



secondo aïo

Focus on
Self-esteem

First published – 1985
On the internet – 2001

© Judy Fraser

The moral right of the author has been asserted



Contents

Guidelines

Section 1
Guilt

Section 2
Frustration and blame

Section 3
Resentment, envy and jealousy

Section 4
Comfort zones and familiarity

Section 5
Authority and selflessness

Section 6
Do it now – do it later

Section 7
Ego and self-esteem

Relaxation technique

Consolidating your study experiences



second a10

Focus on **Self-esteem**

Guidelines for working through modules

We recommend that you work through one section of this module per day. Read through the section and allow yourself to re-experience feelings that need to find an updated expression and decide on an attitude that could be considered more constructive to holistic practice than the one you have had up until now.

As you work through each section of this module, it can be helpful to write down your impressions in a journal or tape or illustrate your experiences as you progress through your journey of inner transformation.

Complete any exercises and answer any questions. A suggestion is to read a question and to write your immediate reactions to it. Go for a walk, then have a cup of tea/coffee or do something else. Then come back at a later time and write more as you surrender and decide if you are ready to forgive yourself, others, circumstances, environments, personal habits and so on. Then spend a few moments in contemplation prior to proceeding. At this time just to decide to begin to let go of resentment and to forgive begins a process of healing.

At the end of each day, note in your journal what your attitudes were, how you were feeling and how your body responded over the day as well as anything else of importance.

Working with the text and the diagrams

The text in this module will give you guidelines for how you might wish to proceed in deciding your next step in life towards fulfilling your potential. For this to happen, your mind will need to gradually incorporate these guidelines as you work with allowing old attitudes to release from your body memory. This will take time. Your intuition is the most important factor in facilitating this process. The diagrams in the module are to help you free up your intuition by triggering a helpful energetic response in your mind to support your study of the text. You do not need to 'understand' them. Just look at them and let them speak to you intuitively. Over time, your study of the text and contemplation of the diagrams will form an association with each other.



Section I

Guilt



I Guilt

Self-esteem depends on many things, not least the programming from our ancestors and the nurture and care we received in childhood. We often wish we could have done better or wish we had received a better deal from others. In so doing we feel guilt and resentment and we sabotage ourselves and thereby diminish our self-esteem. We may decide that we would like to abdicate responsibility or that someone who surrounded us did. We wittingly or unwittingly decide that it is an imperfect world, or that conditions have not been perfect enough. This places a division where there should not be one between how we think things should be and how they actually are.

Guilt belongs to the past, as hope belongs to the future and we find ourselves within the great divide between the two. At a certain point we must 'own' our past, warts and all and take responsibility for it. We do not have to be victims neither do we need to victimise those who have surrounded us by punishing them or sacrificing them on the altar of our own judgement. If we do we will carry too much of the past forward into the future. The future beckons like a beacon of light but as the light is brighter than what we have been used to, it also casts a darker shadow. These shadows must be investigated and recognised both inside ourselves and outside in the environments we have inhabited. Anything that is not cherished and blessed becomes hated and cursed both outside and in. Revision and review is required if we are to regain purity and self-esteem. Only then can a more informed free choice be made. In this process we may repeat old patterns within a new framework of operation to enable us to learn more, or we may release and be released from our past. We must honour this process in others as well as in ourselves and learn to be courteous to all.

The radiation of the new can too easily be polluted if we try to hurry the process unduly. We need to learn to be respectful and to conduct ourselves in a manner that befits all parties. We have to learn how to take care of ourselves if we are to avoid the less desirable elements of ourselves and others manifesting as we remember historical events that have hurt and harmed us or others.

Self-reflection questions on how you feel and behave.

i). Are you so desperate to be included in everything that goes on around you that you try to help too much?

ii). If you do, you may get in the way and dictate events rather than observing them and following the clues. Has this been a part of your experience to date?

iii). Are you hostile within your pain?

iv). If you are you may sacrifice and punish as you lash out or strike others who are trying to find their way in the same way as you are. Recall all the incidents from the past where this has proved true.

v). Are you so defensive that you reject your next step, for to take the opportunity is just too much trouble and you cannot be bothered to make the effort required to enable progress?

If you are, you may become depressed and inert. You have to learn to trust yourself and others or you may repel whatever is coming towards you due to your terror. If you do you compound fear from the experiences you are leaving behind, rather than subtracting from them. Recall the times in the past when you felt limp and disinterested and what kind of events related to these issues.



