

The Art *of* Self-reflection

PBMIF

SELF-REFLECTION IS KEY

Despite how open, peaceful, and loving you attempt to be, people can only meet you as deeply as they've met themselves. Our ability to form deep and meaningful relationships with others is limited by our own self-awareness and understanding. If we haven't explored our own depths, our insecurities, and our capacity for love, we may struggle to truly connect with someone else on a deeper level.

