awakening to me one womans journey to self love Handbook

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Embarking on a journey of self-love is one of the most profound and transformative experiences a woman can undertake. It is a path marked by discovery, healing, acceptance, and empowerment. For many women, the journey begins with a moment of awakening ? a realization that true happiness and fulfillment come from within. This awakening is often accompanied by challenges, self-reflection, and deliberate effort to embrace oneself fully. In this article, we explore the multifaceted journey of awakening to self-love, offering insights, practical steps, and inspiring stories to guide women toward embracing their authentic selves.

Understanding the Concept of Self-Love

What Is Self-Love?

Self-love is the regard for one's own well-being and happiness. It involves nurturing a positive relationship with oneself, recognizing intrinsic worth, and practicing self-compassion. Unlike superficial notions of vanity or ego, true self-love encompasses acceptance, forgiveness, and kindness.

The Importance of Self-Love in a Woman's Life

Developing self-love is crucial for emotional health, resilience, and overall life satisfaction. It influences how women perceive themselves, set boundaries, pursue goals, and form relationships. When women love themselves, they are more likely to:

- Make healthier choices
- Assert their needs confidently
- Build genuine relationships
- Overcome insecurities and societal pressures

The Awakening: Recognizing the Need for Self-Love

Signs That Indicate It?s Time to Embark on a Self-Love Journey

Many women experience moments that serve as wake-up calls, prompting reflection and change. These signs include:

- Feeling disconnected from oneself
- Constant self-criticism or negative self-talk
- Struggling with low self-esteem or confidence
- Experiencing burnout or emotional exhaustion
- Facing toxic relationships or environments
- Feeling unfulfilled despite external success

Recognizing these signs is the first step toward awakening to the importance of self-love.

The Role of Life Events in Igniting Self-Love

Major life changes such as breakup, loss, career setbacks, or health challenges often serve as catalysts for self-discovery. These moments strip away superficial layers, forcing women to confront their inner selves and reconsider their worth.

Steps Toward Awakening and Embracing Self-Love

1. Self-Reflection and Awareness

Begin by exploring your inner world. Journaling, meditation, or quiet contemplation can help identify patterns of negative self-talk or beliefs that undermine your confidence.

Practical Tips:

- Write daily about your feelings and thoughts.
- Observe your inner dialogue: Is it supportive or critical?
- Recognize triggers that diminish your self-esteem.

2. Challenging Limiting Beliefs

Identify and question beliefs that hold you back, such as ?I am not enough? or ?I don?t deserve happiness.? Replace them with affirmations rooted in truth and kindness.

Examples of Affirmations:

- I am worthy of love and respect.
- I deserve happiness and peace.
- I embrace my imperfections with compassion.

3. Setting Healthy Boundaries

Learning to say no and prioritize your well-being is essential. Boundaries protect your energy and affirm your worth.

Steps to Set Boundaries:

- Clearly communicate your needs.
- Recognize when others? expectations are unreasonable.
- Practice assertiveness without guilt.

4. Practicing Self-Compassion

Be gentle with yourself during setbacks. Remember that healing is not linear.

Self-Compassion Strategies:

- Speak to yourself as you would to a dear friend.
- Allow yourself to make mistakes and learn from them.
- Engage in self-care routines regularly.

5. Cultivating Mindfulness and Presence

Stay connected to the present moment to reduce anxiety and foster appreciation for yourself.

Mindfulness Practices:

- Meditation
- Deep breathing exercises
- Mindful walking or movement

6. Investing in Personal Growth

Pursue activities and experiences that nurture your passions and talents. This fosters a sense of

purpose and confidence.

Ideas for Personal Growth:

- Take up new hobbies
- Continue education or skill development
- Seek therapy or coaching if needed

Overcoming Barriers to Self-Love

Societal Expectations and Cultural Pressures

Women often face unrealistic standards regarding appearance, behavior, and success. Challenging these societal narratives is vital.

Strategies:

- Question media portrayals of perfection
- Embrace diversity and authenticity
- Surround yourself with supportive communities

Dealing with Inner Criticism

Negative self-talk can be persistent. Practice recognizing and reframing these thoughts.

Examples:

- Instead of ?I?m not good enough,? say ?I am doing my best, and that?s enough.?
- Turn criticism into constructive feedback.