How should we be? In our desire to be free from old bondage we may try too hard, assuming that we know what is the correct procedure for others as well as ourselves. In so doing we may lay down a punishing regime where people feel restricted or cornered. The result of this is that others get so annoyed with us and our expectations and demands that they do not behave towards us in the way we think they should. In the past, due to inaccurate communication and a lack of permission to examine the truth as we perceived it to be then, this may have led us to see things vastly differently from how we see things now. Others around us may see yet another set of possibilities. More time must pass prior to the way emerging, allowing all to stand back and review. When others are ready they will let us know. In the meantime it is important to face and deal with our issues while we wait.

By default we can make the decision to stay lonely rather than be willing to let go of our assumptions and our expectations. In so doing we lay a guilt trip on those who have not lived up to our standards. Why should they? How can they? If we do not know what we want how can they? If they do not know what they want and nor do we, how can we associate or make demands on each other? We need time to let go of old preconceptions and misconceptions if we are to free those who are still acting from a pattern of old experience, for they are not free enough to step into a new awareness as yet. They are still suffering from poor self-esteem. How can we serve their need and still look after our own? Through common courtesy – which is not so common – honourable behaviour, good manners and goodwill.

Self-reflection questions on how others see you and how you see them.

- i). How do others around you see you?
- ii). How do others behave when they are with you?
- iii). How do others around you hear you?
- iv). Do you feel as if others around you know you?
- v). How do you see them?
- vi). How do you hear them?
- vii). Do you feel as if you really know others?
- viii). Do you feel as if you know yourself?

Self-reflection on courtesy.

We can serve others' needs and still look after our own through common courtesy – honourable behaviour, good manners and goodwill.

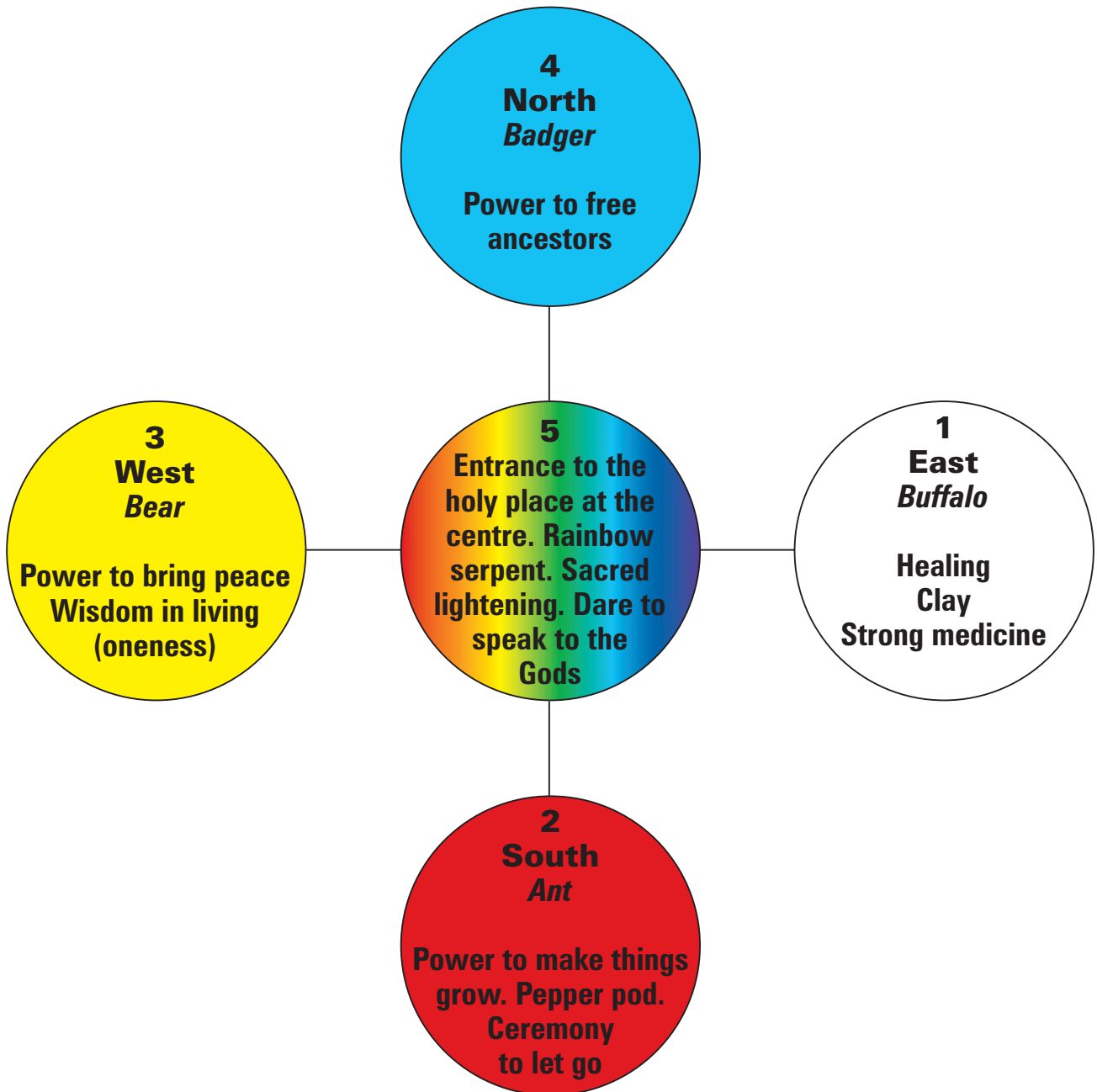
Meditate on good humour.



