

What  
Inmost  
• Connection •

Why  
Inmost  
◆ Love ◆

Who  
Inmost  
■ Connector ■

Love regards the Bonds of People.  
Inmost Love regards the Bond to Oneself.

To love yourself and restore Love of your own Heart:

**Care for yourself.**

Begin with your body.

Begin with your time to breathe.

What you eat makes you, so eat the goods of Earth.

How you move shapes you, so move with Purpose.

**Know yourself.**

Know what you can change.

Know what you cannot and what you need not.

**Be your own friend.**

Speak well to yourself. Use kind words.

Make chances to trust yourself.

Start small and grow from there.

Believe in yourself.

And when it's time for others, set your boundaries.

**Accept yourself.**

Accept your appearance and your past.

Move forward by comparing yourself only to who you were.

**Control yourself.**

Have standards and live up to them.

You can make mistakes, so learn to forgive yourself.

If you have today, you have a chance, you have hope.

You are worth Goodness.

Despite any wrongs you have done.

Despite any wrongs that have been done to you.

You are always worthy of Goodness.