



Journey To Self-Love

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I must admit, we did not get off to a great start. I did not always like you and God forbid, love you. I ridiculed you, judged you as an unworthy, criticized your form while chasing after the affection, and approval of others. Then, I was rejected, shamed, and left behind, but you became my constant, gently wiping my tears, patiently listening to my rants; not trying to silence me, judge me or even encourage me to be positive. You were just there, holding me and letting me be. I realized you knew all my secrets, my pain, my shortcomings, my strengths, my dreams, my likes, my dislikes, and yet you remained.

Eventually, through my tear-stained cheeks, I caught a glimpse of you looking at me. I could not quite figure out your expressions but as I held the mirror closer to me, I saw you and that reflection was me; myself.

How could I have been so blind all these years, not noticing that you were me? I was fighting you, hating you, judging you, ignoring you, swearing at you, neglecting you, wearing you down with worries, imagined adversities, holding you accountable for someone else's actions, and in the process making you and I sick, dying every day instead of living. I now know that you were sent to be my eternal, compassionate companion in this realm as we journey in this humanoid, mortal shell they call a body.

I had to capitulate and surrender to the notion that to walk as one, I must embrace you in love and treat you as my best friend. As your leader, I had to become your follower and be instructed by you. Through meditation, I became more mindful of you, knowing when the check engine lights came on, and what each signal and small promptings meant. In the process, I became more aware of who I am, my values, my beliefs, my true desires rather than those cast upon me by external forces, such as society, family, friends, or profession.

You have shown me my top strengths of spirituality, sense of purpose, and faith. I have noticed that we have a profound curiosity and interest in the world and have a great love for learning. We are fascinated by adventures and new discoveries. You have taught me to be self-controlled and disciplined, steady in the face of adversity, and not swayed by the selfish ambitions of others.

The wisdom you have imparted unto me, radiates from me to others and hence adds purpose to my life. Knowing who I am, with an indomitable confidence, I am free to be my authentic self without unhealthy attachments; wanting nothing, lacking nothing; for I have given to myself, what no one can

take away: love, acceptance, and gratitude. Lucille Ball said it best, “Love yourself first, and everything else falls in line”.