Section 2

Frustration and blame

Security challenges





2 Frustration and blame

We can only increase our capacity to love by clearing out the space that is filled with past experience. If we are to decorate a room in our house it is easier if it is as clear and clean as it can be before we start. This is true of a body as well. This does not necessarily mean becoming a purist or a breatharian or fasting for ages, rather it involves detailed self-reflection, recognition and 'owning' of that which we have 'hated' in ourselves, in others and inherited from past experience. Just because we are evolving in this way at this time, there is no need to bully or persecute others who cannot and should not reach this deeper recess or resource within themselves as yet. It is our fear of being isolated and/or lonely that promotes 'sameness' rather than encouraging and valuing the 'differences' in those whom surround us. So by recognising the fear of isolation and the loneliness in ourselves we can get off other people's case. Before that can happen these fears must be validated and that which has been absorbed into the body allowed to pass through it. If we honour difference, then we have to let go of pride as well as being willing to teach and to learn.

Suppressed expression becomes depression. If it is internalised for too long it compounds. Under such conditions we cannot connect to true self-esteem. Love loves through us just as light lights through us. We cannot hold onto it anymore than we can hold onto youth, money, people, houses or whatever is our particular insecurity. There is abundance, but we must believe that this is the case; but before we can claim it, we must have the courage to let go of old frustrations. If our intention is selfless we will get what we need. We must also let go of the need to blame others to avoid acknowledging the same trait that we so dislike in them within ourselves. It is a belief in lack, which makes us hold onto the little progress we think we have made.

In the same way that there are predators, parasites, bacteria and virus at a physical level, the equivalent exists at an emotional level. This can cause a dislocation within understanding that poisons. This can lead to corruption and break down. This type of dishonour wears down as the two opposing forces meet it, and can too easily become malicious, making us feel like a sponge for all the freeloaders and unethical forms of those who prostitute themselves and others in the name of

progress. Resentment results as we do our best to protect ourselves from malevolent forces that dictate or tyrannise. As we experience externally we must examine our state of being internally and make sure we are free from influencing others.

Self-reflection questions on blame.

i). You have a choice: Are you going to continue to condemn, judge, blame and criticise yourself and others?

ii). If not are you going to set to work to convert and transform neglect into nurture?

iii). Where you have felt helpless and others have made decisions for you and dishonoured you in the process, can you offer a free state and equal status even where everyone displays different skills?

iv). Where you have dismissed or been dismissed in the past, can you accept that was then, and this is now.

v). Can you now make yourself and others as secure as possible in the present?

vi). Will you ignore and exclude those who are more difficult to deal with, or will you set boundaries that are agreeable to all and include those who wish to associate?

vii) What is your next step?

Even though we may not realise it, we do have a choice as to how to behave.

Self-reflection on 'Security Challenges'

Study the previous diagram – 'Security Challenges' and think about the colours or the direction and feel yourself beginning to become more flexible.



