

**The Power of Self Love:  
A Mini Book**

**Because A Little Goes A Long Way**



**April Claxton**

THE POWER OF SELF LOVE:

A MINI BOOK

BECAUSE A LITTLE GOES A LONG WAY

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The Movement Within,

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I dedicate this little book to my little me, my inner child. I did not truly discover her. She discovered me. She found me when I thought I was the most lost. She spoke. I listened. I spoke. She smiled. Thank you little me for allowing the big me to feel free, complete and able.

And to my daughter- thank you for being. You are the most beautiful child- inside and out. Remember this, for one day you can teach others how to love who they are too.





“A little me learns to love. A little me learns to live.

A little me learns that she is bigger and better  
than she ever thought she was.

And one day, the little me looks into a mirror and  
discovers she has been this bigger better me all  
along.

All it took was a little love to see just a little...

... A little bit of the me she’s always been, is now  
and ever will wonderfully become.”

*-April Claxton*





Who do *You* love?









*You* love *You* first.



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# **Introduction**

So here we are: you, me, some pages and some words. We've all heard about the importance and necessity of loving who we are, but have we really truly actually sat down to think about ourselves in the equation?

We have seen movies, shows, participated in webinars and read magazine articles and books about the "How To's of Self Love." We have written in journals, bought new clothes, started new diets, cut our hair, dyed our hair, whitened our teeth, plucked a few hairs- all to pump up our self esteem and confidence. We feel good and confident and then something happens. It's as if someone lets out the air in our balloon and we wildly

zoom around deflating back to the place in which we began.

Have we ever really sat with ourselves and asked, “Do I love *Me*?” All of a sudden the entire world becomes silent. Everything freezes. We become paralyzed with the realization that we don’t know what we feel toward ourselves completely. Better yet, we don’t even really know where to begin. We feel trapped, lost and even saddened by our discovery. We feel discouraged, frustrated and unprepared.

“Sure I love myself!” We immediately think and sit a little taller. “I care for myself and provide for myself. I know what my needs are!” We become defiant and rebellious toward this recent realization and sit with our heads held high ready to ignore the fact that maybe *we really don’t know how* to love who we are, who we’ve

been or who we want to be. Maybe what we are frustrated with has more to do with knowing and not about doing.

I wrote this book not to dwell on the fact that some of us are lost within ourselves, but rather to promote the awareness that we are lost within ourselves and *there is a way out*. Actually, it is a way in and then out. It is called Self Love. Once there is awareness, there are choices. Once there are choices, there are actions. Once there are actions... well the story unfolds into a world of opportunity and lessons, growth and life, joy and love. We are where we are and that is the best place to be. It is also the only place in which we can truly ever make anything happen. Right here. Now.

We happen. Life happens.  
Sometimes years go by and it seems

the years have swallowed us up until we realize that we have no idea *who* we are, what happened and where we are going. What happened? A lot has happened. But it hasn't happened **to** you, it has happened **for** you.

No matter where we are, there we are. We are. Us. You. Me. We. So what do we do now that we are here? We learn to love ourselves just a little bit at a time. We are to take advantage of the space and time that has been created for us. We are to discover who it is we are and learn to appreciate and love that moving forward. We are to give ourselves a little break and give credit where credit is due. We are to be patient and honest with ourselves. We are to relax and slow down just enough to notice the tender moments and things that are around us and within us.



We cannot jump from not knowing to knowing everything. We must jump from not knowing to trying. Trying leads to discovering and discovering leads to our very own 'Welcome' mat!' When we try, we arrive. It's good to be here! Welcome Home!





# **Love Me.**

# **Love Me Not.**

She loves me. She loves me not.  
He loves me. He loves me not. We  
may not be holding the daisy and  
plucking the petals but this is a  
thought that runs through our minds  
often- daily, even possibly hour by  
hour. Many of us are married,  
dating, single, hoping, wishing,  
trying, thinking.... “Did/ do they  
really love me?”

Someone doesn't return our  
phone call, they forget a card, they  
sat down to dinner and didn't pour  
our glass of milk. No big deal, right?  
So why do we immediately wonder if  
it's because they stopped loving us or  
caring? Or, why did they leave and  
never say goodbye? Or (the 'OR's' get

bigger and bigger), why did they say that they couldn't love us the way we deserve and yet we loved them so much?

Security within our self and within our own being has a large part to play with the way our minds work and the questions we allow ourselves to ask. When we are secure within ourselves, within who we are, what we want and what we deserve, we demand this type of attention from others. We respect ourselves and others magically seem to respect us. Not everyone will respect us. There are those who simply do not respect themselves too. But the majority of whom and what comes your way will respect you, your being and your requests once you respect yourself first.

Sounds good! Right? But easier said than done. How can we respect ourselves and feel secure in who are

and what we want if we have never been taught? Look at our role models. Look at those who raised us. Were they secure in themselves? Are they secure now? Do they respect themselves? Do they respect others? Chances are that these very same people internally think the same things when others don't respect them: "Do they love me anymore? Was it something I've done? It must be me."

