

“WE judge because we’re insecure, and we are insecure because we judge”.

LOVE DOESN'T JUDGE

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More thoughts from Humble the Poet (aka Kanwer Singh), a Canadian-born artist, rapper, spoken-word poet and author, from HOW TO BE loved(d).

When we judge others, it's less about who they are and more a reflection of who we are.

Our journey of self-love is to judge others less and reduce how we judge ourselves.

WE judge because we're insecure and we are insecure because we judge.

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"Real Love isn't about honouring what's perfect, it's embracing all that's imperfect."

Perfection is the enemy of love

"Focusing on progress instead of perfection is sustainable, and also gives us opportunities to go deeper with the love we have."

A change of thinking on this issue. Love - as in HOW TO BE LOVE(D), a book by Humble the Poet (aka Kanwer Singh), a Canadian-born artist, rapper, spoken-word poet and author

The book is the work of questions and a questioner, Love, he says: *"If we dig to the root reason of why we do anything in our lives, IT'S BECAUSE OF LOVE (capitals, mine)."*

Of his book, he says, *"This book wasn't a labour OF love, but a reminder that it is a labour TO love."*