Addressing Past Trauma or Hurt

Healing emotional wounds allows women to develop compassion for themselves. Seek support from therapists, support groups, or trusted friends.

Celebrating Self-Love and Maintaining the Journey

Creating Daily Rituals of Self-Love

Incorporate small acts of kindness into your routine:

- Morning affirmations
- Regular self-care practices
- Celebrating personal achievements

Building a Supportive Community

Surround yourself with people who uplift and inspire you. Sharing your journey can foster accountability and encouragement.

Tracking Progress and Reflecting

Maintain a journal to document milestones, insights, and moments of gratitude. Regular reflection reinforces your commitment to self-love.

Inspiring Stories of Women Who Awakened to Self-Love

- Maria?s Transformation: After years of neglecting her needs, Maria started practicing daily affirmations and set boundaries at work, leading to increased confidence.
- Lena?s Healing Journey: Overcoming childhood trauma with therapy enabled Lena to embrace her worth and pursue her passions.
- Aisha?s Empowerment: A breakup prompted Aisha to prioritize her happiness, leading her to start a business and live authentically.

Conclusion: Embracing Your Authentic Self

The journey of awakening to self-love is uniquely personal and ongoing. It requires patience, dedication, and compassion. Remember, every step forward, no matter how small, is a victory. By embracing your true self, you unlock a life filled with confidence, joy, and inner peace. Start today?your journey to self-love is the most empowering gift you can give yourself.

Awakening to Me: A Woman?s Journey to Self-Love

In a world that constantly bombards women with societal expectations, images of perfection, and the relentless pursuit of external validation, the journey toward self-love often remains elusive. Yet, within this tumult lies a universal truth: the path to genuine self-acceptance is transformative, empowering, and ultimately life-affirming. This long-form exploration delves into the nuanced voyage of a woman awakening to her authentic self, unraveling the layers of doubt, conditioning, and fear to

emerge into self-love and inner peace.

Understanding the Roots of Self-Doubt and Conditioned Identity

Before embarking on a journey toward self-love, it is essential to examine the origins of self-doubt and the societal conditioning that shape women?s perceptions of themselves.

The Cultural and Societal Imprints

From childhood, women are often subtly conditioned to value appearance over essence, to seek approval from external sources, and to prioritize others? needs above their own. Media portrayals reinforce narrow standards of beauty and success, creating internalized ideals that are nearly impossible to attain, leading to feelings of inadequacy.

Common societal messages include:

- ?You must look a certain way to be beautiful.?
- ?Your worth is determined by your ability to care for others.?
- ?You need external achievements to define your success.?

Such messages embed deep within the subconscious, forming a lens through which women view themselves?often critically and harshly.

Internalized Criticism and the Voice of Negativity

Over time, internal dialogue becomes a battleground of self-criticism. Many women develop a 'critic' voice that magnifies flaws, dismisses achievements, and fosters low self-esteem.

Typical negative beliefs include:

- ?I?m not enough.?
- ?I don?t deserve happiness.?
- ?I?ve failed if I don?t meet certain standards.?

Recognizing these ingrained patterns is the first vital step in transforming self-perception.

The Turning Point: The Awakening to Self-Recognition

The journey toward self-love often begins with a moment of awakening?a realization that the

external narratives do not define her true worth.

Experiencing the Cracks in the Illusion

Many women report feeling a sense of emptiness or dissonance despite external success or approval. It may manifest as:

- Anxiety or depression
- A feeling that something is missing
- A desire for deeper connection with oneself

This inner unrest often prompts reflection, questioning long-held beliefs, and seeking authenticity.

Spiritual and Emotional Awakening

For some, awakening is sparked through spiritual practices, therapy, or life-altering events such as loss, divorce, or career changes. These experiences serve as catalysts, prompting women to explore their inner worlds and question the societal scripts they have been handed.

Key triggers include:

- Meditation and mindfulness practices
- Journaling and self-reflection
- Supportive community or mentorship
- Reading empowering literature

The Pathway to Self-Love: Practical Steps and Inner Work

Transitioning from awareness to active self-love involves deliberate effort, patience, and compassionate self-inquiry.

1. Cultivating Self-Compassion

Self-compassion entails treating oneself with the same kindness extended to others. Practices include:

- Mindful acknowledgment of negative self-talk
- Offering gentle reassurance and understanding

- Developing a mantra or affirmation such as ?I am enough.?

