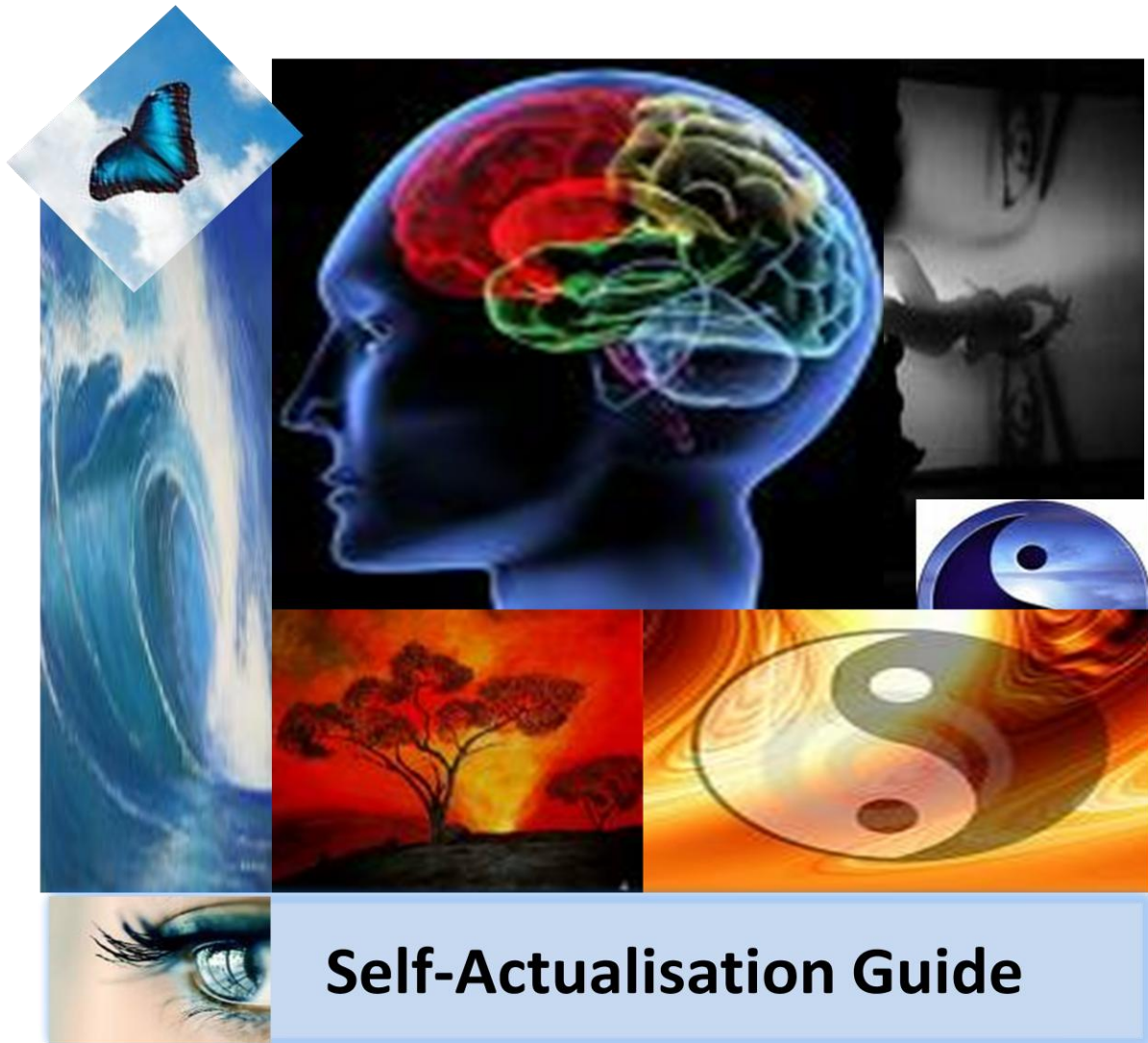


# Self Enrichment Guidelines



## Self-Actualisation Guide

by Christine Orth

**If you wish to develop a passion for growth  
observe your inner world!**

*'We must change in order to survive.'* Pearl Bailey

*'Nothing we can do can change the past, but everything we do changes the future.'*  
Ashleigh Brilliant

*'It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power.'* Alan Cohen

## Develop a Whole New Mindset

**Positive equation:**

**LOVE equals JOY equals POWER equals SPIRIT**

**Negative equation:**

**FEAR equals ANGER equals CONTROL equals EGO**

Developing a positive mindset is one of the most powerful life strategies there is. Using powerful positive thinking techniques, visualizations and positive affirmations, it is possible to achieve whatever you want. Professionals and business people can use these techniques to develop personal power or gain a competitive edge. At a personal level it will transform your life, your health and renew the joy and passion for life. Imagine waking up each morning, bursting with excitement, energy and joy for the new day!