When someone does not love who they are it is difficult to teach others to do the same. Many of us, our role models and those who have raised us, have learned how to operate on 'auto pilot.' Somehow we get from here to there. We function, but at what level? Functioning is not the question. It is the level of functioning that becomes the problem. Respect and security within

who we are and what we want has a lot to do with our abilities and our level of functioning; our levels of feeling.

I did it. I said it! I brought up the almighty 'F' word. 'Feeling.' Feeling has everything to do with this book, my other books, my path and my entire journey! Without feelings we would never know where we are, what we want and where we want to go. When someone forgets us or falls short of our expectations, we *feel* something. What is *it* that we *feel*?

Think back to the phone call not returned, the card that was forgotten, the milk that wasn't poured, the goodbye that was never given and the love that wasn't reciprocated. What was it that was felt? We automatically associate these actions with something we have done. We automatically assume (and you know about that word

assume...) that they no longer or do not love us. In reality it is us who does not love ourselves. Whether they loved or do love us, it matters most what we feel about ourselves. If they do not or did not love us, we are not or were not in the right place for our highest good. If they did or do love us, why do we assume that they do not or did not?

People make mistakes. Many times the milk wasn't poured because they were tired. Maybe they are stressed about something else that has nothing to do with us at all. Maybe they're so hungry that they simply forgot to pour the milk. Maybe the card wasn't purchased because they were having a bad day or are just simply human; completely unintentional. Maybe they left and didn't say goodbye because they didn't know how, they were scared or

they didn't feel secure within themselves enough to handle such a situation. Maybe, just maybe, they were in a place in their paths where you were not. Better? No. Different. Clearly. Was it you? Most often not. Maybe they couldn't love you the way you desired because they were never taught to love themselves. Maybe they are not able because they are afraid of commitment. Maybe you rushed in. Maybe they rushed out. Maybe they rushed in and you felt it was the only thing available for you. Maybe they aren't meant for you and maybe you aren't meant for them. And THAT is ok. This only means one thing: someone, something, *different* is coming along.

Different is good. When what we are experiencing is consistently negative, abusive, stagnant or unfulfilling, different is always better. The moment I realized that I



wanted “different” was the moment that ignited my entire path, my Movement Within. It wasn’t about the people I had dated or even previously married. It was about me needing “different” in myself. Over the years I discovered that I went from person to person to FIND SOMEONE WHO WOULD LOVE ME BECAUSE I DIDN’T KNOW HOW TO LOVE MYSELF. I was tired of the pattern. I was ready for me.

When we discover that it first matters how we love ourselves then we discover the opportunities and truths in other people. We discover all that there is *for* us in life. We seem to *show up* in our own lives and then life seems to truly begin.

To love **me** or love **me not**....  
That is the question. Or is it even questionable? I think not.



To love me...

To love me not...

*I love me!*

It's truly  
a win-win  
for all!

# Clarity

Before we can do something, it is wise to try to understand it; to wrap our minds around it; to feel and find clarity in it. It is easy to *say* that there is power within loving ourselves. But if we do not know exactly what these words mean, how can we *know* that it is something we really want to do, or better yet, something we truly know we *can* do? We have an understanding. Sure, we have an idea. But what exactly is The Power of Self Love? Let's find out! We start first with how each word is defined.

The word ***Power*** is defined as a noun (from the Merriam Webster dictionary online):

**1 a (1): ability to act or produce an effect (2):** ability to get extra-base hits **(3):** capacity for being acted upon or undergoing an effect **b:** legal or **official authority, capacity, or right**

**2 a: possession of control, authority, or influence** over others **b:** one having such power; *specifically:* a sovereign state **c:** a controlling group: ESTABLISHMENT —often used in the phrase *the powers that be:* a force of armed men - *chiefly dialect:* a large number or quantity

**3 a: physical might b:** mental or moral efficacy **c:** political control or influence

**4 plural: an order of angels** — see CELESTIAL HIERARCHY

**5a:** the number of times as indicated by an exponent that a number occurs as a factor in a product <5 to the third power is 125>; *also:* the product itself <8 is a power of 2> **b:** CARDINAL NUMBER 2

**6 a: a source or means of supplying energy; especially:** ELECTRICITY **b:** MOTIVE POWER **c:** the time rate at which work is done or energy emitted or transferred

**7:** MAGNIFICATION **2b**

**8:** <sup>1</sup>SCOPE **3**

**9: the probability of rejecting the null** hypothesis in a statistical test when a particular alternative hypothesis happens to be true

I bolded the words that I felt were appropriate. Re-read the definition and allow the bold words to stand out and apply them to yourself, your power, **your** being.

**The Movement Within's  
definition of Power:**

“Within oneself, an ability to act or produce an effect for ourselves and others. **We have the** official authority, capacity and **right** within ourselves to be ourselves and love ourselves. We do not need approval to do so from any outside being. We take responsibility for ourselves and our actions by possessing control, authority and our influence of ourselves and these responsibilities. Power within can produce a physical might because **anything that comes from** our hearts and **within is almighty** and has wonderful results. **We ARE an order from the Highest One.** We are Source Energy. We live, breathe and co-create with the

order of Angels. Angels work with and through us *for* us. We are a source or means of supplying energy- first to ourselves and then to the world. We are our own power source going inward and calling on our connection with Source and then producing energetic results by simply just being who we are within our own power.”

