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Hello Everyone

Welcome to

10 Minutes; 12 Weeks to a New View of Life and You: A Self Study Course in Self Esteem. This is episode #6: You Are More Than Enough: Treasuring Yourself.

In episode #5 we began a four week focus on You Are Enough. This topic is fundamental and so important, that I promise you, if you do these four weeks of learning to change the way you think about yourself, you will be experiencing a different life right away.

Housekeeping reminders:

1. This is a religion neutral zone, meaning that all religions are welcomed here or none
2. Everything you hear or read is proprietary information and copyrighted. Nothing may be reproduced without expressed written consent.
3. You must get a journal and start using it daily. Use it to take notes, communicate with yourself, ask questions, and write down feedback.
4. All your questions or comments can be directed to me at coach@appliedspirituality.com

Let's get started

Message #6 You Are More Than Enough II: Treasuring Yourself

So pervasive in our culture is the notion that being selfish is a bad thing that it has caused us to relegate our personal needs, wants and desires to last place. The translation of this is a lot of people doing a lot of things for all the wrong reasons which can only result in resentment and an unfulfilled life.

We're not promoting the idea that you are more important than anyone or anything else. What we are saying is that you are of equal importance. I know when I was a young mother, I had the idea that my kid's needs, wants and desires came before my own. What resulted from that misperception was an empty tank. One day I absolutely couldn't show up for the game. I was empty. Depleted. Spiritually bankrupt. ***You cannot give from an empty basket.***

When you Choose You. When you have made that solemn oath to yourself to love, honor and cherish you. What you have promised is to bring yourself into every consideration equation in equal measure with everyone else. You have promised yourself that you will acknowledge your own needs, wants and desires before you jump and make a decision on anything. You are loving yourself enough to say to yourself, I honor me as well as you.

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We have been conditioned to believe that it is noble to be self sacrificing. It is not. When you leave yourself out of the equation of love, you discount your divine contribution to the Whole. In fact, you are cheating the rest of us of the gift of your Self. So it's a big fat lie that selfishness is bad. It's a big fat lie that being self sacrificing is Good. It is not. You suffer; and so does the Whole. This is of the utmost importance to your healthy life experience and to our experience of you.

So the bottom line is if you win, we all win. If you are full, the Whole is blessed. If it is Good for you; then it is Good for the Whole. The idea of win-win is the Truth of Being.

Think about it another way. You're an instrument in an orchestra. Say you're the oboe or bassoon. The orchestra has all the other instruments, it has a piece of music to play which had a composer, and it also has a conductor. The idea of the orchestra, the Whole, is to play that music as beautifully as it possibly can. However, the composer and the conductor are at the mercy of each individual instrument. How well each instrument is played is up to that instrument. If he/she has practiced and learned the piece, the music will be passable. But if the individual instruments are not only played skillfully, but with soul, the music will turn into something that will transcend the mind and pierce the heart. As the individual matters to the orchestra, so do you matter to the Whole of mankind. I am not overstating this.

So the Quality of You is what we are focused on. The Quality of you is only as good as the focus you have. And the focus you have is only as good as the Love and commitment you have to Value of You.

Stated another way:

If you Value you, and what gifts and talents you bring to the world then:

You treat yourself as if a treasure. You feed yourself well in all things: music, books, friends, food, and experience. You give yourself what you need to support bringing your beautiful Self to the world. Only you can do this for yourself. And it takes loving yourself as much as you love everyone else.



Mark12: 28 One of the scribes came and heard them arguing, and recognizing that He had answered them well, asked Him, "What commandment is the foremost of all?" 29 Jesus answered, "The foremost is, 'HEAR, O ISRAEL! THE LORD OUR GOD IS ONE LORD; 30 AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH.' 31 **"The second is this, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.'** There is no other commandment greater than these."

And there it is. When we don't love ourselves; we cannot love our neighbor. And this is exactly what is being reflected in the world today. How can you love a Democrat or Republican if you don't love yourself? How can you love your enemy if you don't love yourself? How can you love the guy that just cut you off on the freeway if you don't love yourself? How can you love your children if you don't love yourself? How can you love your spouse if you don't love yourself?

