

SELF HATRED

**Unlocking The Secret to
Happiness**

**A Free Guide Written by
Chaun Conscious**

AN INTRODUCTION FROM CHAUN

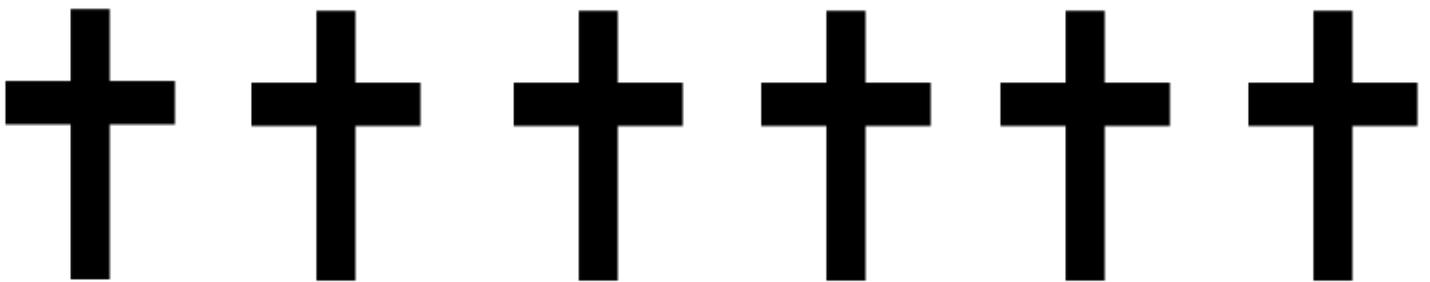
**May this Guide serve to reveal the Truth
of Your Divine Nature and allow You to
see the True Fullness and Brightness of
Your Potential, Your Beauty and Your
Divine Quality.**



Love, Chaun Conscious. x

In The Beginning God Created Hatred

In the beginning God created everything by love. In the beginning God rejected Himself to experience that love. When God rejected Himself a new emotion was born. This emotion is called self hatred. For God so loved the world that He allowed Himself to experience self hatred.



Why Are We Talking About Self Hatred?

If we are not loving ourselves we are hating ourselves and the easiest way to learn what self love looks like is to learn what self hatred looks like.

One of the reasons why self hatred is so destructive is because it is silent. I call self hatred the Silent Devil. Why silent? Because the more strongly we vibrate as self hatred the less likely we are to be aware of it. A quick test is to feel how offended we are by the suggestion that we may hold a vibration of self hatred.

The stronger the feeling of anger or offence the more likely it is that we vibrate strongly in this vibration. It is the shame of this vibration which keeps it suppressed.

Even though shame keeps the vibration of self hatred mostly suppressed and unconscious, we know that it is energetically impossible to feel something that is not already within us. Hence, we cannot be offended by someone or something unless we already *are* the feeling when we *feel* offended. When we are offended, what we feel is anger, shame, rejection or disdain, but we are in a place where we are unable to identify with these emotions as our own.

The Vibration of Self Hatred

The vibration of self hatred is the vibration which says that there is something wrong with the individual. When an individual believes that there is something wrong with them then they necessarily also believe that there is something wrong with the world. If there is something wrong with the world then there is something wrong with the way God designed it, however we know that it has been designed to

perfection.

The vibration of self hatred is also the vibration which instigates a subliminal assumption that we are hated by other people for no apparent reason. When we feel that we are hated by other people for no apparent reason then we see the world and its inhabitants as not only unsafe but also as hugely threatening. We may declare that we hate the world, however, we cannot hate the world without also hating ourselves. It's just not the way energy works.

The Definition of Self Hatred

Even though the mention or suggestion of self hatred can cause offence, in reality, most people suffering with feelings of self hatred are completely unaware of it. Put simply, self hatred is the degree to which we do not accept our ourselves as we are now – including our feelings, our likes, our desires, our nuisances, our

personality, our life style and our life choices both 'past' and present.

Self hatred is both the extent to which we disapprove of ourselves and the extent to which we disagree and criticise the way we think, the way we behave, the choices we make and the feelings we hold. When we vibrate strongly in the vibration of self hatred we care deeply about what other people think about us – this anxiety plays out constantly both consciously and subconsciously.

To talk about self hatred is to include all facets of feelings of hatred, including disdain, despair and disapproval. Because the feeling of self hatred tends to be deeply suppressed and unconscious to the beholder, we tend to instead direct the feeling of self hatred towards 'other' social groups.

All our emotions get expressed, either consciously or

unconsciously, so if we are not aware of how we exhibit self hatred towards ourselves, we will necessarily direct this hatred elsewhere - it's just the law of energy. Energetically there is no such thing as 'other' – and therefore we are a vibrational match to every individual and every social group that we find ourselves fixated on.

Seeing Ourselves in The 'Other'

If you are aware that you strongly disapprove of parts of yourself then energetically you are already moving to a place of freedom from it – for we move energetically where our intention goes. At a certain level of spiritual advancement we learn that God has created everything through energy and energy cannot and is never separate, so for example, it is energetically impossible to project feelings of hatred towards an 'other' without also holding that exact frequency.

This is the Law of Energy and it is the founding principle behind God's creation of the Universe.

The easiest way to recognise hatred within yourself therefore is to look at how frequently hatred shows itself within those around you. Do you often find yourself surrounded by lovers or friends who show signs of self hatred?

Do you tend to engage in conversations which are 'rejection' based - either arguing about points of view or tending towards a serious or intense nature - such as heavy religious or political debates? Do you often have conversations where it feels as though you are fighting to be heard or seen? These are all signs that not only you, but also those around you, vibrate strongly as hatred without really realising. We are an energetic match to all of the people in our lives including friends and family.

Seeing ourselves in the 'Other' is an effective way to recognise the vibration of self hatred within us. Do know that, like all vibrations, the vibration of self hatred is not a switch that we either have or do not have, rather instead **it is the degree to which we vibrate this way**, as opposed to vibrating in a more loving vibration.

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How Self Hatred Turns into Hate for 'Others'

We have already learnt that when we strongly operate from a vibration of self hatred it is usually completely unknown to us. Therefore in very dense states of self hatred we may find ourselves hating or disapproving of certain sections of society and not really understanding why do this. For example a Christian individual may really believe that they are a person of love and at the same time preach that gay people are wrong and

damned for hell.

We cannot believe that someone else is wrong without also holding an unconscious belief that we are in some way wrong. To believe that there are some people who deserve to go to hell depends on a firm belief that some individuals are unworthy of God's love and when we believe that some people are unworthy of God's love we necessarily also believe that there are conditions

under which we may also stop deserving to be loved. When we believe that there are conditions or circumstances which warrant that we are no longer loved then we vibrate strongly as self hatred without conscious awareness of it.

The conditional nature of love is unconditional. There are no circumstances where we are undeserving of

God's love, where God here means the totality of the Universe and all that is contained within it. We are forever loved by the Universe, unconditionally, regardless of what we do or do not do. To not believe that this is true is to be an embodiment of self hatred.

Hatred Creates An Illusion of Separation

When we are densely concentrated as self hatred we are only able to recognise this vibration within us in the way that it gets expressed through hating 'other' people. When we 'hate' other people we necessarily regard them as 'separate' or 'wrong' in that moment. The more separate we see ourselves from other people the more we vibrate as self hatred. Separation is an illusion. Oneness, which is love, is the only Truth and the extent to which we see others as 'wrong' is exactly proportional to the extent to which we feel wrong (for

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