Power of Self-love.

Walking along the pathways of the university, I overheard a couple of girls commenting on my choice of clothing. Naturally, I felt a hint of discomfort at the idea that two girls were, perhaps, judging me. I felt my shoulders start to slump, and in that moment, I realised that a simple negative comment can have a significant impact a person's entire demeanour. A small comment from someone, even if it's someone you do not personally know, can have a significant affect on one's self-esteem, and subsequently, one's entire life. So, we should ask ourselves, why is it that everybody else's opinion about us can have such a significant affect on the way we personally view ourselves? And, how can we change this idea that everyone else must like us, before we are able to like ourselves?

Society dictates the norms of many situations, from the way people are meant to behave to the way people are meant to look, and even the way people are meant to love, and we as humans are socialised to always believe and follow these norms. We are taught that some things are accepted by society and those things are what are attractive, and the things that society frowns upon are unattractive. Yes, these norms differ from place to place, and from culture to culture, but the generally accepted principle still stands. Within a certain society, the things that are considered attractive and unattractive are the things that many people strive to be, and avoid being, respectively. From young ages, girls are taught what they are meant to look like, dress like, and act like, according to their relevant society, and men are taught what they are meant to look like, dress like, and act like. This socialisation, although helpful to be accepted within a society, creates a warped image of what people are meant to be, never once taking into account the impact it has on an individual's self-esteem, self-worth, or the expression of their individuality. This idea that we are meant to do things a certain way can have an extreme negative impact on people, as they are taught that only one way is the so-called "correct" way to do things. People eventually find themselves in a state of self-hate because they are unable to achieve the norms that have been set by society.

The idea of self-love may seem far-fetched, especially in a society that beats people down for being themselves, but the truth is, self-love can go a long way. Self-love, although it cannot change the world in a heartbeat, can change the way you react to the world and how you function within society. For years, I struggled with self-esteem issues, all I wanted was for someone to like me. I tried to turn myself into someone that I wasn't, yet, I still wasn't happy. That's when, I discovered the power of Self-love. I learned to accept and appreciate my characteristics that previously troubled me, and in doing so, I learned how much I had been brainwashed into thinking that there was only one correct way to exist. I had been taught that there were only two acceptable genders, and my genitals dictated my gender, but I soon learned that this was not the case for me. It felt as if I should just give up, then I found the power of self-love, and the difference that it can make in one's life, and my discovery of this remarkable concept has changed my life.

Society has dictated our entire lives, but what were to happen if we decided to move against the grain? What will happen if we decided to incorporate self-love into the magazine articles that people read? Well, the answer is simple, society will become more accepting of different people. Instead of breaking people down for being unique, and authentically themselves, people should be praised for showcasing themselves authentically, however, this change can only begin once we adopt the concept of self-love. When people start loving themselves,

instead of constantly comparing themselves to others, and criticizing themselves, they will be able to see that by loving yourself, you can lead a much happier and healthier life. In my own personal experiences, once I had learned to accept and embrace my quirks, I actually learned to love more freely and more wholesomely. I had led a much happier life since then. The power of self-love is remarkable, and it's something that everyone should try.