

SELF-LOVE

*I HAVE WRITTEN THIS SMALL BOOK TO HELP LONERS OUT
THERE TO WHOM THE WORLD HAS SHRUNKEN INTO THE SIZE OF
A BOTTLE TOP.*

Moses Devoss

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DEDICATION

This book is dedicated to my beloved mom Mrs. Lamula Abudat who has always believed in my dreams encouraged me not to give up and always supporting me, it's a dedication to my friend and brother Norman Berry thanks for all the support may God richly bless you. It's also a dedication to my family, my best friends Essy Love, Morgan Roots, Caren, Catherine Zalwango, my brothers, sisters and my daughters Sham Lubega, Lamula Devoss Birungi and Raifah. it's a special dedication to my friend ssemwanga Joel a.k.a joel Devoss, thank you for strongly believing in my dreams, you've always been a strong pole I lean on, I've always been encouraged even when I felt like giving up, it's a dedication to all Devoss media team, Dr. Jude Kabagambe, Jeffroberts Walusimbi and all the Devoss media fans

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ABOUT THE AUTHOR

Moses Devoss is a Ugandan film Director/ writer and rapper, he has directed a number of movies including the popular movie titled Engato.

He was born in kampala, Uganda on 28/February/1992 from St. Francis hospital Nsambya. Born of a humble woman called Lamula Abudat and Twakuba Sam, Devoss has grown up from the ghettos of Kampala, from a small humble and shy boy to a smart visionary man who started up his own company called Devoss Media.

Devoss has written interesting e-books including almost, fears and tears among others. He has produced songs like son of love, akwagala, nsembeza wooli, Azimu, have you ever and all I dream is film. Devoss started the film and writing dream at the age of 14 years and he has been pushing it towards success, and with God's grace he managed to become a public brand on internet and popular in the outside countries.

Amidst a lot of challenges, Devoss has decided to focus on his dreams and not to give up no matter the criticism.

Preface

This book is written to teach people how to how to live a life of joy, happiness even when everyone has left you, there are times you feel lonely, you feel like you are alone in the world. Read and follow all my advice, in this book am trying to show you what causes that. This book is about the way one ought to live in a happy life without approval from people, it teaches you how to love yourself, how to take care of yourself, and how to fit in an environment where you are alone and do not feel lonely. I wrote this book from the experience I had after loving and helping people but disappointed me, back stubbed me in return, and I taught myself how to love myself for I know I will never disappoint myself.

MOSES DEVOSS

SELF-LOVE

CHAPTER 01

WHAT IS SELF-LOVE?

Well according to Wikipedia, self-love is defined as “love of self” or “regard for one’s own happiness or advantage”.

Well in this definition, we outline majorly four words,

- Self
- Love
- Own
- Happiness

Now these four words make up you, your life and wellbeing are built on these four words. If you don’t understand these words and pay close attention, meditate upon them, you will love to live a happy life even when you are left alone in the world. There is no single day you will feel lonely after you master these words.

What is the difference between self-love and being selfish?

We have already defined self-love, let's get to understand being selfish,

Being selfish is defined as, being concerned excessively or exclusively with oneself: seeking or concentrating on one's own advantage, pleasure or wellbeing without regard for others.

Where by self-love is defined as, love of self or regard for one's own happiness or advantage.

Many people have failed to love themselves because internally they would term it as being selfish, they think they will be seen as being selfish, they have loved others and not loved themselves, they taken care of others and not taken care of themselves, at the end when they are betrayed by those they loved they felt broken and wasted.

How best to love yourself and live a happy life.

For so many years I have loved people and forget I also exist, I have taken too much care of people and forget taking care of myself, I have minded so much about other people's business and forget that I have my business too,

Some people only care about themselves, they put first themselves before others, they wish every good thing for themselves, and in most cases we call that being selfish, I too always referred that to selfishness, until I discovered that the people I love too much actually love themselves more than they love me, the people I thought about first before me, actually think about themselves and not me, the people I took much care about only take care about themselves,

When I discovered that, I asked myself questions, Moses what's wrong. What happened to the dreams you had? What happened to the genius guy you were? Why are you even holding the oldest phone when you are working? And moreover you are earning good salary. You had dreams of being the best and recognized filmmaker in Africa, what happened to that? How, how long actually have you taken without buying clothes? Moses a nice shoe looks good on you, you deserve the best phone, and for God's sake you deserve to be happy, what do you gain when you make everyone happy and you are not happy? That's being selfish.

