

A woman's face is shown in profile, looking upwards with her eyes closed. She is surrounded by a lush, dreamlike environment of white and pink flowers, butterflies, and small birds. The scene is bathed in a warm, golden light, creating a soft and ethereal atmosphere. A large, semi-transparent heart shape is visible behind the text.

Is Self Love.... Self-Centered?

*(A gentle question
many of us ask.)*

*“Have you ever wondered if
choosing yourself means
being selfish?”*

You’re not alone.

J. H. P.
ne.

*For a long time,
self-love was misunderstood.*

*It was often mistaken as
selfishness*

***“Self-Love is caring for yourself
with compassion.”***

- *Honoring your needs.*
- *Setting healthy boundaries.*
- *Speaking kindly to yourself.*



A woman with long brown hair, wearing a white sleeveless dress, stands with her eyes closed and a serene expression. A bright, glowing circular halo surrounds her head. She is positioned in the center of the frame, appearing to float or stand above a large, dense crowd of people. The crowd is seen from behind, with their heads and shoulders visible in the foreground and middle ground. The background is a soft, hazy yellow, suggesting a bright, sunlit environment. The overall mood is one of spiritual transcendence or divine presence.

***“Self-Centeredness
is different.”***

*It places ‘ME’
above everyone else,
often dismissing others’ needs.*

Self-Love

- *Setting boundaries to protect your peace*

- *Saying “NO” to honor your limits*

- *Speaking kindly to yourself*

- *Resting so you can return with presence*

- *Choosing what’s right, not just what’s convenient.*

Self-Centeredness


- *Ignoring others’ needs to get your way*

- *Saying “NO” to avoid responsibilities*

- *Placing yourself above others with no regards*

- *Withdrawing to avoid or escape*

- *Seeking only personal gain or advantage*

An artistic illustration of a person standing in a doorway, looking out into a bright, sunlit area. The person is silhouetted against the light. The floor is covered in a vibrant, multi-colored rainbow pattern that flows out from the doorway. The walls are a warm, golden-brown color.

True Self-Love
doesn't close us off.
It helps us show up
more fully.

Begin with self-love...
and the door to greater
compassion opens.

theElementofCalm