

# Self-Love: Soul's Center and the Basis for All Emotional Healing and Growth

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## **Abstract**

This article explores the concept of self-love through the lens of the psycho-creative approach, positioning it as a vital foundation for emotional healing and conscious growth. Unlike traditional perspectives that often confuse self-love with narcissism or reduce it to temporary self-acceptance, this framework recognizes self-love as an active, ongoing, and creative relationship between the individual and their inner self. By integrating emotional, spiritual, and practical elements, the article articulates the transformative power of self-love in restoring internal flow, nurturing self-worth, and deepening the connection to the higher self and the natural order of being. Love is probably the most desired and needed element in life. The author argues that this vital aspect in human's life is first and foremost a personal asset that can and should be cultivated from within with no dependency on getting it from outer source. The Psycho-Creative path offers effective tools for the individual to reclaim and create love inside him, using and activating the basic natural human resources he came to life with.

## **1. The Inner Dialogue: Self-Love as an Ongoing Relationship**

Self-love begins with the recognition that each person is in a constant relationship with themselves. This inner relationship—between 'I' and 'myself'—is foundational. The psycho-creative view holds that the individual is inherently dual in consciousness, and that inner dialogue shapes emotional reality.

This awareness, coupled with the choice to actively nurture this inner relationship with steady and continuous gestures and messages of love, helps individuals move away from self-alienation and toward a conscious, compassionate dialogue within.

When people recognize that they are never truly alone—that an ongoing interaction is happening within—it becomes clear how impactful this dynamic is on mood, decisions, and resilience. The inner relationship becomes a core reference point and a place that calls for ongoing growing responsibility to make this given and constant relationship a loving one.

By cultivating this awareness of being inside a continuous "inner relationship" that its nature is solely the result of the way we address ourselves, daily, people can create the conditions for inner peace, clarity, and self-direction. Self-love in this frame is not abstract; it is the living tone of one's inner communication.

## **2. The Active Nature of Self-Love**

Self-love is not a static state but an active practice. You never reach the "ultimate state of loving yourself..."

Like in any meaningful relationship, having self-love present in the inner relationship requires regular nurturing, even in times when it is harder to do so. Verbal loving affirmations, daily practices, and intentional moments of kindness toward the self are crucial for maintaining emotional health.

Neglecting this part in the relationship with ourselves leads to inner emotional distance as well as episodes of inner self-intolerance while active maintenance fosters a sense of vitality, self-confidence, inner belonging and inner support. The practice of self-love must be cultivated like a daily ritual, with conscious choices that reaffirm one's worth. These include compassionate self-talk, rest, nutrition, and boundaries that may be needed to make sure we get what we truly need and avoid what is not appropriate for our well-being.

Over time, these practices develop emotional muscle memory that stabilizes one's self-image. The more frequently this nurturing is enacted, the more self-love becomes a reliable inner presence. The term "emotional muscle" represents the continuous and never ending need to keep the practice, keep the proper attention, keep the active inner love flow, every day, all time.

## **3. The Psycho-creative Definition of Self-Love**

According to the psycho-creative perspective, self-love is the ongoing expression of care, compassion, and unconditional support toward oneself. It is never egotistical or narcissistic; on the contrary, it is a fundamental sign of mental wellness. Self-love is both a place "to be in" as well as a place we should be active in "creating and maintaining."

The distinction between true self-love and egocentrism is essential. Egoism often arises from a void of self-love and a dependency on external validation. Genuine self-love, in contrast, reduces this dependency and empowers people to be emotionally autonomous. It provides a secure base from which people can relate authentically with others. In this view, self-love functions as emotional infrastructure, holding the

self together through life's challenges. It is dynamic, adaptable, and deeply rooted in the psyche.

The best way to define self-love may exist in the place where all people connect to love rapidly: with their young children. So "loving yourself" may be defined as having similar feelings you have to your children, also to yourself. It is the same color, the same vibration and the same depth. This may be the compass for people who seek for their true self-love.

#### **4. Emotional Healing Begins with Self-Love**

All emotional wounds are, at their root, disruptions in self-love. Without this foundation, individuals may struggle with self-worth, fall into addictive behaviors, or develop self-destructive patterns.

