



*Channelled wisdom*

*How to*

**LOVE OURSELVES  
&  
LOVE OTHERS**

Channelled by

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# HOW TO LOVE OURSELVES & LOVE OTHERS

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# Preface

Spirit invited me to devote some of my time to channelling books - both on my own and with others, along with teaching people to channel books.

They effortlessly brought six of us together to channel information for this book on the topic of 'How to Love Ourselves & Love Others'.

We have all been involved in spirituality for many years, and through a meditation we each brought through a guide, asking them to work in harmony with each other to provide cohesive information for us. The messages in this book contain the wisdom channelled from our guides.

We hope you find it helpful.

Enjoy!

Kim Chamberlain

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# HOW TO LOVE OURSELVES







his is very exciting, and much needed at this time.

Many people have lost confidence in themselves, have lost their way and their self-esteem. They need this book; you can help – we can all help with this.

This will help to improve the lot of the people and that of the earth, your Earth Mother and your Sky Father, for we are all ONE, and what you do for one you can do for ALL.

The pen is mightier than the sword though you wouldn't know it at this time. There is much to fight for. For some it is money and power, control of the people. There is the raising of the sword everywhere you look, but we will lay down our swords for love is all that we need here, and we can share our love with words and gestures of kindness wherever we go.

Someone spoke of 'reaction, resistance and revenge'; this is not the way to be at this time. There is no revenge, for revenge only harms others and yourself also. You need to look inside yourself to seek the real you, to discover your Soul plan and your life journey on this earth plane.

There is much love there if you choose to see it. Love will create growth, create friendship, and will create a new world – a brave new world. A brave new world for all to experience. So, look at the stars, the moon, the sun; look all around you. Immerse yourselves in nature; immerse yourselves in the cool clear water that reflects everything around you, for all that you see is a mirror of yourself - you are the world and the world is in you, and this is where you will find your true self. This is where you will see the truth, the light and the love. This is the path, the true path of your Soul, you will KNOW this and love the journey.



How to love oneself.

We are immediately drawn to what, at the moment in your life, brings beauty. What in your life makes you feel at peace, makes you feel in harmony? What about joy? These are all aspects of love.

When you walk into a room do you see a flower that makes you smile and then that smiling opens your heart? Do you feel it? Is there a song that makes you smile and allows your heart to open? What makes your heart open? Do you have to know?

Take the mind out of it and allow your feelings to come forth. To sit and be in touch with your feelings is so important at this time, so you can understand what love is.

It can be love of nature; it can be love of animals; it can be love of being around uplifting people.

When you got into a room of negative people – how does that make you feel? You immediately want to go into the opposite.

So to lead by example, one chooses to be happy and to be joyful.

Are we the observer of how we react to different circumstances that happen in our lives? And if we react, do we take it as an opportunity to clear whatever is required to be cleared from ourselves?

Love is not blaming. It is not blaming others, it is not blaming ourselves, it just is. It's being open to change. We are all different, and we are all navigating this course of life in a different way. It's about being open and accepting ourselves as we are right in this moment in time, but also looking at how we can improve and be more open to the love.

Does this mean letting go of people who don't bring joy? Does this mean working on ourselves in various ways? Each will be different. A good starting point is to face the mirror, and using your name tell yourself "I love you". Our eyes are the windows to our soul so you are validating your soul.

We are all blessed, we are all love, it's just allowing that love to be there a hundred per cent of the time, no judgements, just being in awe of life and grateful for the challenges that keep reminding us to come back to love, because that is all we are about.

Our lifetime is about our journey, but in that journey, it's about being love in one hundred per cent of whatever we do, wherever we go, how we converse, how we act.

Love is.

Doesn't love just make you smile? In the love we can be total love within ourselves, then we are only love to everybody else – a light to the world. Isn't that what we're here to do? To be at the highest vibration that we can possibly be.

Love is the only way to be in one hundred per cent of the highest vibration.



e need to be teaching people that they are not alone, that they are not just a physical body living on a physical plane.

We are all so much more than that; we are all connected to Source, totally interconnected.

If we can spread the word to people about how to connect with the energetic self, with Source, that we are never alone; that we are the medicine that is needed.

