

## Valentines, Love and Traveling

Are you a single traveler looking for love? Traveling allows you a lot of free time to contemplate and explore life. What better time to explore love than Valentines. What better topic to explore than love.

If you find yourself alone this valentines, you may want to take time for some self exploration. When it comes to finding love, it may be right in front of your face. Do you have to travel the countryside to find it?

Exploring love is to really explore within yourself rather than the outside world. One must open to the possibility of love by letting go of the baggage that keeps safe (from being hurt emotionally), but also binds him or her in a self made prison away from others. One has to face fear head on and decide to move past the obstacles.

All of us have been hurt in some way or another. This is part of the process of finding love and learning what we are looking for in a mate. This valentines you can heal. You can spend time visualizing exactly what you would like to find out there for a mate. What kind of personality characteristics would you like this person to have? Are these characteristics similar to your own? For example, if you want someone worthy of trust, are you also a trust worthy person as well?

Finally, take the beginning steps of being loving and kind to yourself by buying yourself a valentines gift, for example. What would you want from a partner for valentines right now that you wouldn't usually buy for yourself?

It's a time to go within. You can expect to receive only that which you are willing and capable of giving. These are all things to think about this Valentines. Love yourself and the rest will follow. It can be a tough concept. It is easier to want someone else to love us and tell us we are worthy and not have to do the work. However, this kind of thinking sets you up to be dependent on that persons love to feel worthy. This will leave you extremely anxious and perhaps unreasonable when going through difficult times with your partner. If you love yourself first, you can always feel worthy and be a lot more objective, healthy and loving in your relationships no matter where you are. This can help sustain your relationship through the tough times.

Traveling gives you the time to be good to yourself, to heal and to contemplate on what you want for yourself. You can have adventures inside and outside yourself while traveling. It's an awesome opportunity.