Restoring self-love is therefore the first step toward emotional healing. When individuals turn inward with kindness rather than judgment, they open space for healing energies to flow. Emotional pain often signals where love has been withdrawn. Approaching these wounds with compassionate inquiry allows the psyche to recover and reorganize. Healing begins not with fixing, but with loving presence. As self-love increases, dysfunctional patterns lose their grip, and new capacities emerge.

The process of emotional healing with self-love involves stopping vicious cycle in which lack of self-love induces disruption in self-image and self-care followed by increase in suffering and bewildering that eventually lead to decline in self-love and so forth.

Once self-love is restored properly and in a continuous manner, this vicious cycle is drained from its resources and in time replaced with positive-nurturing inner cycles that promote the healing reciprocal connection between self-love, creativity, hope, passion, optimism and more.

#### **5. Self-Love and Conscious Growth**

Growth of consciousness depends on inner nourishment, and nothing nourishes like self-love. It fuels desire, enhances trust, and enables the individual to move forward meaningfully.

Self-love creates the emotional safety necessary for exploration and transformation. Insecure or self-attacking inner climates prevent authentic growth. But with self-love, curiosity and courage arise. The inner critic softens, and creative impulses flourish. Thus, personal development becomes sustainable. In the psycho-creative model,

consciousness expands most effectively in a climate of self-nourishment. Self-love offers not only the fertile soil, but also the sunlight for this expansion.

The nice thing about the powerful properties of self-love in promoting conscious growth is that it is a very handy and easy to operate tool that can be operated immediately in all situations if only the individual makes the choice to use this inner asset of his.

The psycho-creative view of personal growth states that self-love awareness and practice are basic mandatory requirements for growth. In other words – "as long as you do not love yourself enough, your self will resist growing in the creative and glorious way it can."

## **6. Self-Love and Internal Flow**

Emotional flow—an essential element of psycho-creative wellness—requires a loving relationship within. Where there is stagnation or internal conflict, self-love reintroduces movement, clarity, and renewal.

When love is flowing inside, energy moves freely between the emotional and intuitive layers of self. Emotional blockages, often formed by fear or shame, begin to dissolve. Self-love facilitates the restoration of emotional circulation—what psycho-creative thought views as the healthy energetic movement within the self. Flow is a sign of life. It manifests as a sense of alignment, of feeling 'in tune' with oneself. When flow is present, emotional responses become more regulated and adaptive.

Internal flow is further represented externally through enhanced flexibility and creativity, that manifest the flow from the inside to the outside, govern and assisted by self-love, that removes all fear based blocks that disturb flow.

## **7. Barriers to Self-Love: The Addictive Mind**

Addiction to problems, self-judgment, and internalized drama are symptoms of a love-deprived inner environment. These patterns can only shift when one re-establishes a nurturing dialogue with oneself.

As far as the diagnostic process to such states the author offers a "rule of thumb." Whenever emotional problems persist and involve self-judgment and clear signs of addiction to drama or to victim position, one can safely assume that a lack of self-love is a major component of the reasons for these stubborn conditions.

Many people mistake their inner harshness for honesty, believing that criticism will lead to improvement. Yet such inner climates that devoid the necessary

enlightenment of self-love typically deepen insecurity. The psycho-creative view suggests that addiction to drama and negativity is a poor and ineffective compensation for emotional emptiness. The cure is not suppression but re-direction—toward a steady infusion of self-love. By reclaiming the voice of compassion, individuals shift their internal atmosphere. Patterns of addiction and conflict begin to lose their charge while hope and sense of potency gradually grow the more self-love become a permanent part of the state of mind as well as action.

## **8. Cultivating Self-Love: Practices and Tools**

Concrete tools such as mirror work, self-loving affirmations, and daily rituals help internalize the experience of love. These practices rewire the mind toward better self-acceptance and self-care.

Such tools must be approached with intention and consistency. Mirror work, for instance, allows the self to be both subject and object of loving attention. It breaks the cycle of self-avoidance. Self-loving affirmations reprogram internal narratives shaped by trauma or neglect. Rituals—such as placing a hand on the heart or speaking kindly aloud—root love in the body. These practices strengthen neural pathways of compassion. Over time, the inner world becomes a sanctuary of warmth.

