

Feb 7, 2022 Glitter Up Notes

Self-love involves the ability to treat ourselves with *understanding, kindness, patience and gentle perseverance*.

For some, the notion of self-love may conjure images of over-indulgence, narcissism, egotism, vanity or selfishness. Yet nothing could be further from the truth.

Self-love is not about being overly attached and fascinated with the notion of “me” or “mine”. Self-love is a sacred thing that brings us closer to your universe, however you believe.