

# My Somerset Life

## A diary by Brian Snellgrove

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# Is self love selfish?

I found this article under a message from an Arcturian Council source via <https://goldenageofgaia.com/2022/11/29/the-9d-arcturian-council-through-daniel-scranton-why-most-romantic-relationships-dont-last/>

I am reproducing it in full as it is so novel and so good.

<https://tinyurl.com/bdd8uwsb>

“Greetings. We are the Arcturian Council. We are pleased to connect with all of you.

We are giving ourselves everything that we need in order to be the best versions of ourselves for all of you and all of the other beings that we are helping in this universe of ours. We do not hold back when it comes to giving ourselves the love and compassion that we enjoy receiving so much from others.

One of the greatest secrets that you are not taught in schools or in religions is that if you want others to treat you a certain way, then you must first treat yourselves the way that you want to be treated.

This is the golden rule, part two that we are talking about. Yes, you want to treat others the way you would love to be treated, but you also have to treat yourself the way you want others to treat you.

The universe is a gigantic mirror, and it always reveals to you what’s going on inside of you, rather than what you want the world to think or see. Whatever you want others to think and say about you, please think those thoughts and say those things to yourselves. Tell the universe, and show the universe, what you want to see reflected back to you from your fellow humans.

You have so much more to give others when you first feel whole and complete in yourselves. This is the key reason why most relationships that are romantic in nature do not work out or do not last until death do you part.

It is because at least one of the individuals in the relationship is looking to the other to give them something that they've never been able to give themselves. And at first, it is easy for the other person to do that, but eventually, they will get caught up in other aspects of life and forget to give their partner what the partner needs and wants. And that is usually when the relationship fizzles out.

But if you make the way you relate to yourself a priority, then there is no end to the amount of love, praise, and adoration you can receive from your fellow humans.

This is something we would love to see being taught in your public school systems, but sadly, it is not even spoken about in the curriculum. And most of you have to wait until you are adults to realize what has been missing from your lives for decades.

We are here to give you permission to give yourselves everything that you want and need from your fellow humans, and let everyone else off the hook, for now. Just trust that they will start to reflect to you that self-love that you will dedicate yourselves to from this point forward in your lives.

We are the Arcturian Council, and we have enjoyed connecting with you."

end

It remind me that being viewed from a higher perspective enables clearer and more nuanced thought. – Brian

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