

## LET YOU FORGIVE AND LOVE YOURSELF

*Tatiana Trofimowa is answering the questions of her readers*

**Today a lot is being said about the love to oneself; this looks to be another popular topic. But how can you fall in love with such a clumsy and unfortunate creature? Is it possible at all? To be honest, we want to love ourselves, but how?**

Since childhood we have got used to be criticized from both, adults and classmates. People very often try to stress our uselessness, incompetence. Strange, but we believe them. Instead of thinking, “I love myself, I strive for perfection, and sooner or later I will reach it”, we allow others to humiliate ourselves, and thus automatically lose self-respect. And once at this stage, we will more and more often come across new people who will spoil our lives. We often hear a good-looking, slender woman call herself a cow, fool, idiot. The saddest thing is that she believes in what she is saying. This is awful! This is the way a person ruins his energy field with his own hands, and then there come hexes, bad luck, diseases.

And whose fault is it? Who is to be blamed? Society, family, yourself? By no means you should seek for the guilty party. It is wise to forget all the unpleasant things and forgive the guilty ones. Until we learn to forgive, the past will not let us go, and we will not be able to become happy, healthy and successful. This is of great importance for all of us; it is our most difficult spiritual lesson – to learn to forgive, love ourselves and live only in present.

It is time to live here and now as we do not have either “tomorrow” or “yesterday”. Sometimes it is very difficult to listen to people suffering from the 100 years old offences. Someone once offended them... Well, what is the matter? It is life: some people like us, others do not. It always happens, and you can not be good for everyone. And if we do not love ourselves, why should others not offend us, why should they love us? We do not forgive old insults and keep living under their burden.

The past can not be returned, it has gone, and we can do nothing about it, but we can change our attitude towards it. Otherwise, everything can turn out like in the story about the monks. Two monks were going along a river, looking for a place where they could cross it. They saw a woman sitting on the shore, crying because she was unable to get to her children on the other side. The older monk put the woman on his back and carried her across. She thanked him, and they went on their separate ways. As the two monks went on, the distance between them started to increase. The older monk asked the younger one why he was going farther away from him. The younger replied that the older had soiled his title by

touching a woman. To this the older monk replied: “What bad have I done? I took her across the river and left her there. Why are you still carrying her?”

So, let’s leave all our offences behind. Our offender is simply an instrument in the hands of God, who wishes to warn us against our idealizations. Imagine your offender or the unpleasant situation which you can not forget under a tender shining sun and think or pronounce:

**“I bless you and let you go with love”**

If you have sincerely sent the love energy, the offence may leave you after the first meditation, but if you have been suffering the offence for many years, more time may be required to get rid of it. Bless and release the offence with love as many times as it returns to you. And it will leave your soul. Feeling offended, it is difficult to start loving yourself as you fail to find in your soul anything but offence. Do not be stingy, let your offence go.

If you try and fail, buy a balloon (a beautiful one) and blowing it imagine that your offence enters the balloon with the air. You may describe your offence writing on top of the balloon, then go out and again bless and release it. Let me assure you that if you do it several times, the offence will leave you forever, after some time it will be even difficult for you to remember why you felt so offended and burnt so much energy in vain.

After all the above operations it is time to start mirror meditations suggested by Louisa L. Hay. Sit before the mirror and looking with love into the eyes your reflection, say. “I love you, I really do love you”. You should do that several times during the day. When you come up to the mirror after a week of such sessions, you will see that your tender whisper bringing approval, support and love, make your eyes shine with love and joy. Starting to love yourself, you will forever turn rudeness, evil and offence away from you, they will not be able to touch you as you have reached a higher energy level. In fact, offences represent a low energy level.

Thus, treating yourself with love, you will attract only joy, love and approval of other people, and what is even more important, joy and love will remain in your soul forever. ***Love yourselves and be happy!***

If you have questions you can call me:

**(408)730-4586.**

**Peace to your home.**

**God Bless you!**

**With love,  
Tatiana**