

Healing Journeys Energy  
presents

*10 Blocks to  
Self-Love*

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*Elmarie Swartz*

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# 10 Blocks to Self-Love

By Aine Belton

"Your task is not to seek for love, but merely to seek  
and find all of the barriers within yourself  
that you have built against it."

- Rumi

Love is the highest vibration in the universe and your greatest ally. It is the key that opens all doors, heals all wounds, and returns you to the truth of who you are.

The journey begins with loving yourself. So what stands in the way?

Below are 10 blocks to **self-love**.

## 1. Perfectionism

When you strive to be perfect you will always end up feeling like a failure. However well you do, however much you achieve, it will never be 'enough' for it will never be perfect. You will be left feeling hollow and that you have somehow fallen short.

Perfectionism blinds you to your innate worth and value, and diminishes positives whilst over emphasizing negatives.

Perfectionism is an ego trap that keeps you separate from love, acceptance and appreciation. It creates unattainable standards and expectations and offers no fruits in return, being void of feelings of achievement, recognition, triumph and celebration.

The futile quest for perfectionism is a compensation for a belief that who you are is not enough. Seeking perfection is an attempt to vanquish feelings of inadequacy, shame and valuelessness, yet sadly only compounds these.

If you are trying to be perfect you will not be able to love and accept yourself for who you are right now. It is the illusory holy grail of the ego.

The more you love and accept yourself just as you are, the more you will allow your inherent magnificence to shine forth. Acknowledge the incredible love and light that you are, and your unique gifts, strengths, talents and potential.

Who you are is sooo much more than enough! You are **AMAZING!**

## **2. Judgment**

When you judge yourself you are condemning yourself for your mistakes, failings and imperfections.

The worse you feel about yourself, the less likely you are to heal, change and experience your wondrous, loving true nature. Judgment augments that which is judged (in yourself or others) and keeps you bound and captive to those traits.

Love, compassion and forgiveness, conversely, enable you to let go of and move beyond that which you are not.

## **3. Guilt**

Guilt is a form of self-punishment and attack. When you feel guilty you are stuck in a self-defeating quagmire, your 'attraction potential' greatly diminishes, and you are likely to repel if not sabotage success.

Guilt invites punishment and victim scenarios, for if you do not punish yourself for the guilt you feel, consciously or otherwise, you will likely attract that punishment in another form by way of the people and circumstances you create and attract.

Guilt has no redeeming features. When you feel guilty you do not serve the one you feel guilty towards, or yourself, in any way. It is certainly not noble, though many, sadly, believe that it is.

Guilt keeps you stuck in the past and prevents you from correcting the 'mistake' and moving on. The guiltier you feel, the more likely you are to re-do or re-live the thought, word or deed that you feel guilty about.

#### **4. Repressed emotions**

When you ignore, deny or repress your emotions you are not honoring or loving yourself. You are also shutting down your heart from feeling these gifts that are rich and telling in meaning.

When feelings are painful or negative it is understandable that we resist experiencing them, yet if you loved someone would you turn your back on them if they wanted to share how they were feeling?

We so often do this to ourselves when we need to be there the most to listen without judgment, to honor and respect our feelings, dark or light, so they can be expressed, released and allowed to move through us, creating flow, change, and a greater awareness and intimacy with self.

Repressing emotions can lead to ill-health and disease. Emotions do not simply 'go away'. As well as manifesting in the body they can leak into your world and the situations and people you experience. You cannot hide from them. Playing ostrich simply doesn't work, and will ultimately lead to imbalance and physical, mental and emotional ramifications.

Listening to your emotions and what they are telling you about what's going on inside - your thoughts, beliefs, attitudes and desires, for example, - can be highly serving.

They also point to what may need healing, changing or aligning for greater happiness, success and wellbeing.

There are many techniques available for releasing emotions, from EFT and NLP, to the Release Technique, journaling, communicating to a loved one, healer or counselor, or through creative expression.

I find feeling them works just fine (not indulging in them mind you), and allows them to be experienced; to move through me in expression and release.

## 5. Beliefs

Beliefs are fundamental building blocks of reality and blueprints of your world.

They affect your thoughts, feelings, attitudes and actions and shape and dictate your life in a very literal way.

**“If you think you have a problem, accept that your belief systems are giving you trouble, not the world.”**

- Larry Crane

Some of the biggest blocks to self-love are the beliefs you hold about yourself. These are largely formed during childhood years as well as other key times in your life, and can be programmed and influenced by family, friends, media and society.

