

The Secrets of Self Esteem - the secret of sustained success

Session 1 - Know Yourself - Discover Your Positive Self

Know Yourself – First things, first; when you know your self and understand you are wonderful, and that is not arrogant, you start from a good foundation.

What is Self Esteem and Low Self Esteem? – here we explore opposites – e.g. Self-Confident / Arrogant and Feels Worthy / Feels Worthless: in each pair, the feeling of self esteem is first!

Personal Change - Our Self Esteem will increase if we **realise** we have the **capacity to change**. Personal transformation is to move from a state of lowered self esteem to self esteem and to learn and practice inner powers, skills, strategies, qualities and attitudes that will make this possible.

Spiritual Self Awareness – The true state of the Self is Pure, Peaceful, Loving, Wise, and Joyful. When we experience these qualities in full we feel Blissful and we become Strong. The true purpose of the Self is to experience and express our Positive Qualities.

Finding the Solid Ground within Yourself – "The experience of self brings.... a feeling of standing on solid ground inside oneself, on a patch of eternity, which even physical death cannot touch....."

Dis-Identify –
I have a job - I am not my job
I have relationships - I am separate from other people
I have possessions - I am not my possessions
I have a body - I am not just my body

Session 2 - Accept Yourself - Understand and Transforming Negativity

Accept Yourself – When we become self aware we see both our weaknesses and strengths. Remember negativity is the absence of positivity, just as darkness is the absence of light.

The Power of Positive Thoughts - If we create positive powerful thoughts about ourselves - our qualities and powers - the energy of those thoughts will heal and change past negative beliefs that are stored in our subconscious.

Self Belief –
Withdraw into your still centre of healing and recovery, with the creative and positive power of thought
Experience the positive energy that comes from silence and stillness
Believe that you have what you are looking for inside
Choose to focus on your strengths.

Transforming Feelings – Detach: create a space → Observe Your Feelings: without judgement → Accept and Identify your Feelings → Support Yourself → Understand your Feelings → Understand the Cause → Find a Solution: e.g. qualities that enable you to turn things around i.e. look for a New Response → Value the Opportunity to Change.

A Solution Based Approach - By thinking about, researching and reflecting upon our inner strengths we can bring them into our lives.

Session 3 - Empower Yourself - Build Healthy Relationships

Relationships - There are four main relationships we have in our lives: Our relationship with ourselves, nature, other people and The Divine.

With **ourselves** – All our relationships are a reflection of the relationship we have with ourselves.

With **nature** – What is your relationship with your body? What is your **Self Image**?

With **others** – ‘And stand together yet not too near together for the pillars of the temple stand apart, and the oak tree and the cypress grow not in each others shadow.’ *Kahlil Gibran*

With **The Divine** – If we are able to take strength and power from The Divine we are more able to give, and less needy in our relationships.

Independent – Interdependent - it is necessary to keep our boundaries intact; people play power games with each other in which they compete for energy, to be effective, we must keep our energy intact.

Healthy Relationships

Let go of blame (whoever you blame has power over you);

Have standards, not expectations (that way you will never be disappointed);

See the whole person, not just talents, appearance, personality;
See and accept people as they are: neither be over impressed or disappointed;
Have unconditional love and regard;
Be free of approval-seeking, people-pleasing, dominating or manipulating (all ways of looking for energy from others);
Be free from comparing yourself – all individuals are unique and each has a different role to play.

Unhealthy Relationships – these are the opposites!

The Power to Discern – it is important to evaluate real from false, like a jeweller can gems; see the difference between true happiness and false happiness. Develop the eye for truth.

The Power to Decide - this power leads to action, commitment and following the course you know is right: knowing your self, and your qualities, you have discerned, you have weighed up, you choose and do.

Session 4 - Being Yourself - The Art of Inner Balance

A happy life is very much about getting the balance right. The balance between valuing spending time alone, and valuing the time spent with other people. It is living as a spiritual being in a physical world.

The Power to Face – within I am calm and dignified, regardless of the world outside; this awareness strengthens my courage to take responsibility for transforming my thoughts and feelings into ones which nurture growth both for myself and others; and to deal with life's challenges.

The Power to Co-operate – here it is valuing each and everyone for their contribution in the world, respecting them for it, and working with them, peacefully to create opportunity for positive change.

The Art of Inner Balance - We all have the capacity to be strong and gentle, confident and humble, adventurous and careful: life is a constant interplay of positive and negative energy. With understanding, we can make the choice to move towards the positive, finding the right quality to redress the balance.

Re-Affirming Self Esteem –

- Stand back
- Create a Space
- Observe without judgement
- Connect with inner peace and calm
- Respond rather than react.