The word ***Self*** is defined as noun (from the Merriam Webster dictionary online):

**1 a: the entire person of an individual b: the realization or embodiment** of an abstraction

**2 a (1): an individual's typical character or behavior** <her true *self*

was revealed> (2): an individual's temporary behavior or character <his better *self*> **b: a person in prime condition** <feel like my old *self* today>

**3: the union of elements** (as body, emotions, thoughts, and sensations) that constitute **the individuality and identity** of a person

**4: personal interest** or advantage

**5: material** that is **part of** an individual organism <ability of the immune system to distinguish *self* from non-self>

## **The Movement Within's definition of Self:**

“The entirety of who **we ARE**, inside and outside. Internally and externally, we realize and embody all that we **ARE**. Our individual character



and behavior. What is not comfortable or positive is simply discovered and we learn how to **shift** this **energy**. We are learning, growing, patient and kind to our self as we continue in our unique prime condition. Our self is the union of all of OUR elements. Our body, emotions, thoughts and sensations guide us toward what is or is not in our highest good. We learn to appreciate our self. **We listen** to our voice **within** and know it is ok to communicate with and for our self. Our personal interests encourage growth and open us to joy, discoveries and more of our self. We are a part of... something bigger. We are **who**

**we are** and that is good; that **is Divine.**”

The word **Love** is defined as a noun (from the Merriam Webster dictionary online):

**1 a (1): strong affection** for another **arising out of kinship or personal ties** <maternal *love* for a child> **(2): attraction based on sexual desire: affection and tenderness felt** by lovers **(3): affection based on admiration, benevolence, or common interests** <*love* for his old schoolmates> **b: an assurance of affection** <give her my *love*>

**2: warm attachment, enthusiasm, or devotion** <*love* of the sea>

**3 a:** the object of attachment, devotion, or admiration <BASEBALL was his first *love*> **b (1): a beloved person: DARLING** —often used as a term of endearment **(2)**

*British* —used as an informal term of address

4 *a*: unselfish loyal and benevolent **concern for the good** of another: as (1): the fatherly concern of God for humankind (2): brotherly concern for others *b*: a person's **adoration of God**

5: **a god or personification of love**

6: an amorous episode: LOVE AFFAIR

7: the sexual embrace: COPULATION

8: a score of zero (as in TENNIS)

9 *capitalized Christian Science*: **GOD**

Again, the bold words stand out. Apply them to yourself, your power and your being. Let us look at what The Movement Within's definition of Love is. It is a bit longer than the others for love is the reason we have

arrived and it is the reason we continue.

## **The Movement Within's definition of Love:**

“A strong affection arising out of **KINSHIP** of personal ties. We feel **empowered** when we feel affection and tenderness toward and within our **self**. Our existence is based on admiration, benevolence and common interests as **we** come **together** first **within** ourselves and then within **humanity**. When we show affection toward and within our self, it is an assurance of who we are, where we are and where it is we want to go. We have a warm attachment, enthusiasm and devotion to who we are and our

life. Love of self proves that we are **beloved**. We are good. What is beloved and good is of God, Source, your Higher Power- whatever that Higher Power may be- **we are One** with that. We are a personification of love when we love and when we **ALLOW love**. Love connects us **to** our self which in turn **connects** us to one another. We are all connected at our core because it is love that connects everything. God, your God, my God, the Universe, Source, your Higher Power- They are all the same for They all are of love which is exactly what we are. Love unites. Love combines. Love empowers. Love believes. Love

of self is a connection to our Source **within**- our true being; our essence. Love allows us to say, “World here **I AM**. I can. I will. I shall- all because I love, me. Love is a discovery of many things that are pure and good. **Love is and of itself the reason we are here. Hope is the reason we stay. Life is the reward.**”

To read through each individual definition and combine all three, you are now able to get a more clear idea of what the Power of Self Love means. In essence, it is an energy that comes from within our most perfect and natural core and connects us to the flow that is around us. It is accepting and being IN joy (enjoy) with our own being and adoring our very truths and abilities

to experience and react; to live and to breathe; to create and to be. This also creates a power that flows out into the world around us, bringing to us our experiences which bring with them a matching vibration of who and how we are inside. Read that last sentence again.

Most importantly the Power of Self Love is from and is born and creates a power within itself. It is like an engine that takes us to our desires and destinations. It, in essence, is the catalyst for the lives we are living and the lives we want to live. It is simply us being who we are- **WHO WE ARE**- magically, purposefully, gloriously and gracefully, wonderfully and necessarily- who we are. No more. No less. When we just sit and 'be' in the moment and look at our skin and our hands and our reflection and smile... who is this

person? This person is the person we are to love. First.

We do not have to feel pressured to add layers onto this person that are not there. We are not to pretend to be someone else. We are not to escape our realities within ourselves. We are simply to let go and be who **we are**. From there, limits fade and any changes that are desired are able to take place- effortlessly.

