

## Will you let me love you?

Will you? It's not a stupid question you know! It's the same question as 'will you allow yourself to love yourself?' You and I are not really separate although your perception may be that we are. Ask yourself another question – how much do you love yourself out of ten?

Now it doesn't really matter whether your answer is 5 or 9 or whatever because very few people will answer 10 out of 10. And what is the significance of this? Well, let's say your answer is 7, which would seem to be pretty good, so to speak. But what does this really mean? It means that you don't love yourself 30%!

So what, you may say. Whether you like it or not or whether you accept it or not, **Self-love** is the true spiritual journey and you don't have to go anywhere to achieve that. You know, I keep getting these people say to me – but that's just your opinion! And I keep repeating the same thing – of course it is, what else can I offer you? It's the same as when people say – but that's just your truth! Of course – what other truth can I give you? Some people just lack in the most basic understanding...

I am currently recovering from deep vein thrombosis in my calf and thigh, which was caused by me blocking the flow of joy in my life. I got myself into a situation that was not bringing me joy and it dragged on far too long. At the same time, I was battling with a few demons, which were only there because of my stubbornness towards change. It's like I said in my article entitled Dancing with the Grim Reaper – **we get sick because we're unhappy with some aspect of our life and/or we're harbouring a secret life.** It's just a matter of time...

It's exactly the same with self-love. If you're not expressing love for others (e.g. by telling them the truth) or you're not allowing yourself to receive (feel) love then love is not FLOWING in your life. So what's the result of this? Well it shows up in your emotions. For instance, how much anger do you have in your life? Along with your other emotions, is it equal to the percentage amount that you don't love yourself?

Do you know what happens when you don't vent your anger and you internalise it? Do you know what angry cells do to one another? Do you know that cancer cells are immortal? That's why they only get killed by having life-destroying treatments. Imagine (for just a moment) having an immortal army marching against you. Now, what if (through your own will) you decided to learn more and you got rid of your anger? Do you not think you would be in the flow of love? You won't do it by going some place else because you've still got to take you with you. This is either true or I'm an idiot! You decide.

Over the weekend some friends showed me an article that appeared in the so-called Independent, which essentially rubbished homeopathy. I felt I didn't need to read the article because I know there are thousands of people who are helped by homeopathic remedies each year. I'm a therapist and I used to be a superb salesman. The power of suggestion was always the seed that got the sale without the use of heavy closing techniques. If I give a patient some sugar pills and I tell them it is a fantastic remedy for this or that and they believe me – guess what? This has been proven in double-blind placebo trials.

I'm not suggesting that there is not an element of truth in homeopathy because there is an element of truth in everything and the diluted substances that the pills are soaked in do carry consciousness. How do I know this? **Everything is energy and all energy carries consciousness - you cannot have one without the other because they are inextricably combined.**

So when I give somebody acupuncture, does it work? Yes it does! Does it work because I've told them it does and they've believed me or does it work because of where I've placed the needles? Who gives a fuck – if it works it works and that's all that matters.

Copyright Gary Bate 2010

Gary Bate

Author of:

We are here to Know Ourselves

Inspirational Articles of Wisdom

Christ Consciousness – 101 Reasons Why

[www.whatstress.com](http://www.whatstress.com)