

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

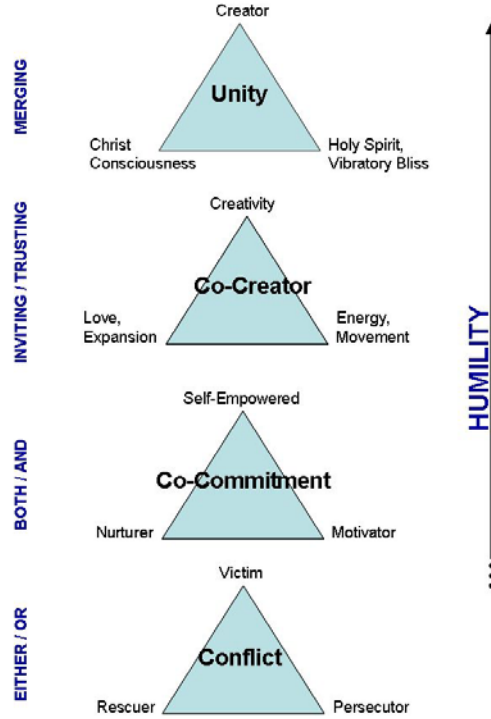
Key Characteristics of Humility

These include:

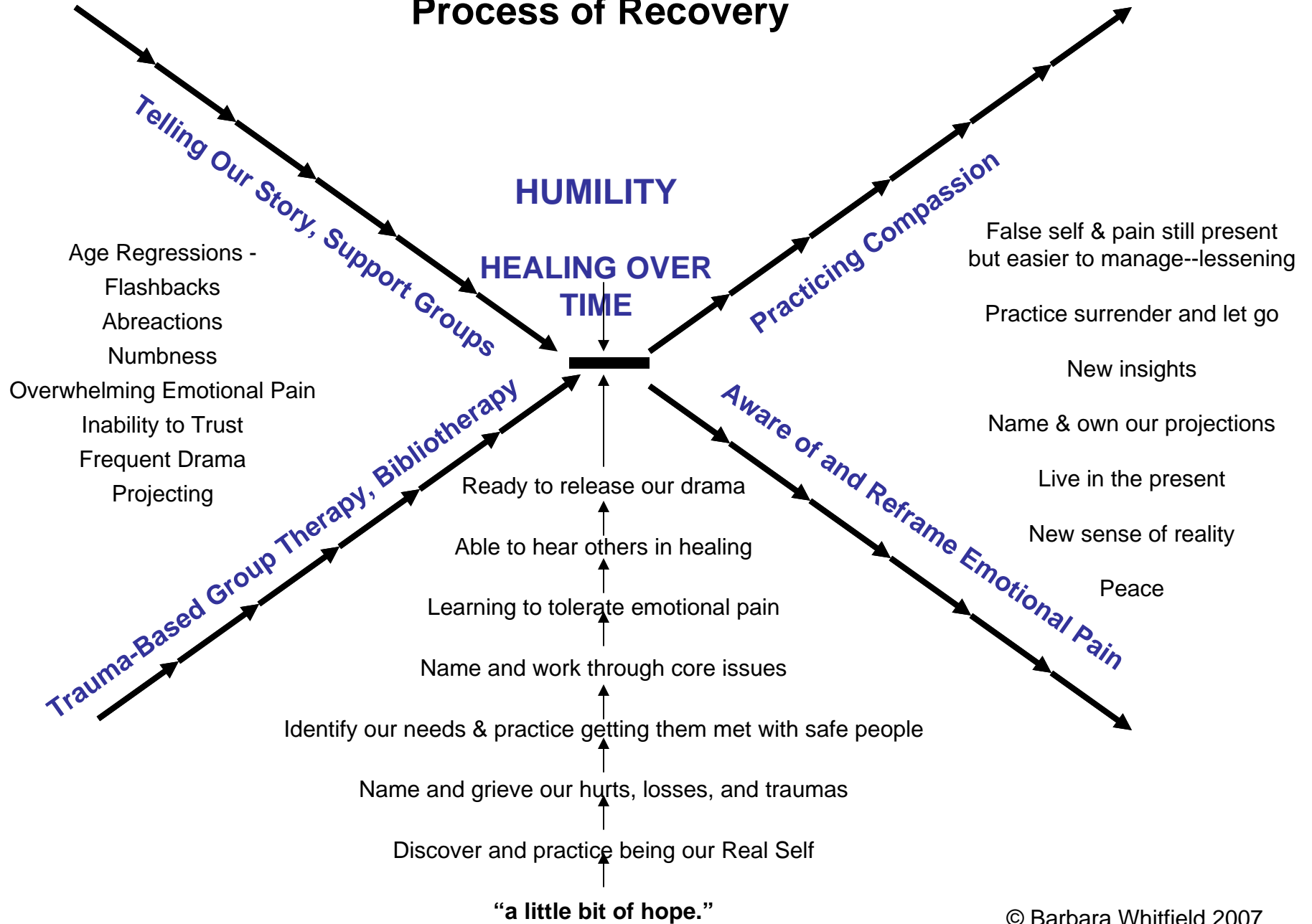
- 1) openness,**
- 2) an attitude of “don’t know,”**
- 3) curiosity,**
- 4) innocence,**
- 5) a child-like nature,**
- 6) spontaneity,**
- 7) spirituality,**
- 8) tolerance,**
- 9) patience,**
- 10) integrity,**
- 11) detachment, and**
- 12) letting go –**

all of which lead to inner peace.

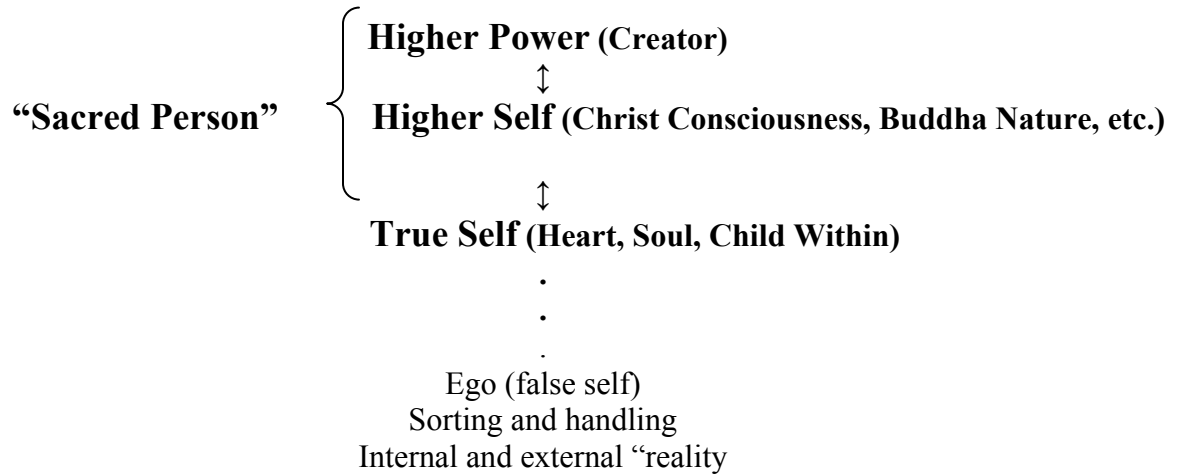
THE POWER OF HUMILITY



Process of Recovery



Map of the Mind



Charles and Barbara Whitfield

www.cbwhit.com

www.barbarawhitfield.com

404-843-3585

c-bwhit@mindspring.com

bw11@mindspring.com