Sometimes, most times, we believe that we must be in a “good” place within our lives in order to fully love who we are. If we were in a good place then we would be in a good place within ourselves. Right? The problem with this thinking is that there is a saying that goes, “It is about the journey, not the destination.” When we fully grasp this saying we can begin to take the pressure off of ourselves to be anything other than who we already



are and to be anywhere other than where we are. You cannot love who you are not. You are to learn to love who you are, now, in this moment, in the skin you are in, in the life you are in and the place you are in within yourself. How great is that!

So how **do we** begin this? This is a **BIG** step. Ready? Drum roll. Many of us have never thought that the answer to this question lies within our very own ship, boat, floating vessel, kayak, canoe- whatever you'd like to call it. We've heard the saying, "When my ship comes in..." Here's the important part: the truth is our ship **has always been here**. We have been sitting in it this whole time. We are now just simply becoming aware of this and are learning how to be the captain we were born to be. Now we are able to steer this ship however

and wherever we like. That is also powerful. And another truth is that it's not such a **BIG** step at all. It's actually comprised of many **small** steps that naturally come together and produce the **BEST** result: The Love of Self: **You**. So let's take a small step together. How so? It starts with a Singles Ad. →

## Wanted: SF Seeking...

### WANTED

Single Female seeks companionship, ethnicity unimportant. I'm a very good looking girl who just wants to be loved. I love long walks in the woods, going for car rides, traveling, camping and fishing and cozy winter nights lying by the fire. Am also a beach girl. Candlelight dinners not as important as having your honesty, loyalty and friendship. Seeking someone who is funny and sensitive and who can hold me- someone who also seeks the same.

In need of intimacy and a few good laughs. Chocolate and roses not necessary but could be used right now.

Call (###) ###-#### and ask for Mrs. Ready

We have all seen these ads.  
Some have been MUCH worse and  
some have been really beautiful.  
Some ads have had many of us  
thinking that some of these  
individuals actually live here on the

same earth as we do! And worse, they may even be in our own neighborhoods! Scary but true. Regardless of what the ads say, there are thousands upon thousands of individuals who place ads online and in papers and magazines every day. Why? They are seeking... someone... Something.

After working with many people in a variety of places, I have come to a conclusion myself. Not many of us place an ad for ourselves. Not many of us date **ourselves**. To think about it this way, we immediately either become confused or worried or scared- or bored! But do we put ourselves out there to and for ourselves? You place a few phone calls, emails or text messages. You go on the first date. You watch and listen to the other person. You go on a second date- *if* the first date went well. Then a third, a fourth and in

the end you are learning about this new and exciting person. You are getting to know him/ her. So why not do the same for ourselves?

It takes time to learn about someone else; to feel them out and see what does or does not fit. We never simply go on a first date and plan a wedding for the following day and then children to follow by next week. Has this happened? I am sure. But in any event, people date to get to know someone. We screen people. We sometimes have hurt someone else's feelings. Sometimes they have hurt ours. We discover what we like and don't like and we learn to appreciate. We appreciate companionship, opportunities, and often, our own private safe lives. We can pick and choose what feels good and discard the rest.

So why is it awkward for many of us to consider dating ourselves? Don't we want to discover who we are? Don't we want to show up in our own lives? Don't we want to discover our true likes and dislikes? Don't we want to learn true appreciation and feel like a real companion to ourselves? We want these things and some of these very things are the things we feel we are missing. So why is it odd or awkward to go there? It is awkward because we have never been taught how to go there before. Many of us have never been taught that investing time in ourselves was important; or even a necessity. Many of us feel guilty when we invest time that we may or may not have. Many of us feel frustrated because if someone else were around to love us and play with us and add to our lives then we would be happy and all of

this inner work would not be necessary.

The problem is that this “someone” else will come. They may be amazing and sweep us off our feet. They may be the strange person who placed one of those strange ads. They may be odd and awkward themselves. They may even end up being the wonderful person we marry. But in the end we will still feel unhappy or unfulfilled in ourselves if we never start within first.

Loving ourselves authentically and completely is required whether we are in a relationship or not. It is required in order to live the full and complete lives we truly want to live. It determines our experiences and also the people and opportunities we attract. It’s vibrational. True self love is a higher vibration. Lower self love is exactly just that and seems to

attract the same lower vibrations. We think or were taught that two halves make a whole. In reality, two wholes make a whole. And two holes make a hole too.

How do we discover this? Look at some of the moments in life where you felt best about yourself. Then look at the situations, people and opportunities around you at that point in time. Now look at some of the moments when you felt disconnected from yourself. When we are disconnected from who we are, often our surroundings reflect the same. Even when many amazing things come our way, we are unable to see, feel or want them completely.

Dating our *self* is exactly just that. When you are romanced by someone, what is taking place? We buy fancy under clothes, sexy shoes and new perfume or cologne. We rearrange our schedules, reschedule



a meeting or cancel other plans because of the newly planned date. We bleach our teeth and pick out specific outfits. We buy a new pack of mints or chewing gum. We allow them to admire us. And it feels good! They lean in and kiss us and cloud 9 swoops down and carries us away.