Section 3

Resentment, jealousy and envy

Transformation of the misuse of power

Punish	Blame	Give selfless encouragement	Be kind
Persecute	Ignore	Be fair and supportive	Be courteous
Torture	Abandon	Be patient	Be humble
Bully	Dismiss or victimise	Be tolerant	Be modest
Rape or pillage	Neglect	Administer inclusively	Be compassionate
Dictate	Embitter or enslave	Care	Love



3 **Resentment, jealousy and envy**

If we choose to let go of old resentment, jealousy and envy – however we came by it – then we have to allow time to die to the old with compassion, tolerance and dignity. We will need to demonstrate a consistent display of our revised state to all people around us as well as holding the standard within us, for until we can do so, no one has reason to believe the propaganda and they will be suspicious that we will revert to old ways. Only when that is a done deal is it possible that we will be allowed to be born to the new. The new presents yet another challenge for we must prove we will not abuse it by being modest and not greedy, humble and not arrogant. The union of past and future is walked like a tightrope with gentleness, balancing capacity and skill, with caution and assessment of potential dangers, so that no one is needlessly hurt or harmed in the process. Justice has to be seen to be done, old contracts must be paid off, and new groups must form within a vast and complicated re-arrangement that is taking place. We learn the wisdom of moving slowly to allow all to adjust, ensuring that the ailing, the weak and the vulnerable are able to be catered for as we move forward at the rate of the slowest, caring for all as best we can.

We must be willing to be patient and become group orientated without displaying self-importance, while developing the flexibility to adapt to the process of change by taking a sabbatical, allowing for a post natal familiarisation or whatever is required. We need to recognise where we have got into the habit of judging others and blaming ourselves or vice versa. Such habits develop when we have not had a clear space to learn to communicate our truth without constraint. For if we believe ourselves to be on opposing sides with others we feel we must fight. On the other hand, if we are on the same side as others we can afford to discuss.

In the past, however, we may have experienced double standards from others, which has caused us a great deal of pain. We may have communed with others and thought we understood one thing only to find that their behaviour showed the opposite. In these circumstances we can end up wanting to punish others to make them feel the pain and suffering that we have experienced at their hands. Or at least to get them to acknowledge and apologise for the pain they have

inflicted on us. Why should they? Were they instrumental in what happened or are we just treating them as if they were? It is all too easy under these circumstances to mock and dismiss the efforts that others have made on our behalf especially if we did not think they were good enough. That however is cruel and one might also ask if we could have done any better ourselves. Or maybe we felt we were being scorned and sacrificed, so now we want revenge to get even. Alternatively we may want to take something of theirs so that we will be proved right in our assessment of the situation and thereby be able to announce publicly that they were wrong. This is unprocessed ambition and competitive behaviour, which is selfish and greedy. Not only that, but it means that we have an attachment and an expectation of the result benefiting us and not them. This is misuse of power. Either ours or others, or others of us. Only when the experience is in correct balance will there be harmony even in heated discussion as everyone will be on the same side. Alternatively the situation will disappear without the need for us to contribute anything other than care and concern.

Are we ready to let these things go? To forgive, release, let go and know that all is as it should be? Each will meet their challenge; we do not have to hang about and watch what happens unless we want to. Nor are we fully in control of our destiny for we all depend on the choices each make. What we are in control of is our ability to willingly act to support others or not, and the way in which we react to those wanting us to behave in a certain manner.

If we try to dictate or to dominate others we become proud. Pride always comes before a fall as through our insecurity we make others suffer to prove ourselves right. This is a form of self-sacrifice as we are too lazy to let go of our belief in suffering and insecurity and move into a place of vulnerability where we make new choices to trust and accept that each and all have equal rights. In this new place our security is no more important than any other living creature's.

Self-reflection on the misuse of power.

Study the previous diagram – 'Transformation of the misuse of power' and see how the raw material of the past can be transformed if we want it to be.



Section 4

Comfort zones and familiarity

Balancing up

Ideal

Distrust
Disloyalty
Inaccurate telepathy
Too open, too saturated
Stillness of being

Past experience

Disillusionments
Judgements
Conflict resolution
Talking in power
Healing separation

Future possibilities

Disappointments
Blame
Peace negotiations
Listening in silence
Healing divisions

Courage in doing
Smouldering anger at service
Thought transmissions
Disassociation
Undervaluation

Actual application



4 Comfort zones and familiarity

Oh how we try to hang on. We may repeatedly ask ourselves: should we or shouldn't we? What is right what is wrong? What is mine and what should I pass on, give away, share and so on? To rebalance when we feel we have lost our balance is so hard, particularly when others are constantly giving us the benefit of their advice! It takes courage to say what we think, to do what we think is right, to be who we are rather than whom we think someone wants us to be. Our own history and the history of others predict a pathway that is full of fear at best, terror at worst. We have to face this fear with a realistic approach and find a rhythm that enables its discharge (intellectually, emotionally and finally physically through the body). The breath dictates the speed we are able to confront these issues – which is why we can suddenly get breathless when normally we would be fine with a certain level of exertion. Or we can hear the blood pounding in our ears and get palpitations at the slightest exertion, which normally we would manage with ease. Any such symptoms should be checked out by a medical practitioner and we should take it easy until we stabilise.

