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Hello Everyone!

Welcome to

Week #5 of 10 Minutes; 12 Weeks to A New View of Life and You: A Self Study Course in Self Esteem: You Are Good Enough!

I'm Kathy Kirk, the Founder of Applied Spirituality™.

I'm happy to be here; and I'm very glad you're continuing to choose to be here, as well.

I remind you: this is a religion neutral zone, meaning all religions are included here.

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Get a notebook; take notes, communicate with yourself and do the assignments.

Please direct any questions or comments you to me at coach@appliedspirituality.com. I will answer you personally.

Ok. Let's get started. This week's message is entitled,

Week #5: You Are Good Enough!

In week #1 I asked you to consider how it would feel to have your heart crack wide open with the feeling of Love you have for a child or a pet, but this time for the Love of Yourself. I also asked you to make a Commitment to Yourself, like a vow or promise, to uphold, honor and be your own best friend. Meaning you would never again criticize or beat yourself up; be mean to yourself etc.

Can you acknowledge that most of the time you are criticizing yourself unmercifully and relentlessly?

There's a terrible fundamental belief that we carry around like a sack of rocks. It weighs us down and affects every single relationship and creation in our lives. It's the belief that **"I'm not good enough"**. It has many expressions: I'm not smart enough; I'm not brave enough; I'm not rich enough; I'm not handsome enough; I'm not kind enough; I'm not loved enough...

Only one of those statements is true – the last one. I'm not loved enough. And the lack of love is only from one place, yourself. ***It's how you think and feel about yourself that is coloring and shaping every outcome in your life, including the condition of your finances, your weight, your relationships, your job, etc. And it's only a thought, a mere belief...which can be changed.***

How did this happen? When did this happen?

The short version of that answer is that it has always been the way humans have thought of themselves. It's the story we made up when we decided that this terrible feeling inside of ourselves, the emptiness or loneliness was God kicking us out of heaven because we were bad. We made up the story to explain the pain of separation. The story wasn't true; but we believed we weren't worthy. ***It was never true.*** So, your personal idea that you are not enough is a collective belief as well. It is something we all have believed for a very long time without any Truth to it generation after generation.

How do you know it's not True? You know this belief is not ***true because it feels so bad to think it*** and believe it. That pain indicates that our Godmind which is anchored in Well Being knows the Truth of Who We Really Are is not joining our human mind in that bit of nonsense. Remember the negative emotion is telling us one thing and one thing only, that what we believe in our human mind is not in alignment/agreement with what Godmind Know to be Truth. (Week #2)

So, here we are, still believing this after thousands and thousands of years. ***What's worse is that each of us internalizes this as personal.*** How's that for an ego? To think out of all of God's creations, which were all made Good, ***we're the only one that slipped through Quality Control.*** Yikes!

This single idea of being faulty, inferior, unworthy and not good enough is at the root of every malady that we live and experience with on the planet.

Recently I heard of a school in Ohio that over the course of 3-4 years has had several teens commit suicide because of bullying. The interesting thing to note is that both the bullies and the kids that got bullied had the matching vibration of believing they were not good enough. One masked it by bullying; the other played the victim role. However, the Law of Attraction is unerring in matching like vibrations. The purpose of these encounters is to always have the opportunity to release the false belief which then allows more Love, Truth, Beauty and Goodness – Source into the individual, and therefore, the world. Every time we feel badly about ourselves, we have another opportunity to let go of that "I'm not enough" belief, and allow more Source to flow into our physical experience though our opened and changed mind.

Right now, across America millions of people are butting up against this false belief. It's in their face at every turn proving to them they are right. They are not enough. They don't have enough money; there are not enough jobs or opportunities; there's not enough health care; there's not enough love; there's not enough anything anywhere they look. The glass is not just half empty; it's down to a quarter tank.

The root of all this lack is the original systemic false belief that "I am not enough."

***You are Love,
itself. You're
the fullness of
Life. You are
the fulfillment
of Life.***

You are therefore, happy, contented, up for a new challenge any time, eager for more, confident, and above all know how valuable you are, just like everyone else is. You feel your Value. You cherish You. Your Value. You love contributing your Value to the world because it's unique, precious and no one, absolutely no one ever can do you – only you have the ability to do You and give that gift to the planet. It's your mission. You Love Who You Are. Absolutely. Unconditionally.

