

Self love and my typical day in Cusco Peru

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Self love - so important. The words "Love your neighbor as your self" include the idea that you love yourself! All of yourself, warts and all. We can only truly love others as much as we love ourselves I believe. So this Wednesday's gathering on [loving our bodies](#) is very timely. In modern society there are so many message, adverts that say we are not enough. Time to change those beliefs!

I was asked what is my Typical day? I start with doing yoga and other spiritual work, eat fruit and nuts at the hostel, visit at South American Explorer club or Healing House nearby and have interesting conversations, eat lunch at small restaurant, meditation MP3 and nap, computer work, dinner at restaurant - I taught them how to make raw zucinni soup so I can eat vegan and raw! May do some healing work on someone, read novel or watch part of DVD or surf interest or tonight go tango dancing at SAE club.

Today I went on hike to hills and ruins near Cusco and did yoga with a group there - great energy. Then talked with woman who runs Healing House about doing a healing exchange and teaching there. And had a long conversation with a guy who has been doing jungle healing and Ayawaska journeys -I like the idea of the spirit journeys, less so the drug to get there...