

**Emmanuel's Book /Pat Radagast:**

***Love Yourself***

E: Your first task is to fall completely in love with yourself.

Love yourself enough and nothing can do you harm. Fall completely in love with yourself and you become the miracle worker that you are. You are not the victim of any food, or air, or anything in your world. You are not a victim. You are the creator of your world

Q: how can I fall in love with myself?

E: How could you not? How could you perceive yourself not through your distorted history?

How could you perceive yourself and not fall in love? You were taught to be a careful bookkeeper, to underline in bold your faults. We who walk with you say: in every moment you have done the best possible. Isn't that enough to evoke your devotion? In retrospect you say: I could have done better. But you don't live in retrospect. You live now. Your intent is and will be to do the best every moment. How can you not love that, and that is true of everyone. How to fall in love with yourself? Remember who you are: with every breath.

...When you fall in love with yourself, then you will live with your heart open. And there will not be one human being who you don't love. If you don't love yourself, you have nothing to give.

You ask for a soul mate. There are no strangers in this life. As you walk down the street: everyone is your soul mate. We are all from the oneness. The essence that never changes. Begin to live this.

***Homework: you are great***

The assignment is to align yourself with the greatness of your true Being, to dare to remember, to be willing to walk with intellect's discontent. Whenever limitation enters, take a moment to permit the greater knowing. How? Why, by inviting it in, by knowing that beyond the human self there exists a vastness that cannot be acknowledged by mind, but only by heart. Dare to live this life in such truth and freedom.

Each hour of each day, courageously invite in the limitless power of love.... expect the miracle... but do not define it. Just invite it and observe.

Ask yourself, "If I truly am a Being of Eternal Light visiting this circumstance in the name of Perfect Love, what, then, will be my experience of this moment?" Inscribe the answer on the nearest piece of paper - to hold as reminder - and then watch the miracle unfold.\

: if anything and everything were possible, what would I want to create. With the heart's conviction, not the intellect. Read it again in the morning and carry it like a mantra.

***Homework: Say Yes***

take aside at least 10 minutes every hour to say YES. To what? To myself, to me, to my glory. Yes. In those 10 minutes you will taste the love you are seeking.

Every breath you say yes. So: say yes. Yes to what? To whatever is present in moment. Yes to yourself in the center of your living. The key is to allow, not to direct, the longing of your heart to manifest. Do you dare to exist without shackles?

As you breathe in say yes. As you breathe out, all that was past ceases to exist.