This false premise has been passed on long enough. And it's so big in our face now that it is obviously up for clearing on a global scale. The only way mankind clears these beliefs is one mind at a time. And of course, the one mind you care about is yours. It's the only one you have any control over. ***So are you ready to let go the belief that you're not enough and replace it with I am enough. I am plenty. I am good enough. I always have been and always will be Good Enough.***

Imagine how life would feel if you walked around knowing you were plenty, worthy, deserving, wonderful, capable, and the fullness of God, Itself? Imagine this for a bit. You're loved beyond measure.

Imagine now walking about in your physical body and how differently it feels and the different choices you would make.

- You would be proud of yourself. You would receive love and compliments. You would express your beauty and creativity. You would admire and appreciate your creations and contributions.

- You never berate yourself.
- You never diminish or disrespect yourself.
- When you looked at you in the mirror, you'd grin from ear to ear at what you see. You'd give yourself two thumbs up, a wink, blow yourself a kiss and feel that love. You Love It all. ALL.

- You know your worth.
- You know your beauty.
- You know your wisdom.
- You know yourSelf; and it is Good.

When you know this, there is nothing else to know about you. There is no other thought. I am sufficient. I am enough. I am plenty. I am worthy. I am Good. I am the fulfillment of Source.

Now, though that belief, though that lens the world now starts sending you the *proof of that belief*: enough money shows up easily; worthy relationships show up; a healthy body shows up; everything in its fullness, enoughness and plenitude shows up in

your physical life to prove you're right.

The proof that the belief that you are enough is True is that it **feels Good**, which is synonymous with God. Truth always feel Good.

This week we begin the homework of changing how we think, and therefore feel about ourselves. There is no other more important work that you could ever undertake to do.

You are aligning with the Truth of Yourself. You are on the journey of the Prodigal Son returning Home to the fullness of Love and Truth about yourself by way of letting go the old beliefs, which were never true and placing the new piton - that I am enough – to assist our ascent.

How is this done?

1. First you reaffirm your Commitment of Love to Yourself. Choose You. Reaffirm that vow to love yourself unconditionally, no matter what. You will never leave you. You will never forsake you. You will never abandon you.
2. Set your new intention to Love and Honor Yourself Unconditionally. Set your intention to accept yourself just as you are right this minute. As is. Warts and all, **only this time it is the Allness you are now going to open up to see and realize. Your intention is to see and appreciate the Beauty and Goodness of You, the Brilliance of You; the Wisdom of You; the Divinity of You.**
3. Post #1 and #2 in visible places so that you can see these easily. Sticky notes, 3x5 cards, poster board, dry erase board, tattoo it on the inside of your eyelids. Your Promise to Love Yourself; Your Intention to Accept ALL Yourself not just your “faults” but your Fullness.
4. Throughout your day you are now going to pay attention to every single time you are diminishing, criticizing, disrespecting or dumping on yourself. EG: You refuse to look at yourself in the mirror. You catch yourself. You acknowledge you just disrespected yourself because you think you’re what, too fat, too old, too ugly, etc.
 - a. Now, you stop.
 - b. You breathe a deep breath in, breathe in Life, relax your whole being and say, “I’m the fullness of Source itself here in this physical body. What I am is Good. I am enough. I am plenty.” Or make up the words you want to believe, breathe that in.
 - c. Then reward yourself with \$.25 into a jar. Reward yourself for your awareness and shift.
5. In the morning and in the evening in your journal you’re going to make lists of all the things you really admire about yourself. Come on, secretly you adore yourself but since it wasn’t PC to boast and brag about you, you hid them. Make those lists. Come out of the closet in Love with yourself.
 - a. Make list upon list of all the ways you are unique,
 - b. wonderful,
 - c. talented,
 - d. gifted,
 - e. a joy,



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- f. a beauty and a light to the world.
 - g. What do you most appreciate?
 - h. What do you most enjoy about you?
 - i. What do you most treasure about you?
 - j. What would you never trade for all the tea in China?
6. Take those lists on your bathroom breathing breaks throughout your day and fill yourself up. Always begin with I am plenty. I am more than Good enough. I am the fullness of Source, Itself. And here's the proof...Breathe. Breathe. Breathe.

Remember questions direct to me at coach@appliedspirituality.com.

Also I invite you to come to the ongoing Sunday evening Life Transformational Coaching calls. Sign up at <http://www.appliedspirituality.com/coaching>

And I am reminded by nonphysical to leave you with these words,

“You all have nothing to fear and nothing to worry about. You are loved beyond measure.”

Thanks for being here. I'll see you next time.