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The other aspect of Win-Win as the Truth of Being is this means that in alignment with Source Energy (God) is the Reality of Oneness – the Fullness of all things Good. Win-Win in alignment with Source means that everything I want is never at the expense of anything you want. Source can and does fulfill every need, want and desire of every living thing on the planet simultaneous. Which means, not only are you enough, and I'm enough, but there is enough of everything. In order to realize this in our lives and in our physical world, we have to come into alignment with Self, our Godmind, which is anchored in Source Energy - Well Being.

You can't come into alignment with Self if you're dissing yourself, criticizing your neighbor, worrying about your health, complaining about the government, noticing all the negatives. Your focus which you have complete and sovereign control over has got to be placed deliberately and continually on things that are pleasing and delightful to you. In other words, you have to know what makes you happy and feel fulfilled, then you have to love yourself enough to allow yourself to have these good feelings and these lovely experiences. You have to love yourself enough to allow yourself to do your music, draw your pictures, play baseball, dance the tango, eat beautiful food – in short – allow yourself to enjoy your life as you define enjoyment.

The true Nature of you is Source Energy, which is pure freedom and pure joy. When you are aligning with that, you are fulfilling your mission on Earth – which is to be joyful. And if you don't love yourself, value and appreciate You, Source Energy in the flesh, then you're miserable and everyone around you is as well. Then, you're part of the problem, not part of the solution...

So this week we're going to work on giving you the feeling of joy. Getting in touch with your Joyful spirit. ..so you can add that experientially to all the things you love about yourself.

Homework:

We are continuing with last week's homework:

The Process is 6 parts:

1. Step #1 is to make a Commitment of Love to Yourself. Choose You.
2. Step 2: Set a new intention to accept **the Allness of you** -the Beauty and Goodness of You, the Brilliance of You; the Wisdom of You; the Divinity of You; the uniqueness of you and you will love, honor cherish and value it as a pearl beyond price.
3. Post #1 and #2 in visible to remind yourself to deliberately choose new thoughts
4. Throughout your day pay attention to every single time you are disrespect yourself then do:
 - a. Each time stop yourself
 - b. Breathe 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.

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- c. With this Good feeling about yourself, look into a mirror. Give yourself the biggest smile, wink and blow yourself a kiss. Before you take your eyes away, look into those eyes and say, I love you, _____. You're gorgeous.
 - d. Then reward yourself with \$.25 into a jar for your awareness and inner shift.
5. Make lists of all the things you really admire about yourself.
 6. Take these lists into your bathroom breathing breaks where you bring yourself back into alignment with Source (Self); On the in breath you breathe in Life, relax, say your new thoughts about yourself being enough, worthy, deserving, precious, important to the Whole and then read your lists as proof.

Then this week we are adding #7. Thou Shalt Not Speak if It's Not Good.

It's attitude adjustment week: People say attitude is everything, and that is absolutely true, because whatever attitude you have, is the attitude that you vibrate out to the Big U which matches it with more of same. So when you're a doomsayer, criticizing everything, hating yourself, expecting the worst, the worst happens.

This week we're going to pay close attention to how we're speaking.

Remember your Mom saying, "If you can't say something nice, don't say anything at all?"

That's the work for this week. Now we are adding this one to the other six. You are prohibited from saying anything negative. Anything. You, of course, will think these things; but this week they cannot come out of your mouth into words. This includes name calling, gossip of any kind including celebrities or famous people and of course friends and relatives and most especially you. You can't speak your negative thoughts at all, you can't tell a sad story; you cannot elaborate on your illness. You may write these things in your journal if you need to vent or work something out; but you may not speak them. We're sensitizing you to your own default, unconscious habits of negative thinking and how much time, therefore Source Energy is spent looking at what's lacking and not on what's full.

Questions or comments may be sent to coach@appliedspirituality.com

I invite you to our Sunday evening ongoing life transformation coaching calls. Register at appliedspirituality.com/coaching

I am reminded to tell you

"You have nothing to fear; you have nothing to worry about. And you are loved beyond measure."

Until next week, this is Kathy Kirk from Applied Spirituality. Thank you for being here.



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Notes