

# “The Investment in the Real World”

## (T-12.VIII)

Today I want to do things a little differently. I want to focus on just one line from today’s section:

As self-value comes from self-extension, so does the perception of self-value come from the extension of loving thoughts outward. (3:8)

Actually, I want to focus just on the second half of the sentence, which we can state this way:

The perception of self-value come[s] from the extension of loving thoughts outward.

The import of this is obvious: The way we gain a sense of self-value is to extend loving thoughts to others. That’s not “a” way; it’s “the” way. This is not how we normally think.

Note that it’s the extension of loving thoughts. Extension carries a sense of behavior (though it can be strictly mental), but you can fake loving behavior. The nice thing about the phrase “loving thoughts” is that it suggests the love is *genuine*.

There is a lot to reflect on here:

### **1. We are always seeking the perception of self-value.**

Think of how many things you do that aim at giving you a sense of self-value. Let’s name some.

Service  
Work  
Money  
Goals  
Appearance  
Loving  
Degrees  
Jobs  
Clean house  
Protesting  
Eating healthy, weight  
Thinking critically  
Discipline  
Lying  
Parenting  
Art  
Meditation  
Buying things  
Being funny

Followers and likes on social media  
 Clothes  
 Quilting and knitting  
 Caring for animals  
 Being spiritual  
 Playing music (harp)  
 Being here  
 Volunteering

**2. Our usual methods are different than “the extension of loving thoughts outward.” They have more to do with getting than with giving.**

Let’s look at our list. Our usual ways tend to involve getting and winning.

**3. Our usual ways don’t work very well.**

Our sense of self-value is like a sickly body: ailing, fragile, drained of energy, and in need of constant care. Could something be fundamentally wrong? Could the getting and winning approach actually backfire?

**4. Deriving our sense of self-value “from the extension of loving thoughts outward” makes intuitive sense. It feels like it promises success.**

Just try it on for size and you’ll see what I mean.

Begin by saying *“The perception of self-value comes from the extension of loving thoughts outward.”*

Feel loving thoughts go out from you. And then feel your sense of self-value brighten.

Then pick someone and say *““The perception of self-value comes from the extension of loving thoughts to [name].”*

Then pick someone else and say *““The perception of self-value comes from the extension of loving thoughts to [name].”*

As you feel loving thoughts go out from you to these people, can you feel you sense of self-value brighten?

Is it possible you’ve been going about this all wrong?

If so, make a silent commitment now to seeking the perception of self-value through the extension of loving thoughts outward.

## The world’s wisdom for valuing yourself

<p style="text-align: center;"><b>How To Love Yourself And Be Confident With These 15 Self-Love Tips</b> (from TheLawOfAttraction.com)</p>	<p style="text-align: center;"><b>Accepting &amp; Loving Ourselves in 10 Simple Steps</b> (from TinyBuddha.com)</p>
<ol style="list-style-type: none"> <li>1. Have Fun By Yourself</li> <li>2. Travel Once A Year</li> <li>3. Forgive Yourself For Your Mistakes</li> <li>4. Surprise Yourself</li> <li>5. Start a Journal</li> </ol>	<ol style="list-style-type: none"> <li>1. Validate our feelings, “It’s okay to feel bad sometimes.”</li> <li>2. Refrain from judging or placing negativity on our thoughts or feelings.</li> </ol>

<ol style="list-style-type: none"><li>6. Give Yourself A Break</li><li>7. Learn How To Love Yourself By Saying No To Others</li><li>8. Make A List Of Your Accomplishments</li><li>9. Make A Vision Board</li><li>10. Pursue New Interests</li><li>11. How To Love Yourself By Challenging Yourself</li><li>12. Give Yourself A Break</li><li>13. Give Yourself Credit Where Credit Is Due</li><li>14. Work On Your Self-Trust</li><li>15. Take Care Of Yourself</li></ol>	<ol style="list-style-type: none"><li>3. Give ourselves a little extra comfort and soothing.</li><li>4. Listen to and respect our inner experience.</li><li>5. Reassure ourselves that what we are experiencing will pass.</li><li>6. Remind ourselves of all the wonderful things that we are.</li><li>7. Be grateful for the little (and big) things in our lives.</li><li>8. Take action towards improving elements in our lives that negatively affect us.</li><li>9. Commit to our physical health—cut back on drinking, improve eating habits, and exercise regularly</li><li>10. Invest in our psychological/emotional/spiritual health.</li></ol>
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