



Der Selbstwert – Self-Esteem

Our self-esteem sits in the middle of the vital chakra in the underbelly, surrounded as well as protected by hatred. Hatred is a natural reaction which turns up the moment our value is under attack. Our self-esteem has been attacked very often when we were children. As a consequence, it is burdened by negative experiences with our biographic parents and therefore it is deeply repressed, weak, and suppressed

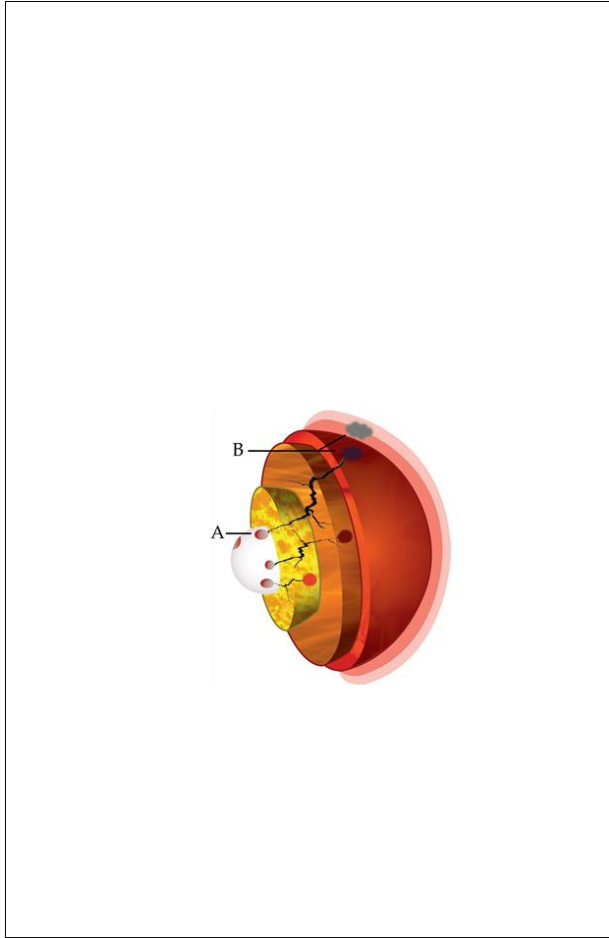
A strong and healthy self-esteem resembles a golden ball. In order to heal it take a seat or lie down in a relaxed way, watch your breath flow softly into your under belly. Each breath takes you deeper into your body as soon as you allow it. Close your eyes. No matter what kind of emotions show up, allow them to rise and fall again. If you want to intensify pleasant feelings let your attention linger on them for a while. Relax deeper into your body. 3 fingers below your navel in your belly there is the center of an orange heat. Focus your concentration on this spot and feel the heat awake in your belly. Your self worth may show up in front of you and your belly like an object floating in midair. In your mind you may stretch out your hands towards it. Allow your self-esteem to sit in your palms. Try to find out how it feels exactly. Is it light or heavy? Big or small? Light or dark? Warm or cold? Is its surface rough or smooth? Is it painful to touch it?

Consciously allow that which you are holding in your hands to show you its wound. Speak to it in your mind: „You may show me your wound“. Now touch the wound gently. It is allowed to heal now. Repeat the following sentences in your mind like a mantra: „Even against my resistance and my wish I allow this wound to heal“.

Or: „I allow a divine force to heal this wound. I grant you all the love and sense of security (and comfort) you need in order to heal“.

The wound is going to melt like butter in the sun. Your underbelly is going to become warm and soft. The self-esteem in your hand will radiate like a little sun. All the built up stress collapses. Keep breathing relaxed. Enjoy the moment. The warmth in your belly spreads across your whole body like a warm liquid. The warmth releases knots and strings in your body which have kept you prisoner. Go on breathing smoothly while the tension keeps fading and dissolving, making way for a pleasant feeling that wants to fill your body in a light, clear and soft way. Now deliberately allow your self-esteem to fill your whole body: „You are valuable and precious and I allow you to present me with this feeling. I am valuable and precious, and I also allow myself to be valuable and precious“.

The energy radiates tenderly within you and flows from your belly and your hands back into your body. The warmth flows into the legs, which become warm and soft. Your feet relax, your joints unclench. Carry on breathing and allow the light to fill you completely.



Grafik:

(A). A wound in the self-esteem affects all areas of the energy body and life itself.

(B). The self-esteem (white ball) is surrounded and protected by hatred (yellow ball). If the self-esteem got injured badly, it might also affect the anger (orange ball) and the immune system.