

Eight principles of self-love

These eight principles are pillars that sustain universal love. Cultivating them supports your relationships, your work, your humanity, and care for Mother Earth.

"We attract into our experiences what we carry within."

Commitment

Show up for yourself again and again - small, steady choices that honor your healing.

Integrity

Align your words, actions, and values so your outer life reflects your inner truth.

Honesty

Meet yourself without disguise. Seeing clearly is the beginning of real change.

Respect

Honor your own boundaries and the dignity of others - including the living Earth.

Compassion

Hold your wounds with kindness. Softness does not weaken the work; it allows it.

Courage

Feel what you have avoided. Walk toward what asks to be healed.

Patience

Trust the pace of genuine transformation. Roots grow in the dark before fruit appears.

Forgiveness

Release what no longer serves - not to forget, but to free your heart to live.