

SELF CONFIDENCEPURPOSE

To be confident in yourself you must learn to believe in yourself. To believe in yourself you must know the Truth about yourself. The Real Truth is not involved with physical facts.

To know the Truth about yourself you will need to understand yourself. True understanding will come when seen through the eyes of Spirit from the Highest level. Physical facts, earth standards and the conditioning imposed upon you by the world will need to be put aside in order to see the Real Truth through the eyes of Spirit, from the Higher level of consciousness about yourself.

YOU ARE WORTHY

You have within you the Wisdom of all ages. The Divine Spark is the Life Force that you are. Through the correct attitude towards yourself and life you can approach the understanding of your True Nature, thus freeing yourself of incorrect thoughts and feelings regarding yourself, others, and life around you.

You are a child of God and God loves you with a love so great and powerful that human concepts cannot even begin to comprehend it. But, you can learn to step aside from your human conditioning and become more and more aware of this great powerful love. You can learn to give up the negative, fearful and unworthy thoughts about yourself and accept the Truth that you are worthy. You are loved. You belong. You do have the ability to develop any ability you really want. You can learn to relate to others in a positive and loving way.

BECOME AWARE OF YOUR TRUE POTENTIAL

As you learn to become aware of your True Potential, which is LIMITLESS, you move out of old, negative patterns of thoughts and feelings about yourself and move into a True perspective of yourself and life. You let your thoughts move higher and higher into the glorious, heavenly state of light and love.

As you learn to turn loose of the illusions of the physical plane, that speak of trouble, problems, and fear, you can take hold of the True Reality of Life that speaks of opportunities, of Soul's Growth, the Light of Understanding that leads

to True Wisdom and the Great Love that is everywhere present, the most powerful Force of the universe.

RELEASE FEAR FOR LOVE

You then turn from the fear of loss that makes you want to grab everything in sight, holding it to yourself, fearing that you might need it sometime. You will move into the understanding that it is much more blessed to give than to receive. Love is the most valuable commodity in the universe. The more love you give out, the more flows into you. By constantly giving love, you have a stream of love flowing through you. But with the selfish idea of just receiving love and with the possessive thought that "this is mine and no one else can have it," love stops in you, putrifies and turns to poison. You can only KEEP a thing by GIVING IT AWAY.

CHOOSE LOVE

Happiness, peace and love are contagious, so are unhappiness, fear and hatred. Which attitude would make you more confident in yourself? You do have the freedom of CHOICE. But, if you have negative and fearful patterns of thought about yourself, you must choose to spend the time it takes to break and replace these patterns, or they will continue to, automatically, operate in your mind and have the negative, destructive consequence in your outer, physical life.

HOMEWORK

Daily: Read current notes each day

Do suggestion of the week in self hypnosis each day

Listen to class tape once each day

Extra: Listen to personal tape each day

Read supplementary inspirational material to keep your thoughts going in the right direction

SUGGESTION FOR THE WEEK

THROUGH THE WISDOM OF THE AGES THAT I HAVE WITHIN ME, I CAN BE CONFIDENT IN MYSELF, FOR I KNOW THAT THE LIFE THAT I AM IS THE DIVINE SPARK OF THE CREATOR OF ALL THAT EXISTS.

I AM THE TRUTH OF MY BEING AND THROUGH THE DEMONSTRATION OF LOVE IN MY LIFE, I CAN KEEP IN TOUCH WITH THIS PERFECT TRUTH AND LET THE LIGHT THAT SHINES FROM ABOVE, (THE HIGHER LEVELS) SHOW ME THE WAY.

AS I KEEP IN TUNE WITH MY SELF, MY HIGHER SELF, I AM IN TOUCH WITH THE REAL TRUTH OF LIFE. AS LONG AS I REMEMBER WHO I AM (A SPARK OF THE DIVINE WITH ALL POWER AND WISDOM) I CAN BE CONFIDENT IN MY SELF. IT IS ONLY WHEN I FORGET THAT I BECOME CAUGHT UP IN THE ILLUSIONS OF THE WORLD AND BECOME FEARFUL.



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