All it takes is your **personal commitment**. Use a journal or calendar to track your choices in self-actualisation. Use this guide often in order to review your growing level of becoming more conscious. **Low self-esteem is the greatest stressor in everybody's life.**

Eliminate all "shoulds" from your life and vocabulary and start managing your mind! Start each day with happy feelings. Feelings of despair, fear and anxiety mean you are not in alignment with your higher self. Such misalignments lead to suffering.

*There are 3 kinds of suffering:* physical, psychological and existential / spiritual.

The needs of the mind/heart/soul are: love, attention, certainty, significance and variety. If they are not met the mind creates false significance because nobody wants to be nobody. The constant fear of failure for example means we can never achieve something big!

### Steps in becoming more aware

- 1) **Overcome any misconceptions that you are limited.** Recognize that all you need is inside you. Don't link your happiness, success or well-being to events or people around you.
- 2) **Become aware of those moments** in life when you find yourself **in adversarial situations** (either as the victim or the winner). Challenge yourself to handle them with greater tolerance and wisdom. Don't forget that in every moment you can choose to perceive connectedness or separation.
- 3) **Lead a life with purpose.** Every day do something that helps you discover and live it.
- 4) **Trust that everything that comes to you is part of the process and the plan.** Know that there is something to learn in this very moment.
- 5) **Detach from outcomes.** It relieves stress, anxiety and urgency and is vital for your growing and more consistent awareness that your life is your eternally. **BREATH AND RELAX.**

6) **Live with integrity.** That means know your truth and live your truth with every part of who you are. Living with integrity requires knowing your personality and its needs and motivation. It calls you to integrate the many layers of who you are. When you are in your integrity, your mind does not have to tell you what you are doing is right. The heart will know and the mind follows without a doubt. Real emotional integrity doesn't come with a sense of being right. It comes with a feeling of love.

Disregarding any aspect of the self can send a very dangerous message of rejection to your unconscious mind, it diminishes your value and sabotages your success!

Learning to listen to the voice of your body and the expression of your emotions (past, present, conscious and unconscious) is all part of the growth path that opens the gates to a whole new mind and communication with your spirit.

**Exercise:**

Write for 10 minutes – don't judge – don't think – don't take a break. Write about your hopes, goals and dreams. Let your unconscious mind bring everything up – including your fears, worries and negative thoughts of yourself. Don't organize or try to make sense of what you are writing! Once you are done with writing, take a good look at everything that you said: dark and light, happy and sad. Do not analyze or judge what you have written. Just accept and embrace every part of you. Give yourself praise for being honest with yourself and for making an effort to get to know yourself better!

No matter who you are or what the issue may be, somehow your intuitive (or unconscious) mind will always guide you to what is best for you – if only you are listening – it helps you realize your highest intention and greatest joy in life!

## **YOUR PERSONAL CHECKLIST TO WELL BEING!**

In order to achieve significant insights and changes it is best to sit somewhere quiet and write down everything that comes to your mind when you honestly answer the questions below.

### **ACHIEVING PHYSICAL WELL BEING**

- 1) Which of your physical habits diminish your experience of vitality?
- 2) Which physical practices can you employ to heighten your energy and self-esteem?
- 3) Make a conscious effort to eradicate disempowering physical habits and replace them with activities that support physical union with your spirit. Every day that you choose a physical activity which supports your truth, mark your calendar with "P" for physical.

### **ACHIEVING EMOTIONAL WELL BEING**

- 1) Which recurring emotional patterns continue to separate you from your sense of joy and well-being?
- 2) Without fixing blame, consider the negative emotions that are divisive in your relationships with others (from professional jealousy to fear or resentment).
- 3) Create an affirmation (for further examples see affirmation section) of release or forgiveness in order to let go of negative feelings when they happen

**e.g. I release all that is toxic in my life and choose truth instead!**

- 4) Every day that you choose an emotional activity which supports your truth, mark your calendar with "E" for emotional.

### **ACHIEVING MENTAL WELL BEING**

- 1) What judgments have you made about yourself that diminish your experience of absolute potential, power and self-love?
- 2) Create a new affirmation, a belief founded upon your eternal reality, and repeat it several times a day in order to change your old cognition and pattern. Every day that you practice with affirmations, mark your calendar with "A".
- 3) Even when you correctly disagree with another's philosophy, opinion or behavior, becoming judgmental diminishes your truth by defining life only by what's important in the temporary world. Create a brief affirmation that allows you to release judgment and embrace the tolerance of the eternal perspective.