2. Challenging and Reframing Limiting Beliefs

Identify core beliefs that undermine self-esteem and actively work to reframe them.

Examples:

- From ?I?m not good enough? to ?I am worthy just as I am.?
- From ?I need to be perfect? to ?My imperfections make me unique.?

Techniques involve cognitive-behavioral approaches, affirmations, and visualization.

3. Nurturing the Inner Child

Many women find healing by reconnecting with their childhood selves?revisiting past joys, forgiving old wounds, and giving permission to express suppressed emotions.

Practices include:

- Childhood memory journaling
- Creative expression through art or dance
- Inner child meditations

4. Setting Boundaries and Prioritizing Self-Care

Learning to say ?no? and establishing boundaries is crucial for self-respect. This includes:

- Recognizing personal limits
- Delegating tasks
- Engaging in activities that nourish the soul

Self-care routines might encompass:

- Regular exercise
- Adequate rest
- Nourishing nutrition

- Mindfulness practices

5. Embracing Authenticity and Vulnerability

Authentic living involves:

- Sharing true feelings without fear
- Expressing individuality
- Pursuing passions without self-judgment

Vulnerability fosters genuine connections and reinforces self-acceptance.

The Role of Community and Support Systems

The journey to self-love is rarely traveled alone. Supportive environments accelerate healing and reinforce positive change.

Building a Support Network

Women benefit from communities that:

- Celebrate authenticity
- Provide encouragement
- Offer constructive feedback

Support groups, therapy circles, and online communities serve as vital spaces for shared experiences.

Mentorship and Role Models

Identifying mentors or role models who embody self-love can inspire and guide women through their personal journeys.

Challenges and Setbacks on the Path to Self-Love

The road to self-acceptance is seldom linear. Challenges include:

- Lingering self-criticism

- External influences and societal pressures
- Past trauma or unresolved wounds

Overcoming these involves patience, persistence, and sometimes professional help.

Strategies to Overcome Obstacles

- Practice self-forgiveness
- Celebrate small victories
- Maintain a growth mindset
- Seek therapy or coaching when needed

The Empowered Woman: Living a Self-Loved Life

As women progress in their journey, they often report feelings of empowerment, resilience, and joy.

Signs of a woman who has embraced self-love include:

- Confidence to pursue dreams
- Ability to set healthy boundaries
- Compassionate self-talk
- Authenticity in relationships
- Inner peace and contentment

This transformation echoes beyond individual well-being, influencing relationships, careers, and communities.

Conclusion: The Ongoing Nature of Self-Love

Self-love is not a destination but an ongoing process?a continual awakening to one?s worth and beauty. It requires vigilance, compassion, and dedication. Every woman?s journey is unique, yet universal in its core: embracing oneself fully, imperfections and all.

In a society that often seeks to diminish, the act of awakening to oneself is profoundly revolutionary. It restores agency, fosters resilience, and paves the way for a life rooted in authenticity and inner harmony.

The journey to self-love is empowering, life-changing, and ultimately, the most authentic expression of one?s divine worth. For every woman walking this path, remember: the most important

relationship you will ever have is the one you nurture with yourself. Embrace it with patience, kindness, and unwavering commitment. Your true self awaits.

QuestionAnswer What does 'awakening to me' mean in the context of a woman's journey to self-love? It refers to the process of becoming more aware of one's true self, embracing personal authenticity, and cultivating inner acceptance as part of the journey toward self-love. How can women start their journey to self-love and awakening? Women can begin by practicing self-reflection, setting boundaries, engaging in positive self-talk, and seeking supportive communities that encourage growth and self-acceptance. What are common challenges women face when awakening to self-love? Common challenges include overcoming societal expectations, confronting negative self-perceptions, healing past wounds, and overcoming fear of vulnerability. How does self-love impact a woman's mental and emotional well-being? Self-love fosters greater self-esteem, resilience, and emotional stability, leading to improved mental health, reduced anxiety, and a more positive outlook on life. Are there specific practices or rituals that can enhance a woman's awakening to self-love? Yes, practices such as meditation, journaling, affirmations, mindful movement, and engaging in activities that bring joy can deepen self-awareness and support self-love. Can awakening to self-love help women improve their relationships? Absolutely. When women cultivate self-love, they set healthier boundaries, communicate more effectively, and attract more genuine and respectful relationships. What role does community or sisterhood play in a woman's journey to self-love? Community and sisterhood provide support, validation, and shared experiences that empower women, making their journey toward self-love feel less isolating and more inspiring.