I am the medicine; you are the medicine; we hold the medicine. We have medicine all around us, amazing powerful medicine. We just need to tap into it, learn how to tap into it – open ourselves. We don't need pills and potions; we just need to learn to connect into Source. Learn to listen for the medicine in each other; it's all around us and inside us.

Looking into the eyes of a beautiful dog for example, just being with that beautiful being – it has medicine for us, for example playfulness. It has messages for us. And being out in nature among the trees and the bush. The branches feel like arms that hold us; they emit the beautiful energy for us. Trees are medicine for us.

We all tap into different types of medicine that is abundant around us. We are all so much more powerful than we know; it's about tapping into that power, letting go of old beliefs and old behaviours, and things that don't serve us any more which hold us in place, including relationships that hold us in place.

We all need to be free with our spirit, free in our body. We are all amazing healers.

The time has come to share this amazing message with people about the interconnected nature of the universe and our place in it.

How much power is in a grain of sand? We might feel insignificant but if we tap into the medicine - the nature around us, we feel into our power. So much potential, it's incredible – beyond wildest dreams.

This is the message that needs to be out there. Others need encouragement to tap into this beautiful medicine, this beautiful magic that's around us all. There is no need to feel alone, lonely, separate.

If we connect, we can bring so much more energy, so much more power working together. We can create whatever we can dream.

It's time for dreaming for the world we want.



lovely to be here with you all.

Powerful messages are coming through. Your last human spoke about medicine. Let me talk a little bit about medicine. You need to look into medicine within - your journey; where you have come from; what are your needs.

Sitting with oneself, let everything come up to transmute, to let go, all the old, years and lifetimes of the same old same old. Let it go. Learn to be with yourself, don't be afraid of sitting still and letting those things come up. Look at your shadows, the dark side within. It's nothing to be afraid of, nothing to be challenged, nothing to be judged, it just is. We are teaching you to learn to accept this dark side – or what you call the dark side. It's just another side of the light. The dark and the light both need to be in balance together in this dualistic world of yours - earth.

You need to learn to look at the dark sides and accept it as there is no dark in the Spirit World - in our world.

It's all OK, there's nothing wrong that you do – this needs to be going out in the world, that whatever you experience in this lifetime and have experienced in many lifetimes before, is all according to the big plan of yours, the soul plan that you make with everyone else that comes into this life - to let it play out for your soul to learn, for your soul to experience. This is the purpose of this life here on earth; there is nothing bad about it. Accept the experience then let it go.

Go out into nature. This is so important – to breathe, deeply breathe the energy of the trees, the plants, and the animals. They all love you so much. They all bring forth healing for you and every single starlight that has agreed to come down to earth – this life is an exceptional time, an amazing time for bringing forth and moving the energy of the earth, our Earth Mother, raising all the energy.

When you do the work yourself you have no idea how much you heal everyone. All there is, is being here in the moment.

Looking at love as surrounding you – love in the trees, in the plants, in the good soil where you grow your food, and the animals that come and communicate with you, and the trees that get your attention when you walk through the forest. Sit and talk to them, they all have amazing knowledge; they have been there a long time and are incredible beings.

Set boundaries for yourself. Don't go where you don't want to go. Don't go to people who are spreading negative energy.

Set boundaries for yourself – look after what you need. This is in accordance with the highest light – the highest energy. You need to love yourself and this love will spread to every living being, to Pachamama, to the stars, the planets, the whole Universe.

We all benefit from the beauty of this one single soul sitting in love in this special moment.





eloved, my heart is so full for you; how did you come to be in that position where you feel that you cannot love yourself. Love is the essence of Source.

Source is the essence of love.

Love is the very stardust created by Source, and yet we are struggling to love ourselves.

Believe. Believe you are stardust. You are the shimmering light across a shining lake that reflects up to the stars. You are the very essence of all that love is and yet we struggle. I'm with you, my beloved.

How did we get this way? We learnt. We learnt all manner of things which meant that we found it difficult to love ourselves. But just as everyone learns, you can unlearn. You can un-learn.

Take some time for yourself – seven days; and in those seven days reflect every day in writing – in writing, this is important! - what aspects of love you have created for others.

It might be a meal for someone, that is an aspect of loving – a beautiful meal; it might be playing with your favourite pet, that is an aspect of love; it might be listening to someone being loving to someone else; it might be helping someone get onto a bus. It might be any act of love that you perform on that day. Record it; record it genuinely.

