

April 2008 E-zone

PROTECT YOUR MIND & INCREASE YOUR SELF-IMAGE

This essential rule is crucial to the psyche of visionaries. It is well documented that low self-esteem is the cause of most social problems. Often we allow myths, flimsy tradition, or negative half-truths to become chains that shackle our lives. We unnecessarily fall prey to the opinions of others, which eventually clouds our sensory data and does little to enhance the manner in which we view ourselves. Ultimately, what shapes our self-image is not so much what happens to us as what happens in us.

Learn to protect your mind! Your environment and well-meaning family and friends combine with the events of our day could strongly influence the manner in which you view yourself. Whether you realize it or not, each of us maintains within the spectrum of the mind a personal recorder. You must become extremely particular concerning the type of data that is fed into your mind and permitted to take root, for the sole function of the self-image is to follow the instructions given to it implicitly by the mind-like an obedient personal computer reading its program and responding automatically.

See Yourself as You Will One Day Become... tap into your inner power-bring to tangible manifestation that which you envision...

Tips of Strength

- Your mental image of yourself forms the very core of your personality
- A positive self-image increases confidence
- The greater the self-image-the more ambitious you will be
- The greater the self-image the more inclined you will be to treat others with respect; and
- When you understand the power of universal laws... you will position yourself to ALLOW: Allow goodness to exist by establishing good in the universe.



Dr. Janice Hollis

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