

## **Subject: September Newsletter – Loving You**

Welcome to the September 2008 edition of “The Art of Creating Ideal Relationships” Newsletter! [www.IdealRelationships.com](http://www.IdealRelationships.com)

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### Loving Someone Else begins with You Loving You

Here at Ideal Relationships, Joseph and I really have one message. No matter what we are sharing or teaching, it all comes down to one main idea: responsibility. We are all about all of us learning to take responsibility at levels barely conceived of before now. Because we have seen it be effective in our lives and in the lives of others, when a person takes responsibility for every single thing, person, situation, etc. that shows up in his or her life, the personal power that accompanies that level of responsibility is transformational!

It is not always easy. Sometimes a person has to spend a little time howling at the moon and processing deep feelings of victimization. However, once that is out of her system, coming back to center and being able to say, “I love me. How did I create this?” and allowing God, the higher Self, the Universe, or one’s angels to help answer that question is a remarkable way to live.

Some who are involved in the art of transformation claim that self-love is not necessary to getting the transformed results one desires. We, however, believe self-love is essential. Self-love goes beyond the feelings of loving oneself. Self-love is a state of being. You can nurture it and cause it to grow. It can fill your well of love so that you have much more love to give to the people, animals, institutions, and causes you love. When you deeply love yourself, you do not want to cause yourself or anyone else any harm!

Aldous Huxley once said, "There is only one corner of the universe you can be certain of improving and that is your own self." We know that the best way to bring out the best in children is to encourage them, build their positive strengths, and help them deal with their weaknesses from a loving stance that accepts who they are even as we challenge inappropriate behavior. Too many did not get to receive such parenting. We can give that kind of loving attention to ourselves.

In fact, the closest we can come to getting the love we did not get when we were children is to give it to ourselves. I do not know about you but as for me (Sarah) the older I get the better I appreciate that when I was little, I perceived my parents as gods, but they perceived themselves as first-time parents of first a baby, then a toddler, young child, teenager, young adult and they did the best they could. All any of us can do is the best we can at any given time.

The beautiful part is in this present time we have the information and tools we need to determine how best to love ourselves so that we have more love to give away.

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Wishing you many blessings as the love you give yourself spills over to those you love!

Joseph and Sarah Elizabeth Malinak

Authors of *Getting Back to Love*, see [www.GettingBacktoLove.com](http://www.GettingBacktoLove.com); Coaching for Love at [www.IdealRelationships.com](http://www.IdealRelationships.com); and Destiny Card Relationship Consultations with Joseph using the Cards of Destiny at [www.josephmalinak.com](http://www.josephmalinak.com).

Coming Soon: [www.SarahElizabethMalinak.com](http://www.SarahElizabethMalinak.com)! Look for news about it later this month!!

P.S. Pass along this newsletter to anyone in your life you feel would enjoy it!