

Yogi Bhanan, Ph.D. - July 19th, 2001 - Espanola, NM

Affirmation for Self Love

Sit straight. Place your right hand on your heart and say, "My heart, I love you." Place your hands on your eyes and say, "My eyes, I love you." Then on the top of your head and say, "My head, I love you." And next, at the navel point and say, "I love you." And lastly on both your knees, and say, "I love you."

If you pay a little bit of attention to yourself and show love to yourself you will find yourself different. You have been taught to hate everything, and that what you do not hate will eat you up. This is your most stupid behavior.