

## Self Esteem

Paul Solomon Source Reading 9479 Japan

October 13, 1991

Q-1. I wish to receive a healing, but if it is too difficult for you to give it to me, please give me an answer to the following questions. For the last 20 years, I have taken steroids to heal my illness SLE, how can I heal my illness and have a healthy, strong body?

A-1. Yes, we have the body and the enquiring mind and the records here. Now, we will ask you first to understand better the syndrome you are experiencing, for there is not an agent such as a virus, bacteria or such invading this body. It is rather the body's own immune system attacking the body itself, as if the body were rejecting itself.

Now, the single most important factor in healing this disease does not come from drugs, particularly from steroids. What we wish to accomplish most is an absolute and very real self-acceptance, self-love, self-worth, self-esteem. It is essential.

Now in order to accomplish this, under the circumstances we will need to use the subconscious or unconscious mind, as well as the conscious. For this reason we have produced the tapes which give audible, direct suggestions to the conscious mind along with some sub-audible suggestions of the same nature to be received by the subconscious and unconscious - particularly during the period of the night.

We are going to then request that you obtain a continuous playing audio device with perhaps a speaker which must play all night every night for the relative period of nine months of what has been called the Self Esteem Survival Kit, \* or training. Knowing that it is not as yet prepared in the Japanese language, still this one has sufficient understanding of English that perhaps it is a good idea to begin with the lessons as they are, in English, and allow the self to hear the voice of this channel, and make connection as well.

We even suggest that you use a photograph of this one through whom we speak, a photograph large enough so that you can see the eyes clearly, and before retiring and perhaps upon awakening as well, you may look to the photographic image and call the name of this channel, repeatedly several times, simply asking for love and help, for this one is more than willing to take from you the concentrated energies which produce the nature of this disease.

And with this connection, a telepathic rapport, as we would call it, and at the same time listening to the voice of this one on the cassette tapes and reading - even if it is difficult at first, read the Scrolls as they are prepared. As you proceed into this program, within the first 30 days to 40 days of repeating the first Scroll, you will already have had significant results in your relationship with self.

And each additional month or 40-day period will build upon the previous one until within a nine month period of time, the self acceptance will be sufficiently enhanced so that you may say clearly and with conviction and confidence, "I do love myself, my body, and I love life."

The love for life is more than any other factor that which will correct the imbalance in which the immune system here is rejecting your own body tissue.

Now do understand, that the operation of any physical body, that physical body and the unconscious will follow the instructions of the unconscious and Super-conscious mind. For this reason we wish to fill the conscious and the unconscious with positive suggestions concerning the growth of self-love, self-worth and self-esteem.

And even while using the course in English, even though there will initially be words or phrases not recognized, soon, by reading the Scrolls daily and listening to them at night you will understand the content, the entire content of the tape and the Scroll.

And in a sense it will be even more effective using it in English for the reason that the conscious mind will have less tendency to reject the suggestions. They come more subtly than they will come when a version is produced in Japanese.

Thus learn, learn the principles of self-love and self-worth for this is specifically a disease of rejecting the self, and understand there is no agent that you could find in the body that is working against you. There is no outside agent attacking the body. The entire syndrome is contained within the body, the mind, the self, the pattern of thinking; the attitude toward self and the relationship of self is totally controlling what is called here a functional illness. Functional, not structural. Functional - not the result of an outside attacking agent. Functional means that everything that is necessary for the healing of the body is present. The immune system and all that it entails are in place and can be trained to work for the welfare of the body rather than against it.

But the key to this is self-love, self-worth and self-esteem at all levels, including an unconscious level.

Perfect love casts out fear. Thus, letting go of fear is our greatest contribution to overcoming the illness, the reaction, the response of this body to the mind and what it is thinking.

Now, we will have you understand that corticosteroids such as are being given here, do not, are not designed to cure the illness. They are immuno-suppressants, which simply suppress your own immune system, which in fact, over a period of time, can make your body available to attacks from other agents from without. And with a suppressed immune system, there is not sufficient strength of the immune system to deal with extra external agents attacking the body.

Thus, as self-love and self-esteem are built to their highest level, totally saturating the consciousness with self-appreciation, we will wish to wean you off the steroids when that is possible.

In the meantime, it is a matter of training the mind, knowing that there is nothing really wrong with the body. It has all systems in place. All that is needed for manifesting healing and overcoming the losses that have been built by an attempt of the self to experience martyrdom, meaning that there is a portion of you which has sufficient love and caring for others that you would give up your own life in an attempt to help others. Yet the willingness to do so is misguided by the fact that there is not sufficient self-love to live both for yourself and others.

Now we are going to give you here a blessed verse from the Bible, paraphrased for you, but to be used as a kind of mantrum.

In addition to the self-esteem program, use this mantrum that will say simply, "I will live and not die, but I will live and my soul will glorify the Lord."

Now the repetition of that will cause the levels of the body, which are trying to die out of a feeling, a belief of rejection, will cause them to hear it is not the intent to die or to destroy the self. The mantrum will become powerful with its use, as will the use of the subliminal and audible tapes along with the reading of the Scrolls. Take it to heart and use it so effectively, so regularly and with discipline that the part of your mind which fights the suggestions will soon be overcome by the positive nature, the encouraging nature of the suggestions, which you will hear both audibly and sub-audibly and learn to understand.

Q-2. I feel I cannot be healed because I can't love myself. If I could love myself, I could love other people. Is there any further comment on how I can love myself in the truest sense?

A-2. We believe that too many have attempted to turn on self-love - as if it could be done by flipping a switch. We need a period of minimally nine months, the perfect gestation period for a new life, to program the consciousness to have a genuine self-love that is quite real, that has no doubts, and is self-supportive at every level.

