

*“Love is, above all else, the gift of oneself.” - Jean Anouilh*

Wouldn't you love to love yourself all the time? And feel it so strongly that there is no room for resentment, bitterness, fear or hate?

Be yourself. It's a matter of being, not doing. Osho has a great book about being in love that is worth checking out. Think about it. Love is free. Love really doesn't require any thinking at all. As a matter of fact, the more you think, the less you feel it. It's a Zen thing.

Love, gratitude, respect...they are all inner feelings, not something you can mass-produce for the benefit of someone else. How can you love anyone else unless you love yourself? Once you've tapped into that, anything is possible.