Limiting self-beliefs might include 'I'm not good enough', 'I'm bad', 'I'm wrong', 'I'm unlovable', 'I don't deserve', 'I'm unworthy', etc.

The harmful impact of these beliefs is clear. These faulty assumptions and negative self-concepts mar your self-image and the way you perceive and relate to yourself, others and the world, thwarting your relationships and experience of reality.



To clear your limiting self-beliefs [Click Here](#) or go to:  
[www.beliefbusterkit.com](http://www.beliefbusterkit.com)

## **6. Comparison**

Anytime you compare yourself to another you are setting yourself up for one of two sides of the ego coin; 'better than' or 'less than'. Comparison is a favorite pass-time of the ego and fosters judgment of self and others. It stems from a lack of self-esteem and recognition of your inherent value and is symptomatic of feelings of inadequacy and a weak sense of self.

The problem with comparison is not so much the act itself, but the driving force behind it, i.e. the desire to subjugate feelings of inadequacy by propping yourself up against the backdrop another's 'less than', or using another's 'better than' to beat yourself up and berate yourself.

When you love, accept and value yourself, the need to compare disappears. You appreciate who you are as you are, resting securely in the knowing of your worth.

## **7. Competition**

Beyond a positive striving and reaching for more, the win-lose mentality of competition can be limiting and

constricts the grander possibilities, growth and expansion available through a win-win paradigm.

The more fully you love yourself, the more able you are able to connect, reach out and help others intending the fruits of win-win scenarios and options and opportunities where everyone is served.

This is not about pleasing everybody, but seeding intentions in love and brightest potential. It is not either about sacrifice or compromise, for in truth, if you choose the most loving and truest course for yourself, it will ultimately be the same for others.

## **8. Undeserving**

A lack of self-love can be rooted in feeling that you do not deserve. In truth you deserve wholly simply by being alive. You are a spiritual being, a spark of divinity born of love, magnificent, vast and ineffably beautiful, far greater than any conscious experience and understanding of yourself at a personality level.

Your sense of deserving can be tampered by guilt, shame, judgment and negative self-beliefs which impact the amount of love you allow into your life, whether that love be love from yourself, people in your world, or the successes, triumphs and joys that reflect that love back to you in the world.

Your failings, mistakes and negative self-concepts are not who you are. Owning that you are loved, loving and loveable, and forgiving yourself for aspects that are separate or out of alignment with that love and truth of who you are, will allow you to experience more of your value, innocence, light, and innate deserving.

## **9. Dishonesty**

When you lie to yourself or others, or fail to keep agreements or commitments, you damage your self-esteem and find it harder to love and respect yourself. Love yourself enough to be honest and true to yourself and others.

## **10. Lack of self-forgiveness**

You are a human being and you make mistakes. You may have been to dark places in thought or deed at times in your life and have 'less than pretty' sides.

It is important, rather than to blame, condemn and criticize yourself for these aspects, to recognize, acknowledge and forgive them, which enables letting go and change.

Everyone may experience darker constrictive energies or traits (or if unrecognized, repressed or denied within,

witnessed externally in the world). These parts are not 'who you are'. The problem comes when you identify with these shadow aspects and label yourself as 'bad' or 'wrong', consciously or otherwise, carrying guilt and shame that clouds and shrouds the light and truth of who you are.

Negative attributes, be it envy, control, self-pity, manipulation, victimhood, judgment, anger, revenge, etc., are not 'who you are', but potential pathways of experience. Being compassionately conscious of these is a first step in letting them go. Choice and willingness are powerful allies in relinquishing that which is un-serving, and forgiveness can gracefully unhinge the grip of ego agendas.

Being aware of negativity does not mean focusing on it or giving it undue attention, but more allowing it to come to light to be shed and discarded so you can embrace and revel in more of your innate goodness, beauty and magnificence that so often lies beneath this shadow veils.

If you do not forgive yourself you may keep yourself in prisons of guilt, shame and judgment, and can end up punishing yourself consciously or otherwise (such as through the actions of other people that may reflect your self-condemnation), or sabotage success and happiness because you deep down inside you feel undeserving.

Forgiveness heals and releases whole clusters of negative emotions and is a gateway to love and freedom, and a key to letting go of the past and who you are not, so you can embrace more of who you truly are.

Allow yourself to own and acknowledge your inherent innocence, worth and value, and give yourself the gift of forgiveness.

Forgiveness cleanses and blesses you and your world. It is an immensely powerful force and a vital key to new and brighter levels of success and happiness.

For a Self-Forgiveness meditation, [Click Here](#), or go to: [www.forgive-yourself.com](http://www.forgive-yourself.com)