Then, while there are other approaches to self-love and self-worth, we believe that this is the best method to use, particularly because of these sub-audible messages, which get past any resistances from belief systems in the mind. Thus, what is built will not be a false sense of security but a very real and genuine sense of self-love, self-worth, self-appreciation and confidence, of power to heal all that is within you.

Q-3. Thanks to my mother, I am still alive. What can I do for my mother who is 80 years old?

A-3. Must be a real source of gratitude, appreciation and an attempt to help her feel supported by all who are in the family, particularly helping her to overcome a sadness and a frustration concerning the estranged members of the family.

Teach, as well as you can, forgiveness, that she may forgive self and others for their inability to express love and appreciation to her. Be a source of her feeling supported, her experiencing a sense of gratitude, but more than anything that you can do for her or to her is to heal yourself. Her keenest experience of joy will come from seeing you with a face, a body language and an attitude which reflects real self-love, self-confidence and self-worth.

Thus, you must heal yourself both for yourself and for your mother. This will go further toward strengthening her and bringing peace and harmony, balance in her life, than anything else that you can do.

Be in this sense, divinely selfish, divinely selfish meaning that you must be appreciative enough of self that you do not give up your self or your life for another. It is not necessary. You will give more

life to others by giving more life to yourself, and divine selfishness results in selflessness when unconditional love for self is finally acquired.

Q-4. Currently I live with my mother and her brother's family. What can I do so that these five family members can live happily and in harmony?

A-4. Be full of joy, full of joy at all times. Begin to display an interest in life in all forms, and particularly begin to cultivate plants. For the moment, it will be easier for you to love plants, growing things, than to know certainly within you, that you have sufficient love for self and others. Take on plants and love them. Love them and heal them.

We are going to suggest even that you go so far in this as to begin a very serious study of bonsai, of the miniature trees, which are cared for with so much love and patience. Allow these noble creatures, the trees, to give love back to you absolutely unconditionally, to appreciate your touch and your healing them.

As you learn to heal plants by giving your love and caring to them and feel love coming from them, so that plants even are kept nearby when you sleep - although most bonsai creatures must be kept out of doors, they may be brought, in a rotating manner, to share their life and their health with you as you learn to shape and heal them. They will return gratitude and love, which will help with your healing process.

Now, as you begin to show signs of enjoying life more, you will reduce much of the tension which has been built in the family, and you may then help to encourage your sister and those estranged from the family.

Carefully begin to give attention and caring for them, even practicing, as we have given before, focusing on the brother in law, focusing on all members of the family who have difficulty in any way with one another. Image their face and communicate with their minds, saying, "I love you. I care. I want to bring peace, harmony and balance into your life. Please accept it from me, and begin to know that you are loved and appreciated."

Practice this. In your healing of others, you will also bring healing to yourself. There is healing needed in the entire family situation. Contribute to that healing, and so contribute to the healing of yourself.

Q-5. Since my mother is so old, 80 years old, I worry about my future. What should I do to prepare for my future?

A-5. Well, you are doing much already. You are employed, and the work that you do is worthwhile and helpful.

We would have you continue that for as long as it is possible and, as we have suggested, take on the work of gardening, particularly of the tray planted trees of bonsai. And put love and caring, patience, into this. You may even create a specific tree, named with your mother's name on it. And take special care of that tree, knowing that the effort you put into that will also go into her and her energy field and her happiness.

You may create a tree representing yourself as well, and care for it, beautifully and carefully shaping it as you wish to be shaped in a most beautiful manner with the signs of strong character in the design of the tree.

Q-6. We have no further questions.

A-6. A question concerning the outbreak on the hands and the skin, manifestations of lupus, we will need to treat topically with a fluoridated steroid. Fluoridated, some such, as in American terms it is called Lydex, a fluoridated steroid topically applied to these areas. Because they are thick, we cannot reduce them with a non-steroid type, but rather the fluoridated corticosteroids will help to reduce these, what you have called warts, which in fact are lesions of the lupus instead.

These can be controlled with the fluoridated topical application of the steroid, and this will help with the physical manifestation of it.

Careful to maintain your maintenance dosage of cortisone for the reason that in advanced stages of this nature, even the mind, the emotions, the sense of depression can be affected.

We wish that your thinking process, your mind and your heart be filled with joy and love for yourself, thus overcoming a tendency toward autoimmune responses. Your own immune system, which should attack invaders, attacking your own body tissue and cells, these are controlled by sufficient use of steroids, not healed, but controlled.

Now the healing, then, will come from finally accepting, totally accepting yourself unconditionally, with love and support for yourself, and we would like to speak to this, as well.

One who has developed sufficient self-love, self-worth and self-esteem to overcome such a manifestation, as this one, will become a powerful, important force for others to learn the effects and the result for establishing self-worth and self-esteem.

As you grow in joy, you will begin to affect others as much as you affect yourself in your healing. Thus heal yourself, and through doing so help others understand the nature and the manner and the effectiveness of the Self-Esteem Program. Allow that people begin to learn how effective it is by first, response within yourself, and as people become curious about your greater sense of happiness, of love, of self-esteem, they will ask. This will be your opportunity to share the gift that is given you, of healing for others who need it as well.

Let this experience turn away from a curse into a blessing by overcoming it with the power of love.

Now, we believe that that is sufficient to the reading of these records. We are now and have been during this time focusing on healing the body. We are setting in motion the correct response of the healing mechanism that may overcome what we see occurring here. We are giving the healing and will continue to do so.

Then that is sufficient from these records.

We are through for now.

