

# **Learning to Love Ourselves**

*A short course designed by Robert Najemy*  
[www.holisticharmony.com](http://www.holisticharmony.com)

<http://holisticharmony.com/courses/lovingourselves/index.asp>

**This self-paced study programme aims to help us overcome obstacles to accepting and loving ourselves as we are, while we simultaneously move forward to become who we would like to be.**

The course is conducted via 13 lessons. It is recommended that you work through these sequentially, from no. 1 through to no. 13.

The self-analysis and self-discovery about how you might be stopping yourself from loving your self goes a little deeper with each topic as the programme progresses. This means that you will be bringing some of these personal fears and obstacles into the light for a first time. These fears need to be acknowledged as real, and embraced, just as you have the desire to love others, faults and all. They are worked on and released, clearing the way for you to love yourself more steadily as the way forward to becoming more freely and spontaneously who you would like to be.

- Lesson 1 Self doubt and self worth**
- Lesson 2 Social programming and conscience**
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## **Lesson 1 Self doubt and self worth**

Self worth is how we feel about our selves, and how we value our selves. Positive self worth is when we feel positive and accepting about all the feelings we feel regarding our thoughts, words and actions. We doubt our self worth when we turn away from, deny, or hide from those parts of our selves we dislike.

Our doubt concerning our self worth is the main obstacle to our emotional and interpersonal wellbeing. This doubt is the cause of our greatest fears - being rejected, laughed at, ignored, unloved, and most of all, being alone.

### **LONELINESS AND DOUBT**

Loneliness is the disease of our age, and its cause is self doubt. Fear of being alone is perhaps our most ancient one. It comes from the fact that in the past, he who was not accepted was ostracized from the group. In those days, that did not mean simply feeling lonely, but also being unable to survive. That safety and survival have become so directly associated with being with others is clearly evident in the illogical phenomena that, an individual who fears being alone in a house at night might feel safer even with the presence of a small infant or even a cat, both of which are totally incapable of protecting him from any danger.

Another factor that makes us fear rejection or not being accepted by others is the fear of being punished by 'them' or by God or Guru. Many of us have been brought up to believe in God or Guru, whose love is conditional, depending upon whether we are perfect in His eyes or not. We have learned that Divine love and protection are also conditional, and that punishment results when we displease God or Guru. We have also learned that our self worth is to be measured by what others think of us and whether they accept and respect us.

### **CHILDHOOD PROGRAMMING**

As children, we learn from adults that we must measure our self worth by what others think of us, the results of our actions, our appearance, how much money we have, etc. We receive messages from our parents and other important persons throughout our childhood years concerning whether and under what conditions we are good or worthy.

Our doubt of our self worth then becomes our greatest obstacle to inner peace, harmonious communication and loving relationships. These doubts are the foundation of most of our negative emotions and relationship conflicts. If we had more self acceptance, we would have less need to prove ourselves to others, and we would feel offended much less frequently. Then we could overlook others' negativity and be at peace with them regardless of their behavior.

***Let us now look at how we can start to increase and stabilize our self acceptance.***

## **SITUATION ANALYSIS**

The first step is to discover the situations in which we lose our sense of self worth or self acceptance. This helps us identify obstacles and fears inside that are obstructing the flow of love. The following questionnaire, 'Obstacles to loving ourselves', is a tool to help you identify the situations.

## **OBSTACLES TO LOVING OURSELVES QUESTIONNAIRE**

**This questionnaire requires you to tick those situations which cause you to lose your sense of self worth, and then look at each situation, describing the feelings you have about yourself and the other people involved.**

***Q. 1 In which situations do you lose your sense of self love, self worth, self- esteem or self acceptance?***

1. When others ask for your help and you do not say "yes", or do not respond.
2. When you have made a mistake or have failed at some effort.
3. When others are more capable than you are at certain tasks or concerning certain qualities (i.e. intelligence, artistic ability, speech, sports, cooking, professional success, their children's success, economically, making friends, employing disciplines).
4. When others attract more attention, esteem and respect in a group situation.
5. When others have offered more to you than you have offered them.
6. When you are not perfect.
7. When others criticize or reject you.
8. When others do not agree with you.
9. When others are able to manipulate you.
10. When you have "created" pain for others.
11. When you are not in harmony with your conscience.