We also light candles and use special oils. Some of us even shave our legs (imagine that). We turn on specific music. We allow ourselves to be serenaded. We also enjoy serenading someone else. We receive cards and gifts. We give cards and gifts. We feel alive and special! There are no rules in all of creation that says we cannot date ourselves. We can light candles, play special music, buy beautiful clothes and learn to admire who we are. Why? Because it feels good! We empower ourselves. We love ourselves. We

decorate our own being and it feels good to feel good- on our own.

Some of us feel uncomfortable to do this. We think, “I can’t go to a movie by myself. I am not going to waste my money or my time being alone. In fact I’m alone already (married or single) and that is why I don’t want to be alone.” We must ask ourselves a very important question. What would happen if you were really truly alone and you HAD to learn to like yourself and your space? What would you do? How would you be? Many of us think about it and immediately post a new singles ad, Facebook post and/ or leave the house. We call family and friends and even call the ex girlfriend, boyfriend or old friend (the one we swore we would never call again) and make plans to go out. Why? Because we have never been alone, truly before. We have never felt ok with

being in this space; face to face with ourselves. We panic. We search externally to find something or someone to make ourselves quickly feel ok.

How many of us have “the friend” who cannot be alone? She jumps from relationship to relationship and with each new one, she convinces you that she has found “the one.” You know the pattern of events and you love her but she just doesn’t take your advice when you tell her to take a break and get to know herself. Then the phone call comes and she’s crying. Her world has crashed down around her and the three- week relationship is over. She agrees that she will now take time for herself and she plans a weekend get- a-way by herself. You are happy for her. Weekend comes.

Weekend goes. She returns with a new beau.

Some people are uncomfortable with consistently being by themselves. They become ansty, bored or afraid. The realization of really being alone sets in and they feel uncomfortable. Is it just feeling uncomfortable or is it also feeling fearful? Is it a little of both? BUT! This is the best part! This is where you become challenged to look at the space you are in and learn *you*. What is your power? Who is *your* self? How can you love this person? You learn about this person by dating this person.

Even when we find *that special someone* and we are married or coupled, and happily married and coupled, can we become lost or ansty, bored or afraid. It often has nothing to do with the other person. Sometimes it does have to do with

the other person but that is a different book. I am speaking about our significant others who love us, even when we don't truly love ourselves. They support us and encourage us. They smile at us and accept us completely. So why can't we do these things for ourselves? Because it is new. We've never gotten to know or love ourselves before. We don't know how it feels to be settled in who we are. We sometimes wonder subconsciously, "What does my partner see in me?" They love you for a reason. You are wonderful! You just have to have a healthy relationship with yourself so you can feel and see what they feel and see. It is possible. When? Now.

Taking time for ourselves and making time for ourselves is not selfish. It is selfless. It is called self care. There is a wonderful book by

Cheryl Richardson called *The Art of Extreme Self Care*. She walks through a step-by-step guide on how and why to care for yourself-completely, lovingly, tenderly and realistically.

Most of the book was a reality check for me. There were many things that I was doing that I didn't realize were harmful to myself and my happiness. How can we stop or change something if we aren't aware it is a problem? Awareness is always the first step. Sometimes situations and events create a space for this awareness to take place. Cheryl's book brought much needed insight and awareness into my life. I felt "okay" with taking time for me. In the end what resulted was a happier me which lead to many happier people around me. It also brought happier things into my life.

Date yourself. Get to know yourself. Learn to take little steps and allow these steps to open you *to* you. When we are or were dating, we were seeking. Seek yourself first. Discover yourself. We must love who we are first in order to experience fully what true love is. Even if we are simply seeking to love the lives we live, we must love ourselves first.

Have you ever known someone who did not take care of himself and says that he only wants to date ‘top ten gorgeous women?’ Or someone who doesn’t invest time in their appearance but wants to date only those people who do? Look at who you wanted and what you want. Do you possess these same qualities? Do you seek someone who is healthy and fit? Someone who is funny and confident? Are you confident? Do you allow yourself to have a sense of

humor? Do you not care as much about the physical and want sincerity and honesty? Do you want someone who has a solid foundation in themselves? Are you, yourself, these things too? Be the person you wish to find. Two wholes... make a whole. Two halves do not.

Once we love who we are and enjoy (IN joy) this person, we are then, and only then, able to completely add to this life and experience its fullness and richness in ways we never thought possible. Ways we only dreamed of and wished for when we wrote many of our very own Singles Ads.

Another tool that helps to teach us how to go inward step-by-step is *The Movement Within: 8 Steps To Ignite The Movement Within You*. It is a book that I wrote as a guide that gently and lovingly teaches others how to begin their own Movement



within their lives and within themselves. It takes you by the hand and walks with you each step of the way.



# A Little

A little here. A little there. A little adds up. A little bit of self love goes a long way. There are many moments in our lives that pop up and shake us. Because true self love creates a confidence and foundation within ourselves, we are able to deal with certain situations differently than we would if we felt insecure, paranoid or unsure.

When we believe in ourselves just a little, we start to feel as if we can go the distance. Obstacles are no longer as big as they seem, our steps seem to feel a little lighter and life seems to shine just a little brighter.