The Psycho-Creative approach uses the term "healthy nature" to describe innate qualities that can be manifested and have positive influence once practiced in a continuous manner. Self-love is a major example of healthy nature. The more it become a habit and something to devote to, the more it "returns the investment" in term of increased self-confidence, better connection to passion, increased courage, reduced self-judgment and more.

## **9. The Spiritual Core of Self-Love**

Self-love connects us with our higher self and with the divine. Through it, one can experience the universal love that underpins all creation, recognizing themselves as a sacred vessel.

This connection redefines identity, replacing egoic striving with spiritual intimacy. In self-love, individuals encounter not only their humanness but also their essence. They discover that the divine is not distant—it is embedded in their capacity for love. The more love one generates within, the more attuned one becomes to the sacred dimension of life. Thus, self-love is not just psychological; it is a spiritual alignment. It reveals the soul's architecture.

From a more spiritual stand point one can view the sensation of self-love as the representation of god's love, within. If one's faith is that god loves all creatures, then self-love assists people to get in touch with this god-human connection, through pure

experience of having love inside, love that has no conditions, exists as a total autonomous phenomenon that human being is given the privilege to get in touch with, by choice and by practice.

## **10. Beyond Acceptance: The Limits of Traditional Therapy**

Many therapeutic frameworks stop at self-acceptance, yet the psycho-creative model insists on going further—to sustained, growing self-love as the true vehicle for transformation.

Self-acceptance often serves as a transitional phase, but it lacks the vitality and momentum of love. Acceptance tolerates; love embraces. In therapy, this distinction matters. Without the emotional warmth of self-love, self-acceptance can become passive. The psycho-creative approach views love as the animating force of change. Love invites participation, risk, and renewal. Only in the embrace of self-love can individuals fully shed their old patterns and step into authentic transformation.

Furthermore: one may approach this "economically:" self-love is a "better investment" than only self-acceptance. It lasts longer, it is more resilient and it contains self-acceptance within it, while self-acceptance does not involve self-love because it is more a "thinking mode" than a "feeling mode", and is mainly just a temporary struggle with the tendency for self-judgment.

While self-acceptance may be a good tool for improving self-image and reducing self-judgment it should never be a primary goal but better a secondary tool that comes together with the idea of creating a state of love within.

## **11. Self-Love as a Creative Power**

Self-love is an act of creation. It is the way in which individuals generate within themselves the very emotional sustenance they seek from others. This creative capacity affirms human potential.

The ability to generate love internally is perhaps the most empowering realization available to the psyche. It marks the shift from emotional dependency to inner sovereignty. Through self-love, individuals become authors of their own worth. They cease outsourcing love and begin creating it. This act mirrors the very principle of creation: generating something meaningful from within. The psycho-creative path affirms that this inner artistry is sacred and necessary for well-being.

The more one practices self-love and the more self-love becomes a product of one's initiation and creation, the more the personality documents precedents of the ability

to create better life using natural resources only. This internalization makes a significant contribution to a more general realization of the ability to generate a growing impact on one's path of life, through the power of natural creation based first and foremost on love.

## **12. Conclusion: The First Pillar of the Psycho-creative path**

As the foundational pillar of the psycho-creative world, self-love is the source from which all other principles emerge. It informs flow, balance, healing, and the very capacity to grow.

The six other major structures of the psycho-creative world, reducing self-criticism, emotional creativity, emotional transformation, addiction to problems, feminine-masculine energy balance and the healthy nature principle, all depend on the significant and decisive presence on self-love, like the womb and the fertile ground that allows all the rest to grow and thrive.

The presence of self-love ensures emotional alignment and spiritual integrity. Just as a building depends on its foundational columns, the psyche depends on love to maintain its structure. Love is not a supplement; it is the essence. As the first pillar, it holds the sacred space in which transformation becomes possible.

Love has been and will always be the most desired goal of mankind. In the end of the day all things lead to the same place – the need for love, the growth and positivity that comes with it and all the challenging consequence of its absence.

Having the idea that this sacred and most needed element of life is within everyone's reach and relatively easy to generate and expand may be one of the most hopeful messages possible. This phenomenon may also call for a stronger educational focus on love and the ability to create it from within as way to grow a healthier society, made of people who independently carry their love inside them and use it to heal themselves as well as others.

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