

Self Love      Jaiya John

Self love is not a light switch you flip.

It is a garden you grow.

Patience Dear one. (It takes patience)

Patience will bring you the most phenomenal flowers.

(Paciencia, Querida.)

Self-love is revolutionary. It is medicine against all harmful spirit in the world. Your people need you to nurture you, so you can stand for your people.

Small daily offerings to your soul become a mountain of strength and endurance over time. Allow your growth to be gradual, not spectacular. Grain by grain you make your mountain.