

by Sheila Radha Conrad

## Mastering Self Esteem

The dance of life is between learning how to release self-judgments and learning how to identify and embrace our true nature. We are the only ones standing in the way of our success. When we are ready to accept that we are the embodiment of love, joy, happiness, and peace, we receive them. To learn to get out of our way takes practice, patience, and perseverance.

To the degree we control our minds, we control our lives. We are not our thoughts, but rather the one who is thinking them, watching them go by. By clearing our mind, we can understand the reality we are creating with our thoughts. This will help us focus on what works in our lives to create self esteem.

A source of unhappiness in my life and in the lives of every person I have worked with professionally is the belief that we are not good enough exactly as we are. This belief allows us to avoid being all we can be.

The source of this unhappiness is self-criticism. Self-criticism is a learned behavior. Self-critical thinking prevents us from taking action in the world. Every one of us has the power to change the thoughts that create our suffering. To become responsible for ourselves we must be willing to stop indulging in and focusing on thoughts of unworthiness. When we stop focusing on unworthiness, we realize we are perfect exactly as we are.

When we do not identify with a negative behavior it weakens. We can then more easily observe our critical comments about this behavior as if we were an objective witness, we can remain calm, centered, and compassionate. Rather than reacting and avoiding, we allow. When we become aware that we are negatively judging ourselves, we see the value of observing ourselves from an impartial witness space.

We are more precious and valuable than any idea, regardless of where it comes from or who agrees with it. As long as we value our ideas and concepts more than accepting ourselves exactly as we are, our suffering is guaranteed. When this happens, it is best not to dwell on the ideas that created our suffering. We need to decide what are going to do about it, right now.

Until we take responsibility for the life we are creating, we will not be fulfilled. When we see how we choose to dwell on negative experiences and notice what payoffs and negative rewards we receive from this behaviour, we will know we can make other choices and we will begin to live our lives more positively.

We need to take responsibility for clearing our mental house of the old beliefs that hinder and limit us. We also need to care for our body by nourishing,

exercising and resting it. Our spirit needs acknowledgment and recognition, meditation or quiet time. Our emotions need play, recreation, and discipline. This is an on-going daily process and a major purpose of our lives.

A friend said, "It is not what you get in life but how you deal with what you get that determines what kind of person you are."

© Sheila Radha Conrad 2008

From her book, "Self Recognition", counselor and trainer, Sheila Radha Conrad offers free Life Mastery Skills exercises on her web site at <http://www.lifemasteryskills.com>