***Q.2 In each of the above cases***

***a. How do you feel about yourself?***

***b. How do you feel toward the others?***

## Lesson 2 Social programming and conscience

### SOCIAL PROGRAMMING OR CONSCIENCE

Once we have established the particular situation that obstructs our feelings of self worth or self acceptance, we will need to separate our answers into two groups: Social programming, and, Conscience.

1. Those which have to do with **social programming** (e.g. You are clever if you achieve good marks at school. This implies that if you don't get good marks at school, you are not so clever). Here, we need to analyze each answer separately as we attempt to discover the social beliefs that cause us to lose our self acceptance in those situations.
2. Situations in which we reject ourselves because our actions are not in alignment with our inner **conscience**. We behave toward others, as we would *not like* them to behave toward us. Our answers to 10 and 11 in the 'Obstacles to loving ourselves questionnaire' in Lesson 1 might indicate such situations. Here we are interested in how we could react differently in those situations.

The more detailed questionnaire 'I tend to lose my feelings of self worth' will help us determine more clearly when we lose our feelings of self worth. We suggest that as you read through it, you mark those items that might relate to you.

### I TEND TO LOSE MY FEELINGS OF SELF WORTH QUESTIONNAIRE

( **Key question: What is being devalued about your self in these situations: your love, your happiness, your health, your success, your satisfaction?**)

1. When others criticize me, blame me, or do not approve of me.
2. When others are angry with me.
3. When my children, spouse or parents are not happy, healthy, successful, or satisfied.
4. When I do not know as much as others around me.
5. When I do not have an intimate relationship partner.
6. When my house is not clean and in order.
7. When my partner shows interest in others.
8. If I am not successful professionally.
9. If I do not have enough money.
10. If I am not attractive to the opposite sex.
11. If I do not make an impression on others.
12. If I do not have many sexual successes.
13. If others do not respect me.
14. If my child is ill.
15. If I do not have what others have.
16. If I am not perfect.

17. If I do not achieve many things.
18. If others are able to cheat or mislead me.
19. If I do not have \_\_\_\_\_
20. If I do not do \_\_\_\_\_
21. Other reasons \_\_\_\_\_ These beliefs may have come from some of the experiences as a child listed in the next part.

## **Lesson 3 Self acceptance and self-improvement**

Some fear that if we accept ourselves as we are, that we will have no motive to improve ourselves. There is a small possibility that self acceptance might cause a few people to loose interest in self-improvement. In most cases, however, it opens the door towards natural change and self-betterment.

Contrary to what many think, self acceptance is usually a prerequisite to moving beyond aspects of our selves which we would like to leave behind. It is as if that aspect which we want to change is another person whom we are rejecting and asking to be different. They will usually resist and become even more deeply entrenched in the behaviors we would like to them to change.

The same seems to happen when we reject aspects of ourselves. Those tendencies or "sub-personalities" tend to resist letting go of their ways of functioning and behaving. Thus, we often delay our freedom from such undesired habits or characteristics when we reject them or ourselves for having them.

Say for example, we smoke or eat or drink too much. Or we might tend towards aggressiveness, jealousy, anger, fear or other unwanted emotions. We might prefer to be more assertive and dynamic in achieving our goals.

Rather than reject ourselves for what we would like to change, a much more effective approach is to:

1. Accept that undesired aspect of ourselves as a natural evolutionary response to the various stresses, disappointments, difficulties, and challenges we have encountered until now in our lives.

- We have developed these habits and tendencies as an attempt to "protect" our selves from "dangers" or to "relax" from our tensions.

2. Understand these undesirable parts of ourselves and realize how they feel and what they need.

- They are parts of us, which deserve our love and acceptance. We need to understand what those parts of ourselves are actually seeking through those behavior. They might be seeking security, affirmation, freedom or perhaps release of tension.