We are expanding in new ways and have to contract in others to offer the counter balance that is required. We meet the future through linking further back into our past. We must have a flow rate that allows old groups to disband and new ones to form. As individuals we must find our place within this process. We must in effect smoke out that which is no longer required as we purify and digest the old without suffering or causing suffering. We must wait to be shown what is necessary and what is not, as we unite the death of the old, and the birth of the new within a sacred marriage. In this way essence is extracted from effluent and new ideals are made workable and realistic within the constraints of actual circumstances. This allows the body to make the necessary adjustment to the changes in tolerance level, capacity, age and stage of the evolutionary process.

What about the mind? Have we the heart to continue with the new chapter of life after the experiences undergone within the old chapter? We must own the darkness as well as the light, the cold and the heat, the night as well as the day, the inner state and the outer experience until there is a balance between the two

states. We must re-centre ourselves until a level of comfort is achieved. Mother Earth has a natural rhythm daily, monthly and annually which is instinctively responded to. We must ask for support and obey the season's rhythms. If we do, we harmonise with life and movement is gentle even when it is fast and unexpected. If we are out of synchronisation then we are harshly treated as if we were a spoiled or precocious child putting others at risk through our antics and demands for attention. The Heaven provides the opportunity for growth while the Earth administers it. The Earth will support the cleansing for as long as is required to achieve a basic minimum standard.

If we can merge mind and body then the soul force can enter in. When this happens, we must expect the unexpected for we are now under the direction of the abstract realms. We have jumped off into space. Hopes and dreams of the future are now an empty space in which we can listen, trusting ourselves to respond to the soul instruction now that we have stopped demanding and insisting on what we think our rights are. Past disillusionment is now like a dream or movie we once played a part in. But now we have forgotten the story line, enough to allow old hurt to heal and not to cause harm to the other actors. We can now anchor a living demonstration of the will to good to the Earth that is good enough. We are no longer naive or gullible, no longer embittered or cynical, no longer expecting special treatment or assuming that a place has been prepared and is waiting without any effort required on our part. Having done well enough we are supported in our application to move on.



Section 5

Authority and selflessness

Channel of energy leads to outer bridge from personal to interactive

Gateway	Planet	Centre between	Colour
Below feet Anchor	Moons Nodes	Dragons head / tail / balance	Black / white
Physical / emotional gateway	Uranus	Revolutionary / conformist	Pearl
Emotional / intellectual gate	Neptune	Idealism / realistic	Peach
Intellectual / soul gate	Pluto	Creative change / or not	Magenta
Soul / spiritual gateway	Chiron	Wounded healer / leader issues	Brown

Then there must be a fusion from inside out and from outside in horizontally
prior to a placement being made



5 Authority and selflessness

Any aspect of life that is not a blessing can become a curse. Anything presented as whiter than white which turns out not to be so, in our opinion becomes black magic. Once expectation or assumptions are released, we are in an open space where we can find enjoyment in small things and are content in the here and now. Anything presented that we think is on the dark side, is only so because it falls below the standard we wish to live by. We can curse as we try to rebel or dictate new terms; we can ignore and hope the circumstances change or go away; we can stay and be surly or we can vacate the area having fulfilled our responsibilities as best we can. As an adult we have a certain variety of 'tools' at our disposal to help us to decide what to do and how best to do it. All our decisions must however be mindful of the highest good for all. While considering what is best for us, we must also keep a weather eye out for the those who are more vulnerable, disadvantaged in some way or less fortunate such as children and the elderly. They may be old souls but they are more vulnerable in body and must be cared for, respected and honoured, without disregarding or ignoring their needs.

