

## Our Bodies, Our Higher Selves

By Yvonne Roza ©2005

A strong message was recently brought home to me in a conversation with a friend. She mentioned that if perhaps she could lose some weight, she might feel better about herself. This was one of those "Aha!" moments for me. I realized that all of my life I have believed that my appearance was the foundation for my self-esteem... being thin, looking young, etc. Now the odd thing is that when I was thin and young, do you think I ever felt good about myself? You're right, of course I didn't!

It occurred to me that this idea of appearance=self-esteem is totally backwards. If we feel good about ourselves when we are looking good, or what society thinks is looking good, then we are "loving" ourselves conditionally. It is a false love. What happens when we put on a few pounds? Our self-esteem starts to plummet, and where do we go for comfort? That's right, food (or shopping or alcohol or...?)

It is absolutely necessary for us to love ourselves unconditionally first. It is then, when we truly care for ourselves, that we want to live a healthy lifestyle; to eat healthy, exercise, rest, laugh, etc., enabling us to really enjoy our God given gift of life. It is then that we can accept ourselves as the beautiful divine creations we are. When we love ourselves unconditionally, it frees us to be able to love others unconditionally, without judging or comparing. Even better, we are more able to receive love unconditionally! And what a great gift that is to those who love us.