At the end of your seven days look at how full of love you are and how you have shown it, felt it, lived it in those seven days. And turn that back upon yourself and practise. Take all those acts of love and apply them to yourself.

Take time to have a laugh and laugh at yourself in the world. Take time to play with your puppy, or your kitten or your grandson or granddaughter.

Take time to make sure you give people an opportunity to help you across the road, or to help you onto a bus. Give them time to do that; accept it, love it, wrap it around your shoulders like a cloak.

Take the time to practise every day what you have been doing for years and years and years for others, to others. Practise this on yourself – for example, a meal. Nurture yourself, nurture your body, nurture your mind. Play, so that you laugh, giggle, and tumble about so that your body, your mind and your heart are laughing.

Take the time to receive gifts of love, for example a compliment. Receive it gracefully, and wind it around your throat and heart as you would a silk scarf.

Take the time to accept the time of day from someone who would normally walk past. Accept a smile and let it warm you; and feel the warmth of someone's smile who does not know you.

Record all these instances and when you record them let them warm you, grow you, nurture you, enfold you, embrace you in love.

They say that practice makes perfect; and it does. Practise, practise, practise.

Practise being love. See your arms spread out wide, and see coming from them, the radiating essence of love for a tree, a plant, a person. See your feet walking in front of you and see the earth so full of love for all of us that it grows our fruits and our food.

And as you walk along, feel that love coming from the earth through your feet and into your body.

You are one of the stars created by Source; you have, and have had, lifetimes of loving - lifetimes of loving - and if you could gather up this love and box it you wouldn't be able to fill the boxes with the amount of love that has been showered or given by you through your many lifetimes to today.

There are Three R's

*Release* – let the fear go. If there were no fear, would you smile at someone? If there were no fear, would you play with someone else's puppy as they come by?  
Release the self-consciousness. Release.

*Relinquish* your tight hold on your fears, your anxieties, and bring them down to their proper size. Relinquish the fears, the anxieties, the sorrows, the grudges. Release, release and relinquish these fears and worries.

*Replenish*. Once you have got that practice going, keep filling it up with replenishment. Replenish with love the joy of the stars, replenish with love the light of the world - replenish with love, which is who you are, what you are meant to be, and who you will ever mean to be.



ou know how to love yourself, it's just hidden beneath many cloaks, many layers, many lifetimes, many episodes that have happened in this particular lifetime.

You have chosen to take on challenges that will potentially get in the way of loving yourself.

Sometimes you let those challenges stop you loving yourself and sometimes you don't.

Most people are around 50/50 without realising it. Most people do things to love themselves subconsciously so are not aware of how much they do actually love themselves. What they do is focus on the things where they don't love themselves, and that takes centre stage.

Imagine you have several personalities and only one is on stage at any one time while the others are waiting in the wings. At the times you have chosen to let yourself not love yourself, that is the person you put on stage, and you put that person on stage a lot more than you really need to, though not as much as you actually think you do. It's all a matter of perspective.

We have been taught how to love ourselves by the previous guide.

This is what we are asking you to do, in a similar vein: When you are doing your seven days' work of writing down, also have with you a piece of paper and draw a line down the middle. On the left-hand side is where you write down the times when you think you do not love yourself. On the right-hand side is the space for the times when you do love yourself. But those times are quite often hidden, and those times will be found when you go into a meditative state, so we would ask you – for those seven days – to also do a small meditation and start to tap into the times where you love yourself, so you can start recognising it.

For the first few days there may be very little written on the right-hand side, but as you get to hear the quiet voice that shows how much you actually do love yourself - brought through with many lifetimes of many achievements, and many people's love - those are the ones that you start writing down.

By Day Seven you will have a lot. This will be the catalyst for you to move on and start appreciating how much you actually do love yourself. It's just a case of switching how you see the different personalities that go on stage.

You have many parts of you that you can bring on stage. As you work through your own personal growth journey you can work on developing who is in the wings and who is on stage. You can decide to have more people in the wings or fewer people in the wings – it really doesn't matter as it's those aspects of your personality that are the real, real essence of you who are - the ones that are either on stage or in the wings. We need to discard those who are not our real essence; those that we have taken on because of societal norms or societal pressure that we have bought into and made our own pressure.