## ACHIEVING INTUITIVE GROWTH

- 1) Stay alert for those times each day when you ignore an opportunity to connect with the stirring of your intuitive mind. How often do you disregard the inner voice that speaks your highest good in any situation? How would the situation be different if you didn't disregard it?
- 2) Make a commitment to reverse these patterns and become more aware of your greatest consciousness. Every day that you engage your intuition, write an "I" on your calendar.

## ACHIEVING SPIRITUAL GROWTH

- 1) How much time do you devote to the experience of your spirit exclusively?
- 2) Resolve to meditate daily and consider what other processes or activities can help you engage more deeply in your truth. Every day that you devote some time to this type of inner experience (like meditation) write an "S" for spirit on your calendar.

If you keep practicing these simple steps over a period of 3-4 months and at least 70-80% of your days are marked with PSIA, you will be greatly surprised at the changes you have realized in your life. Even if only 50 per cent of your days are marked you will have begun to feel the stirring of a great power and truth in yourself and in your life. Anything less than 20% of the days shows that you have undertaken some half-hearted efforts then you may need to ask yourself "What is holding me back – Why don't I want to change my life?" What is your personal gain not to move forward? What scares you and prevents you from having a more joyful, confident, truthful and purposeful life?

Fulfillment requires inner growth. Success driven by fear is neither enjoyable nor sustainable.

If you want to change the world, start with loving your family. As you improve the world improves.

**Remember: The opportunity to reach your dreams reside in you!**

**Most people live – whether physically intellectually or morally – in a very restricted circle of their potential being. We all have reservoirs of life to draw upon of which we do not dream. William James**

## Achieving Personal Power through Awareness – Tips

Visualization can transform energy \*\*\* Your imagination is a powerful energy-sensing tool \*\*\* Spend time thinking of what you want rather than what you don't want \*\*\* Awareness of your body, thoughts and emotions allows you to discover the effect other people have on you \*\*\* Do not make the other person or yourself wrong \*\*\* Know when to pay attention to your own needs and when to be selfless \*\*\* Do not feel responsible for everybody's happiness \*\*\* Give to others what you want to receive \*\*\* To dissolve fear – look directly at it \*\*\* Love who you are not who you should be \*\*\* Be aware of the images you create about yourself \*\*\* Compassion is the ability to put yourself in the other person's shoes \*\*\* You have the ability to heal yourself \*\*\* There is no right way to evolve \*\*\* If any area in your life is not working, one of your beliefs in that area needs to be changed \*\*\* You can assist mankind in achieving peace by evolving your thoughts \*\*\* Fear is a place that has not yet discovered love \*\*\* Whatever you give to others is also a gift to yourself \*\*\* Pain is only triggered by another when there is already pain within you \*\*\* If others express anger with you, do not let their negativity become part of your response \*\*\* If you have trouble forgiving people, pretend the next time you talk to them is their last day on earth \*\*\* Many doors will open when you follow your intuition \*\*\* By evolving yourself you create a doorway for those behind you to come through \*\*\* You can control your mind ! \*\*\* Wisdom is the ability to know when to act \*\*\* Writing down your goals brings them to you faster \*\*\*

**As you open, it is important to develop wisdom, release pain  
and rise above negativity!**

**'Everyone thinks of changing the world, but no one thinks of  
changing himself.' Leo Tolstoy**

**Start with the man / woman in the mirror. Michael Jackson**



## What are Affirmations?

### Positive Affirmations

**Positive Affirmations work.** Every thought you think every word you say is an **affirmation**. All of our self-talk or inner dialogue is a **stream of affirmations**. We are continually affirming unconsciously with our words and thoughts and this flow of affirmations is creating our life experience in every moment. Our beliefs are just learned thought patterns that we have developed since childhood, many of these work well for us, but others may now be working against us, they are dysfunctional and may be sabotaging us from achieving what we believe we want. Every affirmation we think or say is a reflection of our inner truth or beliefs. It is important to realize that many of these "inner truths" may not actually be true for us now or may be based on invalid or inappropriate impressions we constructed as children, which if examined as an adult can be exposed as inappropriate.

Our unconscious uses the behavior patterns we have learned to automatically respond and react to many everyday events in our life. This is essential to our survival, we need to be able to respond quickly to events around us which would be impossible if we had to re-examine every aspect of things every time something simple happens. Our learned responses and thought patterns enable us to automatically respond to circumstances quickly and easily. Problems arise however, if at an early stage some of the foundation beliefs on which many of the others are built were formed from a skewed perspective, maybe the strategy was appropriate for a perceived difficult circumstance, however often such beliefs are totally inappropriate for succeeding in the real world as adults.

