

Me, myself and I... relationship with one-self.

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OCTOBER 3, 2010

I fell from way up when I realized that I had for a very long time loved more the image that I decided to project to the outside world than my own self, my true essence. I remember the morning when I broke down in tears on my yoga mat. I did not know who I was, what I liked, or even why I was here on this Earth, trying to make my life. Me, who had very long hair, went short, almost like GI Jane! I covered the mirrors in my house for nearly two weeks. I did not want to watch me. I did not know who that girl in the mirror was. But the real question was had I ever known, heard and loved her?

Although I had been interested in spirituality for quite some time, it is precisely during that difficult period that I jumped right into the spiritual universe; this infinite world which is unfamiliar to many of us but which represents, without knowing, a huge portion of our lives, the 99% reality as lots of spiritual people calls it.

Not long after I started to dig into spiritual literature that I found out that Tolle, Coelho, Ford, Bolen and even the Dalai Lama was saying the same thing: love yourself completely. "Know thyself and you shall dance with the gods" as an old Sufi proverb says. It is, in my opinion, beautifully illustrated by the two images I chose to accompany my article.

The first picture called "Two of Cups" in tarot represents the union of the feminine and the masculine. At first glance, people usually think it represents the beginning of a relationship between a man and a woman. Even if this explanation is not wrong, this card is rather a communion of our two sides: the center of our emotions (our feminine side) and our intellect (our male side). When we manage to successfully integrate this card in our lives – meaning that we love our two facets – one feels in harmony. As for the second card which is called "The World", it simply represents the apogee, or the realization and the love of the self.

We too often neglect our relationship with oneself. I have frequently wondered why so many people come to a point in their lives where their own company is hard to bear. Why do we neglect to take care of ourselves, in a gentle and kind way? Perhaps it is because we are looking for answers outside instead of going inside, where there is a wonderful treasure: our true essence and the house of all our answers? It is easy to fall into the infernal wheel of consumption, wanna-look-good and performance. These caress our egos for a moment, and then we need even more in order to take us back to a level of self-esteem that allows us to be functional. An acquaintance who travels a lot recently told me that North America is the continent where we find the highest level of unhappy people. What a surprise that a place so rich and resourceful is the home of so many lonely souls.

Love does not lie in another person, a new car, a beautiful muscular body or a mega stereo. Love is found within ourselves. Maintaining a healthy relationship with oneself is the key to happiness. Even more than this, in order to be able to nourish and sustain fulfilling relationships with others, we firstly need to grow through the relationship with ourselves and make us the most important person in our respective lives.

Self-discovery and learning to love ourselves give wings. Becoming our best friend, and listening as well as connecting with our guts, the center of our emotions, is one of the most beautiful thing that exist on this Earth. This is the only way we can identify the various masks that our ego puts on over and over again. When we love ourselves we finally allow switching on the light into the parts that we had repressed and secretly disliked. That, in itself, is what a successful life is all about. Without getting in contact with ourselves, it is very difficult to know who we really are, what we want and why we are here. If you want to leave a positive mark on our planet, start by getting to know yourself and appreciating the wonderful person you are.



I will leave you with a little exercise. Say “I love you (your name)” once a day. I personally like to do this in the morning as a way to kickoff my day. I warn you, there may be resistance, questioning and even sadness ... but persist! Practice makes perfect.