



*“If you don’t know how to love and respect yourself, a notion that challenges the very existence of self, it means you aren’t capable of loving others.”*

Love is one of those rare words that has a vast range of definitions, meanings with different interpretations, re-interpretations through perceptions, all of which can result in perplexing inferences. And all that is before you realise that these definitions change in context to different relationships. One thing is certain, regardless of its meaning and the relationship at hand, at the very core, love is about bonding.

It was during a reiki session a couple of years ago that I happened to learn a very important thing about love. The reiki master

# Love yourself first

To love oneself guarantees at least one true romance for life, discovers **Ruzan Khambatta**

explained how women normally have a habit of doing things for their parents, husband and children. They sacrifice their personal goals for them, and sometimes, in doing so, neglect themselves—their feelings, emotions, and even their needs. What’s worse, explained the reiki master, women tend to think of it as a supreme sacrifice. “A notion that challenges the very existence of self, as though you don’t know how to love and respect yourself, means you aren’t capable of doing it for others,” stated the reiki master.

On further introspection, I realised that each of us have five significant parts in our lives—the physical, mental, social, emotional and spiritual. It is only when all five of these resonate in harmony, that we can attain eternal bliss. Thus, to my mind, being in love with oneself would not only help us acquire a great physique, mental stability, social bonding, emotional strength and spiritual growth, but an overall feeling of euphoria. And if you really think about it, once you know how to love yourself, your potential becomes astronomical and your self-esteem rises.

The law of nature says that whatever you give, comes back to you exponentially. So, with the

same logic, the more love you give yourself, the more you get. And with more love, you can be a much stronger person in whatever you do. It will keep you energised and inspired.

Love is governed by the heart and work is governed by the mind, and when the heart and mind work in harmony, it results in excellence, gaining an object of desire, a world-class product, service, processes and so on. So always do what you love and love what you do.

Usually, it is perceived that love is a feeling, an emotion which cannot be seen, but experienced. But I’d rather put it like this: Love is visible through our work. When we do what we love or love what we do. Haven’t you felt that unseen love in the food that your mom may have cooked for you or in a special gift or help doled out by a friend? Love does have a form and shape, it is for you to know it and appreciate it.

Let’s have a reality check. We’ve all experienced that passion and commitment brings out the best in whatsoever we do. Psychologist Robert Sternberg proposed a triangular theory of love that suggests that there are three components of love: passion, commitment and intimacy. When





you have that passion, you feel a strong pull to make things happen. It is that pull which fuels persistence, and persistence—guided by both your heart and your mind—is a vital part of the path to success. It's your passion which makes you go to work every day and achieve. And without passion, success will never come your way. Passion triggers the rush of adrenaline to achieve, to make things possible. Many believe that commitment is suffocating, an end to freedom. But this is a wrong notion. Being committed and staying committed is a mindset which brings out the best in you. Commitment sparks and ignites action in you. It is this action, which transforms into results, which, in turn, leads to achievements and success. If we commit ourselves to a set of beliefs, values, and principles, and deliver the best, whether it's in terms of a product, services, processes or systems, it results in excellence.

Intimacy is defined as a close, warm friendship, an emotional bond. As humans, we are all emotional. We get attached to the things we desire easily. We instantly form an emotional bond, with living or non living things. So, when these three components (passion, commitment and intimacy) get connected at the fundamental level of mind, body and soul, it results in breathing life into love. Thus when you love what you do or do what you love, you are bound to be successful on all fronts.

Last year on Valentine's Day, I received a very thought-provoking SMS. "Grammatically, 'I love you' is a statement and not a question. But we still seek an answer to it." I sure wonder why. •

**The writer is an IT entrepreneur, businesswoman and columnist**

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