We cannot fully embrace and experience life if our insides are not in tune with who we are- or if **we** are not in tune with who we are. Can we

experience life? Yes. Can we embrace things? Sure. But we cannot appreciate all that life has *for* us if we cannot *see* all that life has for us. When we love ourselves- start small- when we *like* ourselves and appreciate ourselves, we are able to clearly see things we didn't see before. We feel able. We feel ready. We can determine what is healthy for us. We can make better decisions for ourselves which changes our life for the better.

Paul Simon has a line from his song *You're The One* that has stuck with me for years. It reads, "Little by little. Bit by bit. Little bit by little bit." Every time I think about those words I am reminded of how **small** and **easy** my BIG steps are. I don't have to create me in under 24 hours. I don't have to be this amazing, powerful, confident wonderful being by tomorrow. I can be me. Now. Just

as I am and I can like me just as I am today. In fact, that is my daily “to-do” each day. I wake up and say to myself, “Today I am going to like me. I am going to feel good just as I am and I am going to seek out things that make me feel good about me.” And you know what? I do.

There is nothing that takes place fast and that seems to last. Things take time. Certain family recipes have steps and require timing. A small precious life requires several months in utero to grow. Most relationships require a good period of dating to develop a solid foundation; school started in preschool and flows into college. Life requires time so that it can transpire, develop and unfold.

We are learning. We are growing. Learning and growing is not something that happens with the

open of a cereal box and you get the winning prize. **You are the winning prize.** You take time. It is the journey. You are the journey. You decide if it is a happy journey or a less than happier one. Every day is a new journey within your life and yourself. When we make it a “must” to get somewhere in our lives by a certain time, we become frustrated when we don’t meet our goal or arrive at our destination. We become resentful toward ourselves. We lose hope in ourselves, in our lives and in our abilities to do good and “stay on top of the game.” We feel as if we have failed ourselves. And all of this is a result because we said we “should be” somewhere in our lives by a certain time.

When we are missing certain lessons I find that life will slow us down. These are lessons that are required when we do arrive where

we are going. Life slows down. We feel pressed for time and are angry that life “isn’t going our way.” Oh, but contraire! Life is going the way we need it to go so that we can learn lessons that strengthen, develop and create the amazing beings we are and want to be. Be careful of the things you ask for in life. You will get them. Just let the Universe bring them to you in Divine timing.

One night about 16 years ago, I was outside and looked up into the sky. I had a best friend in high school at the time named Keith. I adored him. I also had the biggest crush on him. At that moment while outside and looking up into the sky, a star had sparked and shot across the sky and faded. I immediately took advantage of this shooting star and shouted, “Please let Keith fall in love with me.” Well, he did not. High

school ended but something else happened. I met and married a different Keith who was my first husband. You never know when you are going to get what you ask for. But you will get it. Be careful of the words you choose and be clear. Mostly be clear with yourself. The good news? The other Keith, my childhood friend, ended up marrying my sister. It's been over 10 years now and he does love me, still as a friend and now as a sister-in-law. Chuckles.

Life isn't about the doing and succeeding and money and achievements and awards. While these things matter, they won't truly make a difference if we don't matter within ourselves. A little bit of self care, self love and self in general makes a big difference when these things take place. How many people do you know seem to have everything? They have the house, the



car, the marriage, the job, the traveling... There are many of them! Now how many of these people are truly happy? Really, truly, authentically and completely happy? The percentages drastically change. Money doesn't equal happiness. Love equals happiness. Where there is love, even just a little, soon follows happiness. Money can make us happy for a little while. Trust me. I have fantasized about this. But if we aren't happy in and with ourselves, we will not be happy with any amount of money that comes our way.

A little... A little goes a long way. A mustard seed is one of the smallest seeds. It also grows into one of the largest trees. There are many of us that have read the parable from the bible of the mustard seed. Although I personally am not a very religious or

big “bible person,” I do believe in some of what has been written.

*The parable of the mustard seed was written in the book of Matthew 13:31 - 32 and says, “The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all your seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds of the air come and perch in its branches”*

*And from Matthew 17:20, “I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you.”*

I do not use this to speak of the bible and religion. I use this because the meaning is so very important to our love of self. When we have just a little faith in ourselves, just a little belief in ourselves, just a little love in ourselves, we have everything we will ever need. We tap into that kingdom of heaven

(Source) within us! Our foundation within ourselves becomes solid and is based on how we speak to ourselves and what we do for ourselves. Our solid foundation is also based on how we look at life. Yes our perceptions are our reality, but they are not always the reality. Sometimes there is more going on for everyone involved than just involving us. Sometimes it has nothing to do with us and everything to do with someone else. When we stand back and look in, we are able to look out from inside. Read that again.

Love first comes from within. Life starts within. A little bit does go a long way. Many of us haven't had a little bit of self love and self faith within us for a long time. We externally seek people or experiences to make us feel loved. We seek situations or events to distract us. In the end we become exhausted and feel even more disconnected from this thing called life than when we began.

