

Reminder Memos for your Advancement #8

Stop all downplaying of your innate Brilliance.

They tell us that we can only love others to the level we love ourselves - and that is true. The problem is that many of us have been taught that loving ourselves is wrong, it is being vain or conceited - so we learn to downplay our brilliance. Not only do we downplay it, we eventually stop recognizing it altogether - here is perhaps our more harmful self-inflicted loss of happiness.

It all goes back to our levels of self-esteem. At its core, low self-esteem simply means not liking yourself very much - and obviously, not liking yourself definitely means you don't love yourself. You may think that this would only affect you, but it actually has a powerful impact on everyone you touch.

Mostly what you say and do stems from your decisions about yourself. If you don't like yourself or love yourself, you probably do not actualise your own talents and abilities. And if you don't accept those talents and abilities, you will hold back using them to their fullest possible extent, which means you will give less to the world than you could - and here is the loss to our world.

Sadly, all of the people you could have touched in your lifetime will not receive the gift of love, insight, encouragement, compassion or guidance that would have helped them not only improve their own lives but would have helped them reach out to help others too. This is a pity, and a really big reason to stop all self-criticisms, to end all comparisons with others - and especially to cancel out all of your past self-put-downs as simply erroneous thinking.

These self-inflicted internal saboteurs erode our precious feeling good about ourselves, and our sense of worthiness to enjoy the best that life can offer.

Upgrading your self-esteem, and your self-concept, and your self-image and your self-belief is a powerful way to increase the impact you have on the world around you. When you feel good about yourself, you are more confident. You are more loving toward yourself and others - and you feel more inspired and eager to make a difference, to be more active promoting the greater good.

Discover how it is that when you truly love yourself, others reflect it - and you will also find that people, resources and opportunities are magnetically drawn to you from every possible direction and you become much more empowered to live a life that contributes immensely to the world in endless ways.

Learning to love yourself isn't as hard as it may seem - simply start by liking the previously unlikeable to do with yourself. Demand of yourself to only focus on your positive qualities, focus more on your strengths. Think about the good things you have accomplished in the past. Use your self-talk for your advancement by regularly telling yourself of your positives. Keep on telling yourself the things others have failed to; such as 'I'm a good person' 'I have a lot to offer the world' 'people like me' and especially 'I like myself.'

Over time, making the effort to really like yourself will gently and naturally turn into healthy self-respect, and a sense of worthiness (for attracting abundance in all forms) and genuine love towards yourself - and this will be attracting more love from others.

I am one of many Seeds for Self Advancement from ; www.Goodwillpeople.net please pass me onto someone new !