourself, and then you act according to this perception. So if you are already perfect, you only need to recognize this and adjust your self-view.

Opening the heart

The way you experience people's energy depends on your own. Learn to tune into your heart center. In addition to observing your inner dialogue, and taking actions that value yourself, you can do yoga and meditation to open the heart center. Kundalini yoga has specific kriyas and meditations for opening and connecting to the heart.

To transform your life - filling it with understanding, healthy relationships, and lasting happiness, you must build a strong foundation. Self-love is this foundation. Open your heart and connect with your soul, bathing in the love you have for yourself. Celebrate your uniqueness by giving it life. Love yourself and experience the perfection within!