We have all been subjected to experiences where we have felt used or abused by others, as we became a scapegoat for their demands or inadequacies. As they tried to 'act out' various scenarios that may have suited their purpose, they may have tried to get us to collude with them, and often succeeded. In such circumstances we may have become a wedge between two dissident forces. Or they may have ruthlessly eliminated us when they thought they could get no more from us – 'off with the old and on with the new'. If we try people too much and they are unable to process their own compound backlog of unresolved issues well enough to tell us as kindly as possible how we are affecting them, then they get progressively nastier to us or ignore us completely. Time is needed to enable any negotiation to progress. If we push or bully, others will distance themselves. If we play the victim, people will brand us selfish and absent themselves to lick their own wounds. We may want it to be 'perfect'. If we have hurt or harmed, and ridden roughshod over others' needs in favour of our own in the past, they may be too suspicious of our motivation to give us what we think we

want. If we have been subjected to this type of behaviour it is not easy to release the bitter taste it leaves behind or to let go of the expectancy of a repeat performance. As a result we may become somewhat cynical. It is not easy to assume that in service to the greater good it sometimes felt like being used and abused. Not easy to be without resentment or forgiving towards those who did their best, but were just not capable of understanding; those who ambitiously competed in their need to get attention and take the 'starring role' all the time; or those who were so self effacing in the interests of another that they gained attention and sympathy by playing the part of the tragic hero/heroine with no thought for the needs of others.

continued overleaf . . .



Self-reflection questions on role playing.

- i). Do you have the courage to let go of acting and to become real, natural, and a team player within the study of the theory initially and then within the test and trials of the creation of a new living history?
- ii). Do you have the courage to balance the two states of the past with a future ideal until a unified third force emerges as a constant?
- iii). Can you have a good, honest, caring, truthful, inclusive attitude to all?
- iv). Can you follow those with a proven track record without hero/heroine worship or eliminating others you disapprove of?
- v). Can you be kind and not cruel, gentle and not ruthless?
- vi). If times are hard can you trust yourself to meditate then mediate without mouthing off?
- vii). Can you pray for deliverance rather than dictate terms for everyone other than yourself? After all we just might be wrong in our pronouncement about someone else's life.
- viii). What would you consider is 'wrong' with the way you have been living or 'wrong' within those surrounding you?

If our life is happy, successful, abundant and healthy then we can speak if requested too. Otherwise it may be better to keep quiet in an environment that will want us to deliver the goods by demonstrating our will to good. In such cases provided the silent intention is to dispense love and goodwill, a better result may be achieved by dialoguing internally prior to externalising our focus.

All this has to be followed up with a decision as to how to proceed within a group dynamic. We must not bully or victimise another living creature, neither must we allow ourselves to be bullied or victimised. We will have to contemplate, and mediate again and again as we practise balancing the inner standard required for

us to be obedient to our core integrity with our external life circumstances. We will have to do this until the two unite as one, and others are able to believe our propaganda. We must contemplate the best course of action and reaction and be willing to carry this through. This must go on until we are confident of our ability to cope in all circumstances without becoming aggressive or hostile, without hurting or harming others or ourselves, without attacking or defending. Only then will we be free to proceed as a harmless willing server of the light forces.

Self-reflection on readiness.

Study the previous diagram by imagining a series of gateways, or through the descriptions, the colours or a mix and match combination of different approaches.



Section 6

Do it now – do it later

Human know thyself

Placement	Ability	Planet	Sourced from	Colour
Transpersonal	Mediator	Mercury	Androgynous	Green
Crown	Life on Earth	Sun – pm	Male seed Soul to mind	Orange
Third eye	Work	Moon	Female seed	Silver
Throat	Peace and joy	Mars	Male 1/2 of young couple <small>Relates to drive</small>	Red / pink
Heart	Power and rhythm	Sun – am	Male seed Mind to body	Turquoise
Solar Plexus	Flow and water	Jupiter	Male 1/2 of old couple <small>Relates to expansion</small>	Pale blue / purple
Spleen	Wisdom	Venus	Female 1/2 of young couple <small>Relates to relationships</small>	Lavender
Base and Excretory	Authority / love discipline	Saturn	Female 1/2 of old couple <small>Relates to limitations</small>	Indigo



6 Do it now – do it later

Commune with the angels and sooner or later you will be asked to demonstrate this relationship through group communication in living form on the Earth: inside the self, within a family unit and outside in the environment. All three aspects must coexist in a loving, light-filled and wise collaboration so that all are included and honoured in good times and in bad.

Whatever sex we are externally, within each one of us there is a wise old man, a wise old woman, an adventurous young virile boy/man and an innocent young girl/woman. We can relate to them all now or later as we try to meld the past and future, the 'doing' and the 'being', the active and the passive, the man and the woman, the parent and the child. The fusion of opposites brings fission as the centripetal and centrifugal force impact. If we are successful at spinning out the old and spinning in the new, a new force is created, a greater intention to good, greater love, greater wisdom coming from past experience and a future possibility to be lived within the eternal present.