Life is not about doing. It is about creating. When we are not creating, we are not growing. When we are not growing, we are not living. When we are not living... We are not here. Life is about creating from every moment for every moment. It's about being in the moment and letting the moment be within us. It's about finding all of the love or possibility within the moment and **allowing** (that is also a BIG word) the moment to find love and possibility within us. Is it easy? Yes. It becomes easier. Is it difficult at first? Truthfully, yes. It is something we have never felt, learned or have done before. Try painting or singing or dancing or cooking or writing or learning a new language. I can promise that many of us will not master these things within the first 24 hours of trying them. But doing these things *feels good* and that is why we keep "going at it." On the day when we sing a song we have been practicing or we show the world the finished painting or we prepare a new recipe for our loved ones, AND they respond wonderfully, *how do we feel?* We feel

GREAT! We feel like we have accomplished something that we invested our time, energy and ourselves in. We created.... Love. We created life. We created from within.

The same is applied to learning ourselves. It takes lessons. It takes practice. And the finished result that we show to the world? SUCCESS! Joy! Appreciation! Happiness! Accomplishment! We invest in ourselves and life invests in us! And we FEEL good! And we start by taking the first step and doing things a little less harsh. We do them a little tenderer. We worry just a little less and we allow a little more. We breathe a little deeper and become calmer and we breathe a little less shallow and feel a little less edgy. We do it ourselves... just a little.

Often when we are dealing with self-love we go inward toward our inner child. Many of our fears, pains, worries and experiences are held here. Look back at your “little” self. Are you

connected? How is she/ he? How are you with looking at them, listening to them? Have you ever asked them how they are? Have you ever listened completely to them? Have you ever allowed them to speak to you? Have you ignored them? Have you neglected them? Let's find them. Let's try a "little" exercise.

This exercise is a visual exercise. Read it through first. You can record yourself reading this and then play it back, close your eyes and listen. Allow yourself to guide yourself through your own visualization exercise toward your inner child; your higher self:



## **Hello Little Me**

Sit or lay in a quiet place. Turn off your phone, turn off your television and make sure you are undisturbed.

Close your eyes (after you read this exercise). Take a slow deep breath in through your nose for a count of 4. Hold it for a count of 5. Exhale it slowly from your mouth for a count of 6.

Do this again. Feel your body relax. Surrender unto the chair, couch, floor or bed you are on.

Pay attention to your muscles, bones and comfort. Are there areas in your body that are experiencing tension? Notice these areas.

Relax them. Breathe.

Repeat the breathing exercise again. Take your time. There is no rush.

Now go inward. Look at your body inside.

Visualize your thigh muscles, bladder, stomach, heart, throat and mind. See these areas opening toward one another. See them flowing and functioning and existing perfectly together giving you life.

See a white light connecting them throughout your body. Notice the white light flowing up and then back down again. And up throughout these organs and then back down again. You feel relaxed, soothed and comfortable.

Now visualize your mind. It opens to a path that welcomes you. It's as if you are now watching a movie.

The sun is shining bright and it warms you. A breeze blows and gently caresses you. You feel loved and guided. Begin now to walk on this path. Feel it under your feet. Take notice of the scenery around you. There are tall grasses that sway gently in the breeze. You look over head and notice a bird flying as you walk. It's as if this bird is also guiding you; protecting you.

This is one of your Animal Guides. Take notice of the type of bird it is. Look at its feathers and colors. Allow this bird to welcome and guide you.

As you continue walking and feeling surrounded by life and love, you come to a stop. The path changes and opens to a field. The field is unending on all sides and you see soft green grass stretching on in every



direction. In the distance you can see beautiful green hills, rolling and flowing.

In the middle of this field you notice a tree. It is big and strong and invites you. You begin to walk toward this tree and notice the bird has landed on it and is waiting for you.

As you get closer you notice something small sitting at the base of the tree. You get closer and closer and notice it is a child. You are curious and you feel safe as a sense of familiarity fills you.

You arrive at the tree. As you look down, you notice that this child is very familiar. This child is looking up at you with eyes that you know all too well. These are your eyes. This child is you.

You sit on the ground in front of the little being. Look at her/ him. Let them look at you. Let them look *into* you. Look into them. Notice how you are feeling. Take notice of how they look. Look at what they are doing. Take this moment to sit within this space with yourself.

Ask them if there is anything they would like to say? And listen. Quietly. Do not interrupt. Do not judge. Allow.

Take this moment to tell them everything you have wanted to say to them. Tell them how much you love them. Tell them that you will never leave them again. Touch their face. Feel their little face in your hands. Kiss their forehead. Tell them how perfect and beautiful they are just as they are.

Take a few moments to share with them and allow them to share with you.

When you are ready, hold them. Spend some time here with yourself, holding your little self. When you are ready, put them in your heart. Do not leave them here. And thank them.

Stand up and turn back now toward the path from which you came. Notice the scenery, the sun, the breeze and your feelings.

The bird now reappears to escort you back to the beginning: your mind. You now have returned to your present thoughts.

Feel your body, move your fingers, stretch your legs and wiggle your toes. Take a deep breath in and hold it. Exhale.

When you are ready, open your eyes.

Look around at your life. This is the beginning  
of your life; your day. You now have made  
contact with your little self and you are both  
united once more.





# Me for Me

The Power to Love Ourselves must start from inside and come *from* our self. With just a little, we become sturdy, wonderful, consistent and solid. Little by little. Bit by bit. Little bit by little bit, we are becoming who we magically and perfectly already are. A little love brings us to more love. Love brings us to life. When we feel alive, we realize we are sailing in our very own ship that we have been waiting for this whole time.

