Being Love Book Launch

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How Loving Yourself Can Change the World

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By loving yourself wholeheartedly, you can change the world. You become a conduit for love when you fully embrace and express your true nature—which is, and has always been, love. The more you love yourself, the more you eliminate negativity, connect compassionately with others, and become ambassadors of love in the world.

Like dropping a pebble into a pond, loving yourself creates an energetic vibration that radiates outward from your heart center and shifts everyone and everything in its path. When you emanate the highest frequency of love, you not only receive the benefits of the high vibration, but also raise the vibration of others around you. People emitting lower frequencies will rise to the occasion when in your presence by matching that higher frequency.

When you sustain self-love and compassion by being kind, nonjudgmental, and nonreactive—especially when you struggle, make mistakes, or feel unworthy—you are more likely to behave this way toward others. Such positive behavior generates universal love, inner peace, and spiritual attunement with everyone and everything.

This ripple of love begins by accepting all parts of yourself without reservation, no matter how you feel about them. If you are unwilling to do this for yourself, you cannot expect others to do it for you, and you certainly cannot do it for others.

You can wake up in the morning loving yourself, even when faced with the most challenging situations or when you feel tired or uninspired. Focus on the aspects of yourself you love rather than on those you dislike. Just imagine how one moment of self-compassion can change your entire day, and now consider how such moments, repeated over and over, could change your life and the lives of others.

Another way to foster self-love and change our world is by eliminating all of the violent thoughts, words, and actions we inflict upon ourselves. Many of us move through our days berating, shaming, and terrorizing ourselves with our thoughts in ways we would never express to anyone we love. Self-love must be the source from which all our thoughts, words, and choices come from and flow into the world.

Whether it’s a sunny day or a cloudy day, it’s essential you sustain positive thoughts, words, and energy flow. You can pause frequently as you move through any challenging situation so that you remain consciously aware of yourself, your environment, and any reactions that may arise. In this way, you not only soothe your own anger and anxiety, but refrain from doing harm to others through your reaction. In fact, simply by practicing self-love, you can leave whatever space you’re in charged with more positive energy than it contained when you arrived.

We must constantly release anyone or anything that impedes the flow of love within us, and restore peace and harmony in all aspects of our lives. When we harbor resentment, worry excessively, become angry, or feel stressed, we block the flow of energy in our bodies, especially our heart centers, and diminish our ability to express self-love to transform the world.

Begin your day by initiating self-love. Close your eyes, place a hand on the center of your chest, and focus your attention on your heart. Radiate love in the form of gratitude or compassion to yourself and then direct it out from toward others.

If as many of us as possible harnessed the energy of self-love and shifted our negative thoughts and emotions to positive ones, we would have the greatest transformational power our world ever created. Our hearts emanate a harmonic electromagnetic energy field that positively impacts all living beings and our environment. It is possible to do this simply through radiating love to ourselves and then out from our hearts, one love beam at a time. Such love beams can shift the energy of all negativity and bring about the highest and best good for all.

When you choose to love, respect, and preciously care for yourself, you set the tone for others to do the same. Practicing at least one act of kindness toward yourself every day can sustain happiness, well-being, and self-love, while giving you more energy to serve others.

When we emanate self-love, we transcend to our highest level of soul potential. We perform better at work, are more creative, are healthier, and impact our world in a positive way. It is time we realize that we are change agents of love. To transform our planet, we must elevate our vibration and seed the environment with droplets of love. By loving ourselves, we can live in harmony with nature, conserve our earth and its inhabitants, and create a universal consciousness of love.

Dr. Debra Reble is the author of [*Being Love: How Loving Yourself Creates Ripples of Transformation in Your Relationships and the World*](http://www.BeingLoveBook.com) now available. For a limited time, you’ll receive over 50 transformational gifts when you purchase a copy of *Being Love.* [www.BeingLoveBook.com](http://www.BeingLoveBook.com)

Consciously merging her practical tools as a psychologist with her intuitive and spiritual gifts, Dr. Debra L. Reble empowers women to connect with their hearts and live authentically through her transformational Soul-Hearted LivingTM program. Debra is the author of Soul-Hearted Partnership: The Ultimate Experience of Love, Passion, and Intimacy, which garnered four book awards including the Eric Hoffer award. A frequent guest contributor to Aspire Magazine and other high-profile blogs, her words of wisdom are embraced by readers around the world. Her popular inspirational podcast, Soul-Hearted Living, airs on iTunes and other platforms and is dedicated to reconnecting women with their hearts.