Healing Low Self Esteem
With Humility

Low Self Esteem ---- Ego is running life – still asleep

High Self Esteem --- Ego inflation? --- could still be asleep

Humility--- Opposite of low self esteem – waking up & open

If awake – can be considered high self esteem
… But we are actually a step further.

We understand that our empowerment comes from our Higher Power
And we are in a partnership with that Higher Power.

To accept healing from a Higher Power requires humility – not perfection.

Our sense of low self esteem (shame) is born, bred and nourished in our ego
– not our Soul or Child Within.

Our Souls are made in the image of our Higher Power.

How could we not be worthy?

Breathe through your heart center

and that question will be answered, with or without words

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Key Characteristics of Humility

These include:

1) openness,

2) an attitude of “don’t know,”

3) curiosity,

4) innocence,

5) a child-like nature,

6) spontaneity,

7) spirituality,

8) tolerance,

9) patience,

10) integrity,

11) detachment, and

12) letting go –

all of which lead to inner peace.
THE POWER OF HUMILITY

Creator

Unity

Holy Spirit, Vibratory Bliss

Christ, Consciousness

Creativity

Co-Creator

Love, Expansion

Energy, Movement

Self-Empowered

Co-Commitment

Nurturer

Motivator

Victim

Conflict

Rescuer

Persecutor

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Map of the Mind

Higher Power (Creator)

“Sacred Person”

Higher Self (Christ Consciousness, Buddha Nature, etc.)

True Self (Heart, Soul, Child Within)

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Ego (false self)

Sorting and handling

Internal and external “reality

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