The Power of Self Love truly is a power that moves us. It is the power that moves the world. It is a power that connects us and lifts us. It is a power that is truly the only power there is because it is a power of God, the Universe and Source. Everything else becomes a result of this power. Time becomes the wings that lift this power and life becomes winds that allow it to fly.

We are so wonderfully placed here in our own lives. We are perfectly created to be. We are so truthfully able to experience all that has been promised to us. All we have to do is love what has been given to us for we have been created for ourselves. From here, everything connects and flows.

In a recent meditation that I had with my own little self, I experienced something that brought me to tears and moved me. In my meditation I was on top of a hill and Jesus appeared. He was not the Jesus that I was taught about in church or school when I was little. He was bigger and better and, well, approachable. He sat in front of me and my little self crawled into his lap. She was very comfortable and happy and I watched them. I took it all in. Scenes from all of the pictures I've seen where Jesus sat with all of the children began to spring into my mind. But the difference was that there were no other children and the child that was with him was me.

He looked down at my little self and then at me and smile. His eyes were brown and warm and I could have disappeared into his smile forever. He said in a very calm, soft and definite voice, “Isn’t she perfect?” And I smiled. I looked at her. My little me. A little me who I ran from for my entire life. A little me who I thought was lost and afraid and unhappy. And here? She was none of those things. She was thriving and happy and she **was** perfect.

I responded to Jesus and said, “You know what? She is.” And he said very matter-of-factly and with much validation, “Good. I made her for you.”

With that I began to cry as I was meditating. I wept. I sobbed. To be there in that moment, in the presence of Jesus with all that I am- imperfectly perfect, and to be told that he made me for me... That was a moment I will always be grateful for. It was a moment where I realized I really am truly unique and special- as each one of us perfectly are.


No matter what our belief system is and no matter what or who it is we believe in, when we are told that Source, God or our Higher Power (whoever your God is to you) has made us- created us- *for* us, we discover **OUR** power. And how can you not love that? The Power of Self Love is a freedom and release. It is a discovery and right. It is a gift and realization that we are pure and wonderful right where we are now.



**LET YOUR MOVEMENT BEGIN!**




## Note To Self:

Write a letter on the next few pages to your little self, your inner child. Tell him/ her all what you have always wanted to say and what you have always wanted to hear- from yourself or others. Speak to him/ her as you would speak to a child that you loved... because it is about you loving you. Allow your heart to open. If you cry, it is okay. Many of us have never lovingly spoken to this little one before. Be gentle. Be open. Be you. Allow this. And read this letter often. 



## Note To MY Self:

 Today's Date:

Dear little me,

















# About The Author

April Claxton is an acclaimed psychic medium, intuitive life coach and inspirational speaker. She began her Movement Within and has gone on to help many others worldwide ignite their own personal Movements.

She is the host of the radio show, The Movement Within Radio on [blogtalkradio.com](http://blogtalkradio.com) where she interviews people who are creating a Movement for others. Some of those she has worked with on the show are Melody Beattie, Doreen Virtue, Derrick Ashong, Leslea Newman, Dr. Craig Martin, Barrie John, Mary Osborne, Susan Murphy Milano and others.

April is the CEO of The Movement Within, [www.themovementwithin.com](http://www.themovementwithin.com), and has made it her life's mission to help others find hope and move within themselves and within their lives. April lives in South Florida with her partner and their daughter and their Chihuahua-Pug, Shamu.



Also by April Claxton  
*A children's book:*

## Goodnight Just The Same ©

Written by April Claxton  
Illustrated by Diane Koziol Krueger  
Edited by Marissa Cohen

“No matter the family and who or what  
they’re made of,  
A family’s a family when they all come  
from love.  
To the moon there’s no difference in your  
place or your name,  
For each night every family is tucked in  
just the same.”

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Written by: April Claxton  
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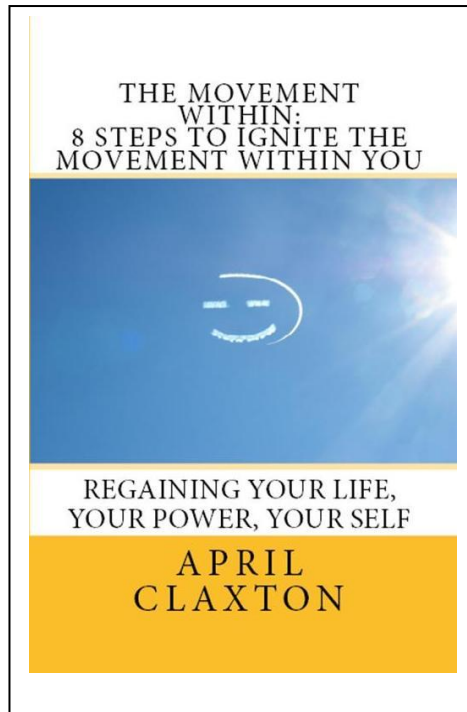




**THE MOVEMENT WITHIN: 8 STEPS TO IGNITE  
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SELF**

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## **End notes:**

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