

Book Review by Marshall Govindan of

The Art of Self Love:

Loving Yourself is the Key to Happiness

Authored by Frank M. Lobsiger

ISBN: 978-3-9523605-0-7

AraKara Publication, Estavayer-Le-Lac, Switzerland

www.TheArtofSelflove.com

USD 14.95

In the *The Art of Selflove* the best of Eastern mindfulness practices and Western somatic body-centered therapy is combined in a new technique developed by Frank, which he calls “The Welcoming-Process,” and which will be of interest to anyone who seeks to find the only lasting source of happiness there is: the inner Self. I have practiced it and can attest to its effectiveness. This three step process, begins with developing awareness of ones current internal experience. Usually one is so absorbed in one’s emotions or thoughts, that one forgets that that is not “Who I am.” The second step involves “Allowing” oneself to experience whatever is coming up, whether it be an emotion, a desire, or an internal conflict, without judging it, without repressing it. The third step involves noticing “the body-shift” which results from “allowing,” whether it involves the breath or a movement in one’s body, such as changing position, release of tension, a smile or a stretch.

The existential need for such a practice, as an antidote for egoistic self-absorption and unconscious suffering, is explained in the introductory chapters, in a manner which is both compelling and accessible to the vast majority of potential readers.

The three steps of “The Welcoming Process” are clearly explained. Useful diagrams and examples enable the reader to easily grasp the process, and to apply it in daily life. One may practice it whenever one feels that one’s attitude or inner reaction to life is causing one to suffer. One always has the choice to change one’s attitude. The “Welcoming Process” provides a powerful tool to do so.

The Art of Self Love is easy and fun to read. It is free of technical or philosophical terms. It is supplemented by many interesting quotations and extensive bibliographic references for those who may wish to read more about its underlying psychology and philosophy.

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