Related keywords: self-discovery, empowerment, confidence, healing, mindfulness, inner peace, personal growth, self-acceptance, transformation, feminine energy

love is eternal

Love is eternal. This timeless declaration encapsulates a profound truth that has resonated across cultures, religions, and generations. It speaks to the enduring power of love?a force that transcends the boundaries of time, space, and circumstance. Throughout history, poets, philosophers, spiritual leaders, and everyday people have celebrated love?s everlasting nature, asserting that true love remains unbroken despite life's inevitable challenges. In this comprehensive exploration, we will delve into the many facets of love as an eternal phenomenon, examining its spiritual, psychological, cultural, and scientific dimensions.

The Concept of Eternal Love in History and Culture

Ancient Civilizations and Their Views on Love

Ancient societies often regarded love as a divine or mystical force. For example:

- The Greeks believed in agape, a selfless, unconditional love that was eternal and divine.
- In Hinduism, the concept of Bhakti emphasizes devotion and love for the divine, which is everlasting.
- In Egyptian mythology, love was seen as a fundamental aspect of the universe, connected with the eternal cycle of life and death.

These beliefs highlight a universal recognition that love is not merely a fleeting emotion but a profound, everlasting connection.

Love in Religious Texts and Spiritual Traditions

Many spiritual traditions emphasize the eternal nature of love:

- The Christian Bible speaks of God's love as everlasting (Jeremiah 31:3) and the love among believers as a reflection of divine love.
- Buddhism teaches that love, compassion, and kindness are qualities to be cultivated eternally, leading to enlightenment.
- Islamic teachings highlight Allah?s infinite mercy and love, which are eternal and unchanging.

These spiritual perspectives reinforce the idea that love is an eternal attribute that connects humans to the divine and to each other.

The Psychological Perspective: Love as an Enduring Bond

The Science Behind Love?s Longevity

Modern psychology and neuroscience reveal that love involves complex brain chemistry and emotional bonding mechanisms:

- Neurotransmitters such as dopamine, oxytocin, and serotonin play key roles in feelings of attachment and pleasure.
- Long-term relationships are associated with sustained activity in brain regions linked to reward and attachment.

Research indicates that, with effort and commitment, love can deepen over time, transforming from passionate infatuation to a mature, enduring bond.

The Stages of Love and Their Duration

Understanding the natural progression of love helps to appreciate its eternal qualities:

- Initial Attraction ? characterized by excitement and infatuation.
- Deepening Connection ? involving trust, intimacy, and shared experiences.
- Companionship and Commitment ? where love becomes a stable, enduring partnership.

Many couples report that their love, when nurtured, remains resilient and grows stronger over the years, emphasizing its eternal nature.

Love?s Eternal Nature in Personal Experience

Memories and Legacy

Love leaves an indelible mark on our lives:

- Memories of loved ones sustain us beyond their physical presence.
- Acts of love and kindness create a legacy that endures through generations.

These enduring memories affirm that love?s impact is eternal, shaping identities and relationships long after moments have passed.

Enduring Love Stories

Throughout history, countless love stories exemplify eternal love:

- The tale of Shah Jahan and Mumtaz Mahal, whose love inspired the Taj Mahal, symbolizes everlasting devotion.
- The legend of Pyramus and Thisbe illustrates love?s unwavering commitment despite obstacles.
- Modern stories of lifelong partnerships showcase how love can withstand time and adversity.

Such stories serve as powerful reminders that love, when true, is timeless.

The Science and Philosophy of Love?s Eternity

Scientific Evidence Supporting Love?s Endurance

Studies have shown that:

- Couples who maintain strong emotional bonds often report lasting satisfaction and happiness.
- Shared experiences and mutual support reinforce the enduring nature of love.
- Brain imaging studies reveal that long-term love activates similar neural pathways as initial romantic love, indicating a biological basis for love?s persistence.

Philosophical Insights: Love as an Eternal Truth

Philosophers have long debated the nature of love:

- Plato described divine love as a pursuit of eternal beauty and truth.
- Kant believed love is an expression of moral duty that can be everlasting when rooted in goodness.
- Contemporary thinkers see love as an essential aspect of human existence, pointing to its eternal significance.

