

How to Honor Your Self Without Being Selfish,
(and why you should)

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In the 1980's the "me" culture became an interesting topic of conversation. Mainstream culture began, what I consider to be, an ascent into self-realization through the idea of "me first." "Me first" has created controversy owing to the idea that if one put themselves first, they are selfish and self-centered. As we moved into the 90's and 2000's, "me first" mostly garnered negative connotations.

As it pertains to attracting abundance, love, or aligning with purpose, to do so with authenticity and clarity of vision, we must listen to our inner voice. We all have an inner navigation that directs us if we allow it to do so. That voice rests in the seat of abundance itself.

Culture tells us who we are supposed to be. It tells us what the rules are, and what is acceptable and unacceptable. Further, if we do not follow the proscribed rules, we can be shamed in many different ways. Through expulsion from family systems, penalties in the workplace, or pointed criticisms of our viewpoints or actions. Those external guard rails too often override our inner navigation. This is how "me first" began, attempting to give breath to the inner voice. But it got off track toward selfishness.

We instinctively know that we must orient our lives from a place of generosity. We are all connected. We are one. However, we struggle against thousands of years of cultural programming telling us what generosity needs to look like, and how we are supposed to do it. We did not go far enough with the "me first" idea to understand its true purpose.

All input and societal norms are not bad. When they come first in our thought process, and then impose themselves on our inner navigation we become servants to our life has opposed to masters of our destiny. From a servant position we create life from a place that lacks authenticity and power.

The difference between selfishness and self-love is that when we love self as a spiritual responsibility rather than a gratification, we show up in life with more power and influence to effect good in the lives of others and on the planet. If we show up as "me first" as a response to external expectations, we are not showing up at all. We are feeding an unconscious belief system based in scarcity

The great opera singer, Beverly Sills, said "there are no short cuts to any place worth going." She could not have been more right. We think we can avoid the stillness of being with ourselves. We can. We have free will to do so. Without being in right relationship to self, we limit our ability to thrive and receive the unlimited benevolence available to us.

When we want to attract love or abundance into our life, and have it be enjoyable as opposed to draining, we must be good receivers. What is a good receiver? It is someone who cultivates a state of being that is open and high vibration. It is a being who can welcome the divine food of life; however it shows up. We see an inherent abundance in life. I liken being a good receiver to planting a garden or flowers. If you put a seed in dry barren soil, and never give it water it will not prosper as well as soil that is fertile and rich in nutrients. We want to see our energy and our state of being the same way. To expand into the fullness of our being, as the divine intends for us to do, we must attend to ourselves. Create fertile soil energetically. That means we become skilled at seeing the filters we use in daily life. We learn to delineate the cause of our reactivity or heal residual wounding that is present in all of us. All this takes time and attention. If we do not give ourselves the attention required to be in right relationship to ourselves, we will measure our wellness externally. That approach toward wellness is a hungry beast that can never be satisfied.

I believe that generosity and compassion for others is critical to wellness in general. We are one. We must be there for each other. That same generosity and compassion must extend to ourselves first. Otherwise, what we contribute to others is tainted with our own unconscious energy. If we want to give in meaningful ways we want to give from our most authentic center. In that we give the best energy and the most love. We truly raise others up.

Rather than "me first" see it as "self-love" first as a spiritual practice causing us to be available at the to others at the highest level possible.