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Can we blame our lack of self- love on Planet Venus?

We turn to astrology for
help with relationships,
but what about the
connection we have to
ourselves (self-love)

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‘Love’ is one of the most positive words in the world. It suggests acceptance, appreciation, generosity, admiration. It ends conflict, saves lives, makes heroes out of ordinary people, brings meaning to whatever work it is we do. It’s easy to love babies, cute puppies, holiday destinations, hot celebrities, a good burger. But often not so easy to love certain family members, close friends, and yes, achieve the art of self-love.

I haven’t seen any guidebooks on ‘How to Love a Good Burger’ or ‘How to Love Cute Puppies’. People love these things quite effortlessly. But the dating industry, personal coaching and all the self-help programmes in the world add up to a multi-billion-dollar industry that proves how much help people need to learn to love themselves. It seems that a lack of self-love is very common. Why?

Venus as the planet of love

The planet Venus has a glowing reputation, literally. At specific astronomical placements it glows so brightly that it has been referred to as the ‘Morning Star’ or the ‘Evening Star’. Venus, however, is not a star at all. To qualify as a star, the cosmic body has to emit its own light, and Venus is merely a planet that is very adept at reflecting the sun’s light off its surface. It also has so much gas cover around its

interpretations of Venus in their birth charts to seek their [path to love](#) have often been disappointed to find that Venus by sign and house in an astrology chart doesn't describe 'love' at all, but rather the behaviours we adopt to increase our attractiveness to others. Indeed, the planet Venus and its goddess namesake are often associated with self-indulgence and vanity. Today, the Venusian influence is often experienced via external expressions of love: luscious bouquets of flowers, [luxurious hotel retreats](#), [indulgent spa treatments](#), extravagant gifts. In spite of all this self-spoiling, self-love remains elusive.

We love what we don't have

After years of guiding people to personal discovery, I've found a peculiar trait about the things we love: we love things and people that embody positive traits we don't have, or are not on par with.

We might love Japan for its rich culture, the courage to be quirky and the positive experiences, products and stories it gives us. But in loving Japan, we are also conscious that we perceive ourselves to have a relatively shallower culture and we don't have Japan's

may love his wife for her selfless contribution to their family, but he may also recognise that his heart isn't as big as hers. To love, we must see our deficiencies and face ways in which others are better than us. The comparisons prompt us to ask: 'How can I be a better person?'

Self-love and self-doubt

Self-love is difficult. We are too conscious of our weaknesses, too close to the truth, too aware of our transgressions. We are the Planet Venus that knows exactly what the surface looks like without the benefit of reflected light and gas cover.

It is so much easier to recognise our weaknesses and our mistakes than to articulate where we are deserving of love. A lot of people are uncomfortable and embarrassed to carry out glowing self-appraisals, to admire themselves in a mirror, to post a self-tribute — so many are doubtful that they are worthy.

The concept of self-love requires one to be worthy of love, and I'm not sure that's a gift we can bestow onto ourselves. To qualify to be loved, others must see in us traits worthy of admiration and identify the positive impact we bring to them. Love is a gift bestowed on us by others, just as how we love others for the positive impact they bring to us.

Perhaps love was never meant to be bestowed on the self. After all, Venus only glows from the light bestowed by a star, and its glow is enjoyed by other planets and not by itself. Venus gives to others happily and without thinking, which might be the best example of self-love that there is ...

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