

“LOVE BEGINS WITH ME”

Love is about finding inspiration; it is about spreading kindness and being that special person who helps others shine no matter how far in the dark they think they are.

Love begins with self-acceptance and forgiveness. It begins with me looking forward to new experiences, forgiving myself for my past mistakes, letting go of bitter emotions and accepting the fact that my life and destiny depends on me and the impact I have on the lives of others.

Love is interconnected and interdependent, we need each other as much as we need ourselves. I am a vessel of love; everyone is and we should portray loving virtues. Our gift to life is compassion, we show love and appreciate other people's presence in our lives, we should be the reason people believes in love, by showing simple acts of kindness, self-respect and respect towards the souls we encounter everyday of our lives. With self-respect, we develop compassion towards others and this leads to harmony which enable us embrace diversity.

Love is unending, timeless and unconditional, unconditional love is our guide in life, it begins with self-care, self-awareness and self-cleansing. To love another deeply, one must first love oneself. As I reflect on the profound nature of love, I discovered, at love's core lies vulnerability, the willingness to open oneself to scenarios, and the possibility to feel joy and pain alike, alongside a life long journey of self-discovery and thrives in all areas of our lives. And though the journey of love may be fraught with challenges and uncertainties, it is a journey worth embarking upon, for in love, we discover the true essence of our humanity.

In essence, love begins with me and it transcends boundaries, defies logic and enriches every aspect of my life and the lives of others I encounter. It is a gift that is both given and received, endlessly replenishing and infinitely precious. As we navigate the complexities of life, let us cherish and celebrate the profound gift of love in all its myriad forms.

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