

WHY DOES IT SEEM SO...

Written by Sylvia Marina, Master Trainer & Personal Development Mentor

Why does it seem so much easier to express love for others than it does to express it for ourselves?

For many, our culture has taught us to be humble, and to not think too much of ourselves. The notion of loving who we are reeks a bit like conceit. Are we confused about what that means? Does being humble and not thinking too much of ourselves translate into silently beating ourselves up for what we haven't done, or for what we're not?

We have the power and now we have the opportunity to stop the negative self talk, erase the negative bits of what others think you should be and immediately replace with thoughts that are good for us!

Stop wallowing in what's happened to you. Use the past as a step up to who you have the capabilities of becoming.

Rip-off the mask of perfection that we have been pressured into wearing! It's imperative that we ignore negative and impossible messages we're inundated with from childhood, school days and the media and replace them with ones that allow us to authentically enjoy who we are and where we are in our lives.

Use the experience and the learning from the past to help others, make a difference and create change. From your experiences, learn how to overcome low self-esteem, as well as the negative beliefs and playing small, to have more confidence and to really go for what you want in life. I learned about having compassion for others to know that we all have painful experiences that shape who we are today; we all have fears and things holding us back, but these don't need to continue to hold us back.

No quality is more attractive than having a deep sense of being at ease with yourself and the world. This is your life purpose.

When we have a deep sense of being at ease with our-self and the world, it is then that we begin to affect people. We become an inspiration in the lives of others. It is then you begin to feel the joy of being at peace, and making a difference.

It is essential to think well of ourselves 'I value, trust and enjoy who I am'. When we are strong on the inside we have what it takes to find the solutions, and take the step forward.

It is necessary to pause long enough to listen to what's going on in our heads. We need to identify what to change before we can make the shift, and then, we have to pause. The tricky part is that this internal chatter has been going on for so long it's become part of us; we don't even notice or question it anymore. But it's there, these thoughts don't just float out into the air. Everything you say to yourself gets imprinted on your subconscious and cellular memory subsequently affects your self-concept. What you say to yourself matters.

For reasons I have been writing about is why we present self mastery programs. Many feel they need to be at almost guru status to attend our Mastery programs. Not so! Our Mastery programs give you the skills to overcome self defeating programs, you learn how to release self doubt, guilt and fear so that you can make the shift, stop being what others want you to be, step into your power and discover your authentic self.

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HELPING PEOPLE THROUGH TIMES OF CHANGE