Those are the personalities that we need to let go until we end up with a much smaller number of personalities that are our real true essence, that love ourselves, love others, love life, and love the earth. You will ultimately end up with a small handful of personalities.

We wish you well on your journey and we will be supporting you at every step of the way.







n Service.

My greatest service to the Universe is to fully love and nurture myself. Through clearing darkness and density from my body, working through resistances, facing the shadow of my social conditioning, survival behaviours and out-dated beliefs and seeing that they do not define me in any way - I allow in more light. I raise my vibration, my consciousness expands towards unity, my ability to love expands, my capability to serve others expands. My cup overflows.

We are told that self-love is selfish and is not a good thing. To be good people we must put the wellbeing of others before ourselves. And especially women.

This brainwashing is being used as a tool of control to keep us in a place of isolation, separation, disempowerment, slavery and to limit life only to the physical plane.

Apparently, it is not safe for us to rise up into our power, to acknowledge that humans are also beings of energy, spirit and soul, that we are powerful creators, that we are connected to each other, to nature and to the matrix of the universe.

We are nature which is why we feel so at home and uplifted when we spend time in natural surroundings. We are immersed in a benevolent connected web. We bring in more light and unity consciousness when we become aware of this.

My challenge to you is to identify the messages that are being broadcasted daily about how we are to think and behave – and to be courageous enough to do the opposite! Be the radical free spirits that we are! Be the powerful creators that we are with no limitations! Change your mind, let go of old beliefs, dissolve past traumas so that more light and love can inhabit your being.

Our minds are immensely powerful. Our thoughts create our reality. What is the life that you are creating? Are you adding to darkness and density or are you expanding with inspiration and love into the full potential of your soul being?

In this life it is our purpose to expand into our magnificence – freeing ourselves inspires others to do the same.

Be the love that you are! This is true service.

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# HOW TO LOVE OTHERS





I am the light. We are all the light. We are all connected in that beautiful light.

It's wonderful to rise up and see things from a higher perspective.

We look below at our daily lives and watch the dramas playing out - little me with its wants and needs. And all the beautiful things too; and sometimes the difficulties. Often the feeling of separation.

It's fantastic to connect to the beautiful source energy.

Realise that I am not alone; we are not alone, we are all connected. We can tap into this anytime; we can rise up because there is a bigger perspective on everything.

No separation, no me and you, it's just beautiful loving energy. It's unity, love. In our daily life there's really only love and our resistance to it.

It's good for me to look at: Where am I resisting love in my life? What blockages am I creating inside and outside? Where do things stagnate inside and outside of me? How do I get better flow, drawing down that beautiful loving source energy into my being?

And I can use it on a daily basis and bring in more light, more flow, and move that stagnation. Use the higher perspective in my daily life, and spread that love widely, throughout my sphere of influence.

My sphere of influence is a lot bigger than I think it is.

How big can I expand my sphere of influence, my loving energy?



oving others. Some of course are easy to love; you love your children and you you're your parents – sometimes – friends, relations, people you connect with.

But there are some who you cannot seem to love, who make it difficult for you, make it seem impossible – absolutely impossible. How can I love this person?

But you need to understand that that person is in your life for a reason. Everyone you meet in your life is there for a reason, and this particular person is one of those.

In your soul contract you chose to meet this person and they chose to meet you, for good reason.

So what do we do? How do we get over this obstacle? What can I possibly do? Please help me, I cannot love that person.

But you can. You do not have to try hard, you merely have to step to one side.

All that this person does to annoy you, to make you unhappy, does not have to be. It's your reaction to all that they do. Your reaction will be what makes you feel as you do; so you simply have to step to one side to change that reaction, to see them from a different perspective.

They are a part of you but they are not a part of you.

It sounds difficult; it sounds strange; but that's the way it is. We are all one. We're all one in this world; reflections of each other. Reflections and small parts of the other. See it this way.

Do not get involved but get over it. See it from the greater height; look down on the whole. This person is a small part of that whole.

You can send love to their soul, way, way above what's happening in your life, you can still send them love; to rise above, rise above and send them love; it's all you need to do.





oving others should be as natural as breathing.

Notice the word 'should', because we are human and sometimes we feel it is an impossibility. But when we are in our hearts, we love.