These insights underscore the idea that love is more than an emotion?it is a fundamental aspect of our spiritual and philosophical understanding of life.

Living a Life of Eternal Love

Practices to Cultivate Everlasting Love

To nurture love's eternal qualities, consider:

- Communication: Open, honest dialogue fosters trust and understanding.
- Compassion and Forgiveness: Overcoming conflicts with kindness sustains love.
- Shared Goals and Values: Aligning visions for the future deepens bonds.
- Continuous Growth: Embracing change together keeps love vibrant.

Maintaining Love Through Challenges

Challenges are inevitable, but they can strengthen love:

- Patience and Resilience: Overcoming difficulties together builds a resilient bond.
- Adaptability: Evolving with each other maintains relevance and connection.
- Reaffirmation: Regularly expressing love and appreciation keeps the relationship alive.

By actively nurturing these aspects, individuals can ensure that their love remains eternal.

Conclusion: The Eternal Power of Love

Love?s eternal nature is a universal truth woven into the fabric of human existence. Whether viewed through the lens of history, culture, psychology, or spirituality, love remains a timeless force capable of transcending mortality. It leaves a legacy in memories, inspires enduring stories, and fosters connections that defy the constraints of time. Cultivating love?through understanding, compassion, and commitment?can help us experience its everlasting power in our lives. Ultimately, embracing the concept that love is eternal encourages us to cherish every moment, nurture our relationships, and believe in the enduring power of love to transform and transcend.

Key Points to Remember:

- Love has been revered across civilizations as an eternal, divine force.
- Spiritual teachings emphasize love?s unchanging, everlasting nature.
- Psychological research supports love?s capacity to deepen and endure over time.
- Enduring love stories serve as timeless reminders of love?s eternal power.
- Practical efforts in relationships can nurture love?s persistence through life?s challenges.

Embracing the idea that love is eternal not only enriches our understanding of human connection but also inspires us to foster love that lasts a lifetime?and beyond.

Love is eternal ? a phrase that resonates deeply across cultures, philosophies, and generations. It encapsulates a universal longing for permanence in a world characterized by change and impermanence. From ancient myths to modern psychology, the idea that love transcends time offers comfort, hope, and a profound sense of connection that defies mortality. In this comprehensive exploration, we will delve into the various dimensions of love?s eternal nature, examining its philosophical roots, psychological underpinnings, cultural representations, and practical implications for our lives today.

Understanding the Concept of Love is Eternal

The Philosophical Perspective

Philosophers have long pondered the nature of love and its supposed immortality. Plato, in his

dialogues, particularly the Symposium, presents love as a pursuit of divine beauty and eternal truth. For Plato, true love is not merely physical or fleeting but an aspiration toward the eternal forms ? an unchanging reality beyond the material world.

- Eros and the pursuit of the divine: Eros, or passionate love, is seen as a desire to unite with the eternal, to partake in the divine.
- Love as a reflection of the soul's immortality: Philosophers like Socrates suggested that love can serve as a bridge to the eternal, inspiring us to seek higher truths.

The Religious and Spiritual Viewpoints

Many religious traditions emphasize love?s eternal nature as a divine principle. For example:

- Christianity: The concept of God's love as everlasting (?My love for you will never fail,? Jeremiah 31:3) underscores the belief that divine love is eternal and unchanging.
- Hinduism: The idea of Brahman ? the ultimate reality ? encompasses infinite love that pervades the universe.
- Islam: The notion of Allah?s love being eternal and encompassing all creation.

These perspectives suggest that love, especially divine love, is not bound by mortality but exists beyond it, offering believers hope for an everlasting connection.

Psychological and Scientific Insights

Love and Memory: The Mind?s Role

While physical bodies are mortal, memories and emotional bonds can create a sense of permanence. Psychologically, people often experience love as an enduring force through:

- Shared memories: Recollections of love?s moments can persist long after physical separation.
- Attachment and bonding: Neurochemical processes (like oxytocin release) reinforce feelings of connection that can feel timeless.

The Brain and Love?s Immortality

Neuroscientific research indicates that love activates specific brain regions associated with reward, motivation, and social bonding. These neural pathways can produce lasting impressions, reinforcing the idea that love leaves an indelible mark on our minds, contributing to the perception of its eternal

nature.

