

## The Mind Set

### These rules must be followed...

Always do your best.  
Always help whoever, whenever, and wherever you can.  
Keep your life straight or you are a failure.  
Strive for perfection and constantly judge yourself against this standard.  
Feel guilty and angry with yourself when you procrastinate.  
Lastly, mask feelings of inferiority with arrogance and a false sense of superiority.

**Unfortunately the above is the mindset of many.**

This collection of beliefs and assumptions about oneself provide nothing but a false sense of security and familiarity. Though it may feel like the truth, it is nothing more than a lens by which we view the world.

**There is a shift occurring!**

**“YOU CANNOT CONCEIVE OF YOURSELF, YOU CAN ONLY BE YOURSELF.”**

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**Mind Body  
Partnership**

*The power of people.*

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*An interview with the Divine*

*Features*

**The Exploration of Self-Love**

**Sponsored by**

## What you need to know.

### Compassion is positively associated with:

- Life satisfaction
- Wisdom
- Happiness
- Optimism
- Curiosity
- Learning
- Social connectedness
- Personal responsibility
- Emotional resilience

### It is negatively associated with:

- Self criticism
- Depression
- Anxiety
- Rumination
- Thought suppression
- Perfectionism
- Eating Disorder

### The shift:

- You are inconceivable and indescribable
- Concepts about yourself are not you
- The underlying calmness is you
- The interaction between created and creator is you

**\*This is going on right now and forever!**



### Is it okay to love the self?

Society defines self-love as egoistical and unrealistic. This is likely because the focus seems to be on what we can get for ourselves. Spiritually, we hear that love comes from within, the very core of who we are. But, if love comes from the inside, what is it? We've all asked the question. Most of us experiment for the answer through giving and taking, even sacrificing. We dream up scenarios of love with people we want to get close to. Is love those moments that we feel happy and satisfied in our lives with the people we choose to be around us? In that context, love is defined as self-happiness.

### The meaning of love

Medical science and spiritual teachers worldwide are agreeing—love is the space between our cells. What? It is within the silence. It cannot be known except through your separation from it. Yet, when it is experienced it is remembered.

**“DEEP SPIRITUALITY  
COMES FROM KNOWING  
THAT WE ARE THE LOVE  
WE SEEK.”**

## Compassion?

### What it is

Suffering with the self: that includes kindness and warmth towards oneself. Especially when encountering pain and personal shortcomings, rather than ignoring them or doing self-loathing through criticism. Suffering with the self is a form of mindfulness which takes a balanced approach to negative emotions. Importantly, it distinguishes between negative memories and an immediate feeling.

### What it is not

Suffering for the self: extending victimization in moments of perceived inadequacy, failure, or general suffering.

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