Sometimes that love is triggered. The triggering only comes because it's an opportunity for us to look within. It's not the other person. The other person in actual fact is a teacher, because it enables you to go into the stillness and to work out – within - what you need to do to heal, and through the healing you help your vibration.

In this 3D lifetime we may not always get on with others because we are of all different vibrations, but we can accept that we are all children of God. We are one, and we are being given opportunities to increase our vibration and to increase our light.

It's accepting people for who they are and what they are. We may not like it, but it's to do with our own journey, that is what the focus needs to be on.

And by being yourself and working on yourself, that is all we need to do to love others, because it becomes as natural as breathing.



choices, my dears, we all have them.

Choices on how to live our lives and how to react to others. We can choose to be in our heart and react from our heart.

We can choose to ignore it, but we all have choices to go on a different path, our path. And we are all connected with each other.

Acceptance. We have to accept ourselves, accept who we are. That who we are and how we live goes right back to our soul choices before we come here.

Before we reincarnate, we make those choices together with other souls who come at the same time to work with us so we can learn to evolve our soul, to grow our soul through our life experiences.

Now sometimes we make choices that may not be in accordance with our highest good, and sometimes we leave the path and we react from our lower self. When this happens, it gives us the opportunity to wake up to that action, to those words, to those thoughts.

We've all been there is those millions of lifetimes we've had on earth and in other universes; we've all had different choices to make.

We've all been acting from our lower selves at some stage. We've been the criminals, we've been the ones who've hurt others, who've committed horrendous things, and yet our soul is intact. We all have those choices we can learn from and evolve.

And now we're here at this incredible time where things are separating. You need to accept that; you need to accept that the separation, the duality on this planet, is a natural force. The yin and the yang, the light and the dark; they coexist - they don't have problems with each other, it just is – we can decide to go one way or the other.

Many human beings are going a different way; we know that – so let them be, it's their journey. Look after your soul and your own journey.

You have come through different lifetimes with different experiences, and some were not so good, or what *you* classify as not so good. It is all good because it's all linked to our one source who wants to experience itself in all different areas, in light and in darkness.

Love is all around us, and in love from our heart we make the best choices for us.



here are three ways to love others.

You know these ways; you just haven't formatted them in the way we're going to share with you now.

The first way is through loving yourself, which is why we looked at this first in this book, because loving ourselves is the ground stone for loving – not just others – but to love.

If you get to love yourself, that will open the gateway to be able to love other people, situations, and things that happen – even off planet – animals, the weather, just anything. The ground stone to love, is to love yourself. This is the first way.

The second way is to see others as an extension of yourself.

Imagine your being is like a disco ball where you have many facets of mirrors, and everyone and in fact any situation, and anything that comes into your life is a mirror of you.

And so people and situations aren't separate to you, they are simply mirrors of what is in you – in your essence, in your psyche. And if you understand that, then it's just another way to love yourself.

By loving another person, no matter how difficult they are, it's loving that difficult part of yourself.

It is teaching us to love all facets of ourselves. We understand that you are human and that this is not always possible, or that it is incredibly difficult, but these are the challenges you have chosen to come to this life with.

We don't expect you to be able to deal with them all perfectly, but we do expect you to have a go. We understand that you are human and that we have in essence come down with you in this lifetime to support you on this journey.

We know that you will get it 'wrong' - that you call it wrong from a human point of view. We do not call it wrong, there is no such thing as wrong, it is experiential; that's what you are doing, you are having experiences. And if from a human point of view, you get it wrong and you want to make it right, then you have within you all the abilities to be able to do that.

Do not think you do not have the ability; you may not have enough human time to deal with all the facets, but you will be dealing with the major facets that you have chosen to deal with this lifetime.

The third way to love others is to ask us for more help.

You live in such a human world; you live in your 3D world quite a lot of the time, and there is so much help available outside of yourself, 4D, 5D, up to 12D, up to any level. There is so much help out there, yet you forget to call on it - or you're not aware you can call on it. You struggle through your 3D mind trying to work it out – reading books, going to courses – when all the answers are either in you or external to you, which is exactly the same thing.

So, the third way is to call on us for help. We will always help you. It may not be in the way that humans understand as help, but it will be help nonetheless. Just remember to call on us.