You can use "**Positive Affirmations**", which are usually short positive statements targeted at a specific unconscious set of beliefs, to challenge and undermine negative beliefs and to replace them with positive self-nurturing beliefs. It is a kind of "brainwashing" only you get to choose which negative beliefs to wash away. The way these statements are constructed is extremely important. Later I will show you how to construct you own affirmations. It is important to remember of course that everything we say and think is a positive affirmation, using positive affirmation statements forces us to keep focussed on our inner goals and reminds us to think consciously about our words and thoughts and to modify them to reflect our positive affirmation.

### **Use only those affirmations that feel appropriate to you**

It is important that the words feel comfortable to you and are aligned with who you are. Feel free to substitute other words that have a special meaning to you, for the power is increased when the statements are meaningful and feel comfortable. We also encourage you to make up your own affirmations. As you say the affirmation, feel it, sense it, and picture it being true in your life.

### **Ways to use affirmations?**

You can look at them as they come up, say them aloud to yourself, and then move on, or stay and receive another affirmation. You may want to print out or write down your affirmation, and say it to yourself with meaning and feeling as you do. Repeating them over and over as a mantra will not create them as real; the power of affirmations is in their "livingness" to you. Let them evolve. As you say them, new affirmations may come to you. A deeper meaning may unfold. Those you are drawn to initially may change in their nature.

## Example Affirmations

### **Affirmations for Health**

- Every cell in my body vibrates with energy and health
- Loving myself heals my life. I nourish my mind, body and soul
- My body heals quickly and easily

### **Affirmations for Abundance**

- I prosper wherever I turn and I know that I deserve prosperity of all kinds
- The more grateful I am, the more reasons I find to be grateful
- I pay my bills with love as I know abundance flows freely through me.

### **Affirmations for Love**

- I know that I deserve Love and accept it now
- I give out Love and it is returned to me multiplied
- I rejoice in the Love I encounter everyday

### **Affirmations for Romance**

- I have a wonderful partner and we are both happy and at peace
- I release any desperation and allow love to find me
- I attract only healthy relationships

### **Affirmations for Weight Loss**

- I am the perfect weight for me
- I choose to make positive healthy choices for myself
- I choose to exercise regularly

### **Affirmations for Self Esteem**

- When I believe in myself, so do others
- I express my needs and feelings
- I am my own unique self - special, creative and wonderful

### **Affirmations for Peace and Harmony**

- All my relationships are loving and harmonious
- I am at peace
- I trust in the process of life

### **Affirmations for Joy and Happiness**

- Life is a joy filled with delightful surprises
- My life is a joy filled with love, fun and friendship all I need do is stop all criticism, forgive, relax and be open.
- I choose love, joy and freedom, open my heart and allow wonderful things to flow into my life.



# Gateways to a Beautiful Life

(Source: The Saint, the Surfer and the CEO by Robin Sharma)



- #1 The main work of every human being is **inner work**. Each day, do something significant to deepen yourself. To have more of the life that you truly want, you must first become more of who you truly are.
- #2 See your life as a fantastic growth school. Everything that you experience, both good and challenging, has come to you to **teach you the lesson that you most needed to learn** at that particular stage of your evolution as a person. Understand this truth and keep asking yourself “What opportunity does this person or situation represent” in terms of your personal growth. This is a great source of inner peace.
- #3 **Be true to yourself** – the best life is the authentic life. Never betray yourself. Take off your social mask and have the personal bravery to present the real you to the world. The world will be richer for it.
- #4 Remember that **we collect what we project**. Our outer lives are nothing more than a mirror of our inner lives. Pour light on your dark side. Become aware of the false assumptions, limiting beliefs and fears that are keeping you small and your exterior world will change.
- #5 We see the world not as it is but as we are. Know that the truth in any given circumstance is filtered through your personal stained glass window – your personal context. Clean up the windows and you’ll clean up your life. Then you’ll **see the truth**.
- #6 **Live in your heart** – its wisdom never lies. Follow the quiet promptings of your heart, and you’ll be led in the direction of your destiny.
- #7 **Stand in the curiosity of your life**. In surrendering control, you’ll create a space for possibilities to enter and treasures to flow.
- #8 **Care for yourself**. Do something each day to nurture your mind, body and spirit. These are essential acts of self-respect and self-love.
- #9 **Build human connections**. Dedicate yourself to deepening your bonds with the people around you. Focus on helping others achieve their dreams and be more concerned with selfless service rather than self-gratification. You’re here to enrich this world, and you betray yourself once you forget this truth.
- #10 **Leave a legacy**. The deepest longing of the human heart is the need to live for a cause greater than oneself.