The Role of Legacy and Influence

Even after physical death, individuals? love can live on through:

- Children and descendants
- Art, literature, and music inspired by love
- Acts of kindness and remembrance

This influence underscores the idea that love?s impact can transcend mortal life, echoing through generations.

Cultural Manifestations of Love?s Eternity

Literature and Art

Throughout history, artists and writers have celebrated love?s eternal qualities:

- Shakespeare?s sonnets: Exploring love?s enduring power beyond time.
- Renaissance paintings: Depictions of eternal love, like the romantic allegories in Botticelli?s works.
- Modern films: Stories emphasizing everlasting love, such as The Notebook or Titanic, reflect societal hopes for love?s permanence.

Mythology and Folklore

Many myths portray love as an immortal force:

- Orpheus and Eurydice: Their love defies death, emphasizing love?s power over mortality.
- Pyramus and Thisbe: A tale of love enduring despite tragic circumstances.

These stories serve as allegories for humanity?s desire to believe in love?s eternal nature.

Practical Implications: Living with the Belief that Love is Eternal

Cultivating Eternal Love in Relationships

While no relationship is immune to change, embracing the idea that love can be eternal encourages:

- Deep commitment: Valuing growth and resilience over fleeting passion.
- Forgiveness and patience: Recognizing that love?s endurance requires effort.
- Shared purpose: Building a connection rooted in mutual values and aspirations.

Honoring Loved Ones Beyond Death

Practices that reinforce the eternal nature of love include:

- Memory preservation: Creating rituals to remember loved ones.
- Storytelling: Passing down stories of love and connection.
- Acts of kindness: Living in a way that honors loved ones? legacy.

Personal Growth and Self-Love

Understanding that love is eternal also emphasizes self-compassion and inner growth, fostering a sense of wholeness that sustains us through life's inevitable changes.

Challenges to the Idea of Love?s Eternity

Despite its comforting appeal, the notion of eternal love faces skepticism:

- Transient relationships: Many love stories are temporary, ending naturally or painfully.
- Changing human nature: Personal growth and circumstances can alter feelings.
- Cultural shifts: Societies evolve, redefining concepts of love and permanence.

Acknowledging these realities doesn?t diminish love?s importance but highlights the need for a nuanced understanding ? one that balances aspiration with acceptance.

Final Reflections: Embracing Love?s Eternal Spirit

Love is eternal in many forms ? whether as divine presence, lasting memories, or ongoing influence. Its enduring power lies in its ability to transform individuals and societies, offering a glimpse of something greater than ourselves. By cultivating love with awareness of its eternal potential, we can find meaning, solace, and motivation to nurture connections that transcend time. Ultimately, love?s eternal nature reminds us that while our bodies may fade, the essence of love persists ? a timeless thread woven into the fabric of existence.

Whether through spiritual belief, personal relationships, or cultural narratives, the idea that love is eternal continues to inspire hope and resilience. It encourages us to cherish each moment, leave lasting legacies, and believe in a connection that no death can sever. In embracing this truth, we participate in a timeless dance ? one that celebrates the eternal spirit of love in all its forms.

QuestionAnswer What does it mean when someone says love is eternal? It implies that true love endures beyond physical presence, time, and even life itself, emphasizing its everlasting and unbreakable nature. How can love be considered eternal in modern relationships? Through deep emotional connections, shared memories, and committed bonds, many believe love can transcend physical existence and remain forever in the hearts of those involved. Are there cultural or spiritual beliefs that support the idea that love is eternal? Yes, many cultures and spiritual traditions, such as reincarnation beliefs and eternal soul concepts, emphasize that love persists beyond earthly life and continues through different existences. Can love that is considered eternal face challenges or change over time? While external circumstances may change, the core essence of eternal love is often viewed as resilient, capable of withstanding challenges and evolving in depth without fading. How do literature and art depict the concept of love being eternal? Many works portray love as timeless and immortal, symbolizing it through eternal flames, undying stars, or everlasting vows, emphasizing its perpetual and unending nature.

Related keywords: eternal love, timeless romance, everlasting affection, infinite devotion, endless passion, immortal bond, eternal companionship, perpetual tenderness, forever together, timeless connection

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