How well we are doing is illustrated through practising with the people in front of us right now. If we trust enough in the light of the moment, we express our intention clearly focussed in the fire of the mind and in the clear light of the head we can get an indication of how well we can do, how good we can be. If we deal with life challenges now we avoid a compounding of the experience later. If we are able to stand in our own clear light without lashing out, hurting or harming, then we gain confidence. When others are going through their own experience, if we can learn our lesson by responding firmly and gently without feeling damaged, then our tolerance and our compassion become living states. We may not be gracious about it, we may not be grateful but we do know that we choose not to use or abuse, or be used and abused.

After communion with the Heavens, or our soul group, we have to demonstrate our capacity to be obedient to the impulse as well as being able to communicate with those who are unable as yet, to be in that space within themselves. We practise again and again until the negotiation is defined and meets and merges with the need to heal the division between love and hate, war and peace, black and white. There is no judgement of anyone, no difference between the stan-

dard offered to my family or yours, my tribe or yours, my country or yours, my race or yours for we only work in the best interests of all. The union of energy requires the same standard of union for all in the service of the race.

Prior to this the imbalance must be temporarily increased as we bounce off the peripherals to check we can hold the clear, clean space at the centre. We need to revise, review, release or repeat to gain a perspective or an illustration of work that needs to be done to clear old debris at the centre and enable us to update the standards. To do this oneself is hard enough, to explain the process to others, harder still. Discussing the workability takes time and effort within the group dynamic of the self. We must allow others to reach their own conclusion rather than inflicting our own standard to enable true healing. We may be able to permeate the space but it is only honourable to work without introducing undue influence for our way may not be the way for others.

"In the centre of all love

From that centre I the soul move out

From that centre the one who serves will work

May the love of the Divine be shed abroad in my heart

Through my group and throughout the world"



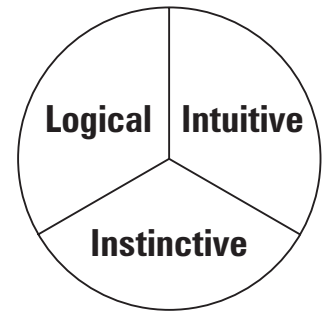
Section 7

Ego and self-esteem

Intuition, logic and instinct

Crown

New light coming in
Shifting of an old belief



No brain thoughts

Vision **Third eye** Ideal – be as inclusive as possible

Update – find new expression **Throat** Group love

Show compassion and tolerance **Heart** Be real

Validate your own unique worth and honour that within others too **Solar Plexus** Don't use heart – use words and get into the centre point of pain

Loss of balance as you trust the polar opposites and the extremes being demonstrated **Spleen** Growth and change

New security means vulnerability being owned within the apparent lack of control **Base** Acceptance

Surrender of past ego and alter ego. Release of ambition. No movement **Excretory** Action within inaction



7 Ego and self-esteem

There are many levels of ego and alter ego. The ego will say, 'I am superior' the alter ego will say, 'I am not worthy'. Both states are forms of arrogance, which will need to be tempered. Certainly each person has a permutation of skills which can be useful to all but these must be offered with humility on a take it or leave it basis. The feelings of inadequacy are a way of gaining attention from others and will have to be disciplined so that there is a willingness to give and to receive in balance. Sometimes with us taking priority and sometimes not. If we continue to try to work within our own remit we limit, if we choose to trust the forward path we must surrender and accept. We will be cared for even if we do not know how as yet. If we have the courage to 'steam ourselves clean' we smoke out the areas we have been reluctant to 'own'. We look at the cruelty we have experienced in the past; we look at the truth as it is without editing it, and at our behaviour within those events as we begin to sense the 'bigger' picture.

If we are able to surrender the ego and the alter ego we connect to true self-esteem. We are then a part of a greater scene directed by the Heavens being acted out on the Earth. Can we get out of our own way and allow the Heavens to present the possibilities? Do we trust that all will be well as we acknowledge that we have survived this far? Can we accept that the Earth will lead the way if we co-operate with chance encounters, opportunities that present and so on? If we walk hand in hand with the Heaven and the Earth, then our self-esteem says I am a child of these parents and so are all other humans, a part of the total care system in good times and in bad. A common aim is established, a complementary stance is taken and within this synchronicity becomes normal. Only then can flexible movement allow the future to present.