Do you even love yourself? How comes you say you love yourself and you surround yourself with people who don't like you, you keep around people who want you to be below them, people who want to kill you, people who want you to fall, people who don't see your worth, people who don't see you

value, and you complain how people don't help you, yet you help them, how people don't love you yet you love them, how people don't trust you yet you trust them, people betray you, they talk shit behind you, and they pretend they are your friends, you complain people do not appreciate you no matter how you sacrifice for them, man, only those you value you shall appreciate you, people who don't see your worth will never appreciate what you do, and you claim to love yourself? If you really love yourself, you could not risk keeping yourself around terrible people,

What if you were doing all that for yourself, wouldn't you appreciate yourself, what if all that you sacrificed for the other people who even betrayed you and didn't appreciate you, what if you sacrificed for yourself, how far would you be? Yes the world doesn't love you back, which is ok but at least there has to be two people who will love you eternally, God is a true friend, He can't stop loving you, He said He will never leave you. At least you have Him, did you know the Bible says God values you more than He values the earth, He values you more than He values all the creatures He created, secondly there is you. Why do you care too much about others and you forget you exist? Love yourself, when you don't love yourself why do you blame others for not loving you, if they are not loving

you, and you are not loving yourself either that means you are not worth to love.

Believe in yourself, have confidence in yourself and things you do, its ok no one is proud of you, why not be proud of yourself, why blame people for not believing in you when you don't also believe in you self? Try to be that great inspiration to yourself, if you can't inspire yourself you won't inspire anyone. Motivate yourself before you motivate other people, some people want to take you as an example, some people want to see it working in your life in order to get inspired,

Stop feeling bad because of what you are not, stop feeling bad because you are not like others, why are others happy and you are not, well others are happy simply because they love themselves, you keep ask yourself why you are dark skinned, why you are slim and not muscular, you feel bad because other people have good body shapes and you think yours is bad, be proud of who you are, God has a reason why you are like that, and it's a good reason, you are a musician but you are not confident, you are not proud of your voice, you want to sing like Maurice kirya, you want to sing like Juliana, like Rema. You want to be like kenzo, you even call yourself their names,

Please wake up, we have Maurice kirya, we have Juliana, we have Rema, we have eddy kenzo, who we don't have is you,

now the world is only waiting to have one person, that is **YOU**, you can be the best of your version, let others also admire to be like you, inspire them, you can't inspire them if you are not original, the world is looking for that uniqueness in you, the things you have that others do not have, perfect them, make people love what you have, the time they pick interest in what is in you, you will be the proudest person on the planet.

Let me tell you about how I used to do things, I used to be this kind of person who thinks about other people before myself, I give in too much for my friends, I used to give in too much for relationships, I used to be the angel in this world, I don't make mistakes, I don't lie, but people would like to me, people would always offend me, no one cared, I used to teach my friends all that I knew and after they turned their backs on me, I used to work so hard, and every salary I could get, I just distributed amount my friends who had problems, to some I was paying school fees, some I just gave because they asked me, am a kind of a person who could not even by myself a shirt, a person who held an old phone without buttons for a full year yet I was working and getting good salary, I could afford to even buy a phone of 1.5million Ugandan shillings, but I didn't, I could not even buy myself a pair shoes, the moment I could remove tithe from my salary, I didn't remain

with any single coin, and some people always asked me, Moses where does your money go, you work but it's like you are not working, or else not paid at work, do you know working for a full year but you put on a shoe with holes in it, with a faded shirt, and you are comfortable, I used not to care because I thought I was making my friends happy, my family happy, but these people never appreciated me actually they are the same people who talked shit behind my back, how I don't develop, they don't see my money, I remember of a time, I used to earn really big, so used to gather all my uncles and take them to bars and big hotels for meals and boozing,

At first it was every weekend, as time went on we started doing it every day, imagine how much money I spent. But when I lost my business, actually a girlfriend took all my things for my business, I lost my job, now everyone distanced themselves from me, to my disappointment, these uncles of mine made a comment that am a selfish person, no one can eat my money, I felt so broken, but that did not stop me from helping people, I kept on doing that, I until 2019 October 1 when I saw that am really not developing, I have become a laughing matter, I said no I need to style just for the sake of my, my wife Irene and my kids. If loving my self makes me selfish then am proud to be a selfish person,

So I don't want you to feel like you are the only victim, and stop playing the victim part because you chose that for yourself, whatever you are now is what you chose to be some time back, one thing you have to know is no one is in control over your life, it is you, so whatever you see is what decided to be, so be careful with your life and with every decision you make,

Life is what you make it, stop making decisions depending on how others feel about you. Why do you have to hurt your feelings because you want to make other people happy?

