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Self Esteem

Self-esteem comes when I really value myself: *When I place value on myself, then others, too, will value me. When I don't value myself, how can I expect others to value me? If I continuously put myself down, saying * I'm no good or * I am not capable, other people who hear this will start believing it. So what do I do?*

The key word is 'consciousness'. As I start to make my consciousness positive by creating positive thoughts many times in the day about myself like * I am the most fortunate soul in the universe **or** * I am a victorious soul, I cannot experience failure in any step in life **or** * I am a self sovereign soul, ruler of my sense organs **or** * I am a destroyer of obstacles **or** * I am a spiritual rose flower who spreads the fragrance of divine qualities **or** similar thoughts, I become spiritually alert, then I am in a position to start valuing my life and as I start valuing myself, I develop self-confidence. The effect of this is that I start

valuing others, understanding that everyone has their own position: not higher or lower, just different. Each one's uniqueness has its value.

Providing Emotional Support To Your Loved Ones and uplifting others self esteem

What do we do when friends and loved ones come to us for, and expect emotional support from us? Spirituality teaches us the right technique of providing emotional support - the technique of detached involvement, which is the technique of not being overawed, of not being affected ourselves by the emotions of others. **If a friend, colleague or any loved one is upset and we also get upset (because we love them - that's what we normally say), we cannot provide them the necessary support or the assistance to see why they are reacting emotionally and how they might change the nature of their emotions by themselves.** True love for someone would mean that I am able to provide them that. While being concerned is fine, but by becoming upset, seeing them upset simply aggravates the situation and adds fuel to their fire.

By remaining detached, we can be more effective in our ability to care, listen and help them think clearly about the situation, they find themselves in. Only if we are stable, and that can happen only when we are detached, will we be able to provide them stability. We can encourage and empower them to change their negative reaction to a more positive response, and thereby generate a healthier energy. If we become over-involved in someone else's problems, there is a risk that our own judgment will be affected negatively. This is why making decisions and choices under the influence of

your own and others' emotions is normally ineffective.

***See you sometimes on your journey of exploring, reinventing and transcending
towards your highest growth***

With Divine Guidance for your best life

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