

The Spirituality Corner

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Joy & Self-esteem are tools for healing!

Think about the last time you were so mad in love, started your dream job, or just got the financial resources that you needed, in short, think about the last time you were really happy, really living in state of joy.

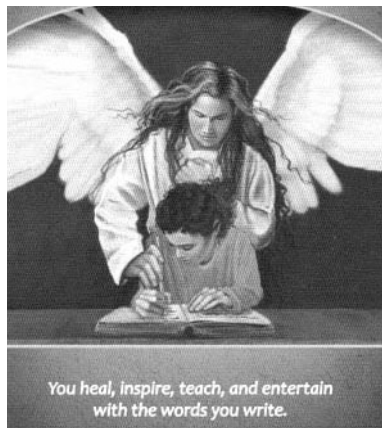
It did not matter if it was raining or shining, if it was hot summer or cold winter, if it was the allergy season, or you had ate something that you knew was not good for you, I bet you did not get sick Why? It is because when we are in a state of joy, our self-esteem is high. When our self-esteem is high, we do not get sick. In other words: You only can be completely healed, if you learn to improve your self-esteem.

Your self-esteem is an ever flowing reflection of what you think about yourself on the inside and what you do on the outside. That is why when you are happy, your assertiveness increases; the image you pass to others is the image of a very self-confident person.

Ideally, a healthy self-image should begin development when we're children. But few of us get this critical training from anyone skilled at teaching it. So almost everyone you'll ever meet has tremendous deficiencies when it comes to how they see themselves... and their actions reflect it. Parents, teachers, siblings, neighbors, and anybody else that was around when we were growing up, may not have what ideally they would pass on to us. It is not their fault. One cannot give what one does not have.

Now that we have grown up, it is our job to re-pattern our preconceptions about yourself and others. The list below will show you a few things to consider and to start doing your homework:

1) Forgive yourself for your wrongdoing or imagined you've done wrong. No matter what your past was like, view everything that happened to you as something



created by your soul to assist you in evolving. Change your negative memories into positive understanding. As you do, you release the pain and open to your path of joy.

2) Forgive others who've done any wrongdoing against you. Thinking about forgiveness as synonymous to "Setting yourself free"

3) Drop right now any of the harmful (to you) feelings listed below:

- a) Negative reactions to fear of criticism and or necessary feedback.
- b) Let go of any fears or beliefs that the future will be worse than the present and that change is bad. It leads to a need to hang on to what you have, and brings pain rather than joy. Embrace the new, and believe that the future holds joy and promise
- c) Blaming other people, the universe and/or situations for your problems, instead, realize that you are the creator of your life, and that you can create any life you want for yourself.
- d) Fear of rejection.
- e) Arrogance and conceit
- f) Jealousy
- g) Harmful anger
- h) Pettiness
- i) Selfishness
- j) Laziness
- k) Prejudice

l) Dishonesty (lying, cheating, stealing)

m) And any other programmed thoughts.

Depending on how many of those destructive behaviors you can identify on yourself, you will have a good idea, why you've got low self-esteem... and do things that drive you and others around you crazy with frustration and/or anger.

Most of the time, a low self-esteem will cause us to act and or react in ways that will drive away from us people that we care about the most. Often these are the people that we would love to keep near.

Interestingly enough, most of the time, those are the same people that love us the most and would do anything to be close to us. They just cannot take our behavior and camouflaged negativity. Have I gotten your attention? Would you like to start undoing the self-destruction pattern? Here are some suggestions:

Character change

Give a try to honesty, integrity, genuineness. Vow to walk your talk. Watch your actions, thoughts and words and in any circumstance, do to others what you would want others doing to you. Set up your values and make the decision to honor, living by an upright set of principles. When you fail to respect those principles, you and everyone around you will know it, no matter how good you are at camouflage.

Live with Optimism

Recognize that each day is a gift and your mind will open to benefits of achievement, you'll believe that things will work out. Specially, you will trust the source. You will know that no matter how dark the situation is right now, it is nobody's fault (not even yours), but it is a new lesson leading you to new accomplishment.

Live with Joy

Let go of being a victim, and know that everything that is happening is something you have drawn to yourself to help you become stronger, more whole.

Stop blaming others or the universe. Instead, affirm that you are the creator of your life, and that you can create any life you want for yourself.

Every time you think of something that makes you feel sorry for yourself, (the loss of a loved one, illness, divorce, loss of a job, etc.) or makes you hold a negative picture of yourself, stop! See what good you created from that experience. It may be that you learned so much that you never again brought that kind of experience into your life. It may be that because of that situation, you changed your path. It may have helped you develop new qualities and personality traits. You may have learned to serve and assist others when they will be living the same experience. You will notice that even the most horrible thing that happened to you brought you growth in some area of your life.

Thoughts are easy to change, but it takes a lot vigilance & persistence to not fall back into old ways of thinking. Don't feel discouraged if you catch yourself going back to the old pattern of low self-esteem and, negative thoughts. Simply replace them with the new thoughts you have created. Write down some positive affirmations, and post them somewhere where you will see them. Keep repeating these positive thoughts until you think in new ways automatically. Ask God or your higher self to assist you on this task.

Most importantly, link with your soul daily through prayer and/or meditation and ask your soul to work with you on your healing process and raising your self-esteem and joy. Your soul does not know sorrow or pain. It

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To learn more about spiritual healing please visit my website:

<https://doctorsofthesoul.net>