Even when life is not ready to show us how, the self will 'know/sense/intuit' ahead of time and try to create the space in which it knows peaceful coexistence can manifest. If we hold all humanity in esteem and not just ourselves then we will learn to 'WAIT NICELY' as we keep ourselves busy doing what we do, being what we are right now. This allows the time for all to be made ready and does not make undue demands on the resources available. We clear up the past as efficiently and effectively as we can, causing all as little trouble as

we can. We follow the prayer 'I will to will thy will' – but only when I know what it is will I act on it immediately. Until that time I have no wish to waste my time or energy nor do I wish to waste other people's time and energy more than is necessary.

The intuition is one aspect; the instinctive reaction is another that acts as the interface between the past and the future. Only when we can negotiate these two aspects and logically take the next step can we move, for only then have we got something real to contribute. We do not need to create mayhem while we wait. Rather we must wait until we know. Our self-esteem is one thing, the esteem others hold us within is another. The two aspects must meet and marry in balance before the third force can enter in. The mind must clear, the body must process, only then can the soul direct.



Relaxation technique

This basic relaxation technique can be useful. Imagine yourself to be safe, healthy and protected. Imagine a white cloak around you and imagine that it gives you gentle comfort, safety, warmth and love.

- Sit in a comfortable chair or on the floor if you prefer, but make sure that you are in a relaxed position. If you are on a chair, place your feet flat on the floor, straighten your spine, neck and head, and close your eyes. If you are on the floor, you may cross your legs (Indian style) or stretch them out before you, providing your knees are bent and your feet are flat on the floor. Try not to slouch, but don't become stiff either.

- If you are feeling tense, worried or distracted, you can use this simple process to help you relax. Take in three deep breaths – pushing your tummy out as you inhale slowly – pulling your tummy in as you exhale slowly – saying to yourself the word 'relax'. Consciously concentrate on the muscles in your body, starting from your feet, calves and thighs, moving up to your stomach, chest, arms, neck, head and face. Tense each set of muscles first, and then release the tension consciously and slowly, feeling the gentle warmth, comfort and relaxation each time you release. Become aware of your body as a pleasant part of the natural surroundings.

- Create a clear picture in your mind of the situation about which you feel worried, angry or resentful. Be aware that you are feeling uncomfortable. Then again say the word 'relax' to yourself three times and become conscious of your breathing. Try to breathe in deeply and slowly, pushing your tummy out, and breathe out, pulling your tummy in. Do this several times.

- Picture good things happening within the situation, a happy ending, a reconciliation, a change for the better, a rest. See the situation – yourself and all those involved – surrounded by love or whatever you think would be a good antidote to the problem. Picture a beautiful setting where you are truly contented.

- Be aware of your reactions. It is natural to have difficulty seeing a loving picture. The feelings of tension, anger, frustration and all the other emotions are also natural. Dissolving them into relaxation will become easier with practice.

- Think about the role you may have played in creating the stressful scene, and try to re-interpret the event, your own and other people's behaviour. Imagine how the situation might look from another person's point of view.

- Be gentle with yourself and your thoughts. Try simply to watch rather than judge them, no matter how negative they seem. Become aware of how much less frustration, anger and resentment you feel. Tell yourself that you carry this new understanding with you.

- Move your head, hands and feet slowly. Open your eyes, look around; know that all is well with you and that you are in harmony with all that is.

There are many different sorts of impressions that we carry with us, consciously or unconsciously, which at some point we must look at, review and revise. Without doing so, it is difficult to allow our own subsequent levels of growth to emerge fully and freely. And, since personal growth and expansion is the goal of Second Aid, it is never too early or too late to reflect on our beginnings, on the past that has led us to this point, and thereby to rewrite history.



Consolidating your study experiences

Having completed each section of this module, try to write and/or illustrate and/or tape a holistic, understandable story about yourself. You will find clues to do this from within yourself contained in the sections you completed during this module, as well as external clues, in anything that you may have gleaned from other people or circumstances. Put each clue together as they can mirror a symbolic message for you about an aspect of your life that you may have been confused about. We have many mysterious aspects within our lives. By

going through this process, areas of our life can be transformed, clarified, solved or resolved as the internal and external aspects unite to enable transformation.

Once you have written your report or your journal, if you wish, you can send it to us and we will read it and give you some feedback to encourage you in your process of changing and being changed, as you discover and deepen your inner journey. If you are interested in this service, or in receiving e-mail support, (for which a charge is made), please see details of this in the SUPPORT section on the Second Aid web site – www.secondaid.net.

Focus on
Self-esteem

Written by: Judy Fraser

Illustrations and typesetting: David Newberry

Edited by: Lorna Rapoport

Web site design: Juliet Webber at Parallel Design