People will always discourage you in everything you do but I will tell you this, your value is not determined by the inability of people to see your potential. You are strong, you are smart, you are a genius, and you are wise, if they don't see that in you, then they have a problem, you keep doing what you are good at, and be proud of it, those people know you are good just that they hate the fact that you are better than them. Just keep doing your own things; stop doing things to prove people, human nature does not appreciate,

“Never again will I curse the ground because of humans, even though every inclination of the human heart is evil from childhood. And never again will I destroy all living creatures like I have done” says the Lord, in Genesis 8:21, as the Lord

was trying to establish His covenant with Noah, so even God knows the understanding of humans, it is in their nature not to appreciate, it is in their nature to betray, it is their nature to forget the good things, it is in their nature to turn their backs again anyone. We all remember the story of the children of God from Egypt, as God used Moses to lead them from slavery along the way, before even reaching the Promised Land they turned their backs against God, they created their own God, that's why most of them never reached the promised land, even after doing every good thing, it's in the human nature to complain of small things.

What causes Self-hatred?

Well let's talk about the things that bring self-hatred, I believe you can't solve any problem without knowing the cause. Well let's get started,

The first thing is **FEAR**, fear is just a feeling but it can make you lose peace and sleep. The moment you let fear take control over your life, you will never love yourself and you will never have confidence. I understand fear in many ways, there is fear when you get scared or threatened of something, that's normal and ok, may be you see something scary, there is also this kind

of fear which is inform of anxiety, you fear to get In trouble, there is no trouble but you fear that anytime you might get into trouble. There is also fear to lose, you fear to make a mistake, there is no way you will have love for yourself when you don't have peace.

Insecurity, this happens in most cases when you are in relationships, you fell in love with a very beautiful girl, you think anytime men who are better than you will take her from you. This kill the trust you have in your partner, you start following her, spying on her thinking everyone looking or even talking to her wants to take her from you. This too can make you lose peace. And the moment you lose people you can't adopt love for yourself; you will hate yourself and hate everyone.

Rejection as another big factor causing self-hatred

I will start by defining rejection. **Rejection** is the inability of receiving love or giving love. How does one feel rejected, when one fails to receive, they feel rejected. When one fails to give love they are rejecting. So rejects is either way both giving and receiving. Let's look at how one gets rejection,

By **conception**, will receive rejection during the conception time, this is by when a mother has been raped, the mother will curse the day of rape. The child being formed in the womb will feel rejected because of the hatred the mother will have about the action. With this situation the mother also feels rejected because of the sexual abuse.

During pregnancy, at this time a child will receive rejection depending on the attitude of the mother, sometimes it happens a mother loses her job because of pregnancy, she will keep saying I was not pregnant I would be working, If I was not pregnant I would do this, so that child in the womb starts feeling like it is a burden to you. So pregnant women edit words you speak out. You might think a baby is young but all our souls are same age. In otherwise we were all created on one day, it's just our bodies that come in different times.

At birth, here a child still receives rejection by the words of both the father and the mother, especially when they are not ready for a kid, that's why in most cases babies come out dead.

After birth, at this stage the child will feel rejected when the parents do not afford to stay with him/her. Sometimes the mother was still in school, so after birth she takes the child to the grandmother. That she may go back to school. And also

the father can decide to disappear because of responsibility which may cause the baby to feel rejected.

Middle child syndrome, in this stage, these kids that are born between the first born and last born feel rejected because they are not shown the same love the first born received and what the last born is receiving, most parents do that mistake, you have to learn to love your children equally.

Step child, in this situation, when a woman get married to a man, and finds a man already with kids, in most cases women fail to give love to these children they have found with the man and vice versa, **and** most probably when this man all woman have their kids with that partner, he/she will make sure they love their biological children more than the step children..

So my dear parents when you accept to love someone with kids, love their children as your own. Because if you fail too, these kids will feel rejected and this will lead to self-hatred. This child will never love him/herself.

Anxiety

Anxiety can cause one to lose peace and sleep, anxiety causes some people to commit suicide, this is one of the most dangerous disorders one can have, and they are not curable.

The best things doctors will recommend to you is social therapy and nutrition. This is something that can cause you to do something and you regret, when you have anxiety, you want everything to work in your way. It can make you lose appetite, sleep and lose peace. Anxiety can take away self-love from you.

Conclusion

This all starts in your mind, you have the power to control it, it's your life you have to love it, no one will ever love you when you don't love yourself, there is no one you will ever blame for not loving you when you have also failed to love yourself, give yourself what others can't give you, teach them how to love you, show them how best you can be loved just by example, buy yourself gifts, take yourself out, sing for yourself good music, look in the mirror and tell yourself, "you are beautiful", you are lovely, your are wonderfully and fearfully made, you are strong, your are incredible, you are smart, you are a genius, you were born to win, you will achieve your dreams, you are handsome, if no one can tell you that, you can tell all that to yourself, and that will give you courage to keep pursuing your happiness.

My name is Moses Devoss, see you in another great piece of book like this. God richly bless you.

Self-Love.