



RILEY'S RAINFOREST

“Send down ... from the clouds of Thy mercy the rains of Thy healing...” —Bahá'u'lláh

Surfing with Self-Respect

The Bahá'í teachings encourage us to love everyone. Does that include yourself?

That depends. Of course you should value yourself—you're one of God's amazing creations! But like a surfer riding a powerful wave, it's easy to slip into rough waters when it comes to self-love.

The Bahá'í writings say that we are all “noble, lofty and beloved by God . . .” We're unique individuals with diverse talents and abilities. A healthy way to love yourself is to be grateful for your blessings and use your skills to help others.

But another kind of self-love can be a problem. Each of us has an ego, or a sense of self-importance, that can swell up like a monster wave. Focusing too much on your own wants or accomplishments can cause you to wipe out with selfishness or pride.

So should you love yourself?



The trick is to be humble while recognizing your noble nature. You can do this by making positive choices that honor yourself and those around you. Take good care of your body, which gives you energy to do your best. Choose friends who treat people with respect. Find your talents and use them to help improve the world.

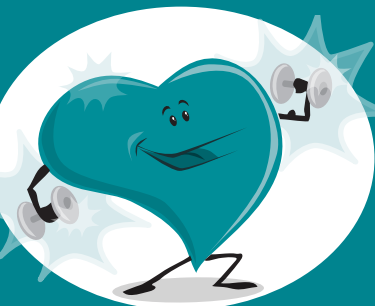
It takes steady footing to be confident, yet humble. To strive for excellence, yet help others be awesome, too. To feel good about yourself, but not let arrogance take over. The more you practice this balancing act, the better you'll be able to surf smoothly through life.

Explore & Soar: Caring for Yourself

Try out these healthy ways to care for yourself:

- ☐ Pray and meditate. It's like spiritual food for your soul.
- ☐ Have fun with friends and family. Bonds of love boost your spirit and help you through tough times.
- ☐ Explore your interests. They can give you clues about how you'd like to serve the world.
- ☐ Take care of your health. Your body can do awesome things! Give it nutritious food and plenty of activity.
- ☐ Set high goals. Strive for excellence and give all that you do your best effort.
- ☐ Try new things. Let your curiosity guide you to new adventures.

Curiosity Canopy



What's the hardest working muscle in the human body? Your heart! Even when you're resting, it works harder than the leg muscles of a person running. Keep your heart healthy and strong with at least 60 minutes of physical activity every day.