- Our "aspects" or sub-personalities can search for security in money, food, relationships, sex, smoking, coffee or even through conflict. We have been programmed to doubt our security and self worth and to fear for our freedom. We often end up seeking security, self worth and freedom in strange and sometimes self-destructive ways.

3. Reeducate these parts of ourselves and help them understand the benefits of achieving real and lasting security, self worth, freedom and fulfillment.

- This might take the form of a dialogue with that aspect of ourselves in which we listen to its needs and then explain how we perceive our lives and share our goals and needs. We can write a dialogue between these two parts of our being - the one who wants to keep on with its habits and the second which wants to move on to other ways of behaving. They can each express to each other, their:
  - a. Needs
  - b. Feelings
  - c. Beliefs
  - d. Goals. This can also be done by setting up two chairs and creating a verbal exchange in which we speak alternatively for each part of ourselves as we change positions sitting in each chair as we change perspective and seek to feel and express that aspect of ourselves.

4. Take the position of our higher wiser self and speak to both parts of ourselves.

- Both the part, which wants to the change and the one, which does not, are equally aspects of our being. They are like our children and they need to be accepted and loved as they are. They need to be helped to love harmoniously in the same body and mind.

5. Understand that our true being is not limited to either of these aspects. We are something much greater.

Mutual inner acceptance and communication between conflicting aspects in our being opens the door to a type of inner cooperation which brings about a much more effective and lasting change than can ever be accomplished through self-rejection and conflict.

This is also true about our need to change others. We can get much better results if we accept and understand them and their needs when expressing our needs in an atmosphere of mutual understanding and respect.

Our inner being naturally seeks to evolve. Just like all of nature, we evolve. The belief that we might relax too much and not move forward if we accept ourselves is an erroneous belief. We are all driven by an inner pressure towards perfection. How else can we know that we do not have perfect love or justice, unless we have an inner frame of reference.

We want to create health, harmony, peace and love in our lives because these qualities remind us of our true inner self – who we are, and what we are. The more we accept ourselves, the more we will be striving towards manifestation of our inner potential. To externalize, to manifest our inner beauty, loving and accepting ourselves is the first step.

### **SELF ACCEPTANCE, GROWTH AND LEARNING**

Many people believe that they must be dissatisfied with themselves, or that they must reject themselves, or feel guilt or shame in order to have a motive for self-improvement or growth. They wonder, «If I accept and love myself as I am, what motive will I have for continuing to change, grow or improve? »

Accepting ourselves, as we are, is not a deterrent to continuing our efforts to learn, grow and improve ourselves. We can easily accept ourselves and still continue to improve our character and increase our knowledge.

#### **The first grader**

Perhaps the example of children in grade school will help us to understand this. These children in the first grades school do not reject themselves because they are not in a higher grade, or because they do not know as much, or are not as capable as those children in the higher grades. They accept themselves as they are, and are happy with themselves with their present level of abilities and knowledge.

Yet, no child would accept remaining in the same grade the next year or year after year.

In the same way, there is no conflict between accepting and feeling comfortable with our temporarily limited abilities and lower level of conscious, and our need to continue growing. It is natural to accept and love ourselves at his present stage of growth and simultaneously to attend to learning, evolving and improving ourselves.

Growth is a natural instinctual need. Scientists have discovered that when a person learns something new, this creates the excretion of endomorphines and other positively reinforcing chemicals in the brain. Learning brings pleasure, when it is natural and not connected to fear of rejection and failure.

Other motives for action and growth are love and creativity. We need to love and to create, just as we need to sleep and eat. These are basic needs, even if they are more sophisticated or higher-order needs than the physical needs of sleeping and eating.

Love and creativity are motivating forces to grow, create and produce when self rejection and negativity are absent.

Let us grow naturally without fear or self doubt.

We follow a progression in the school of spiritual growth. Just like the first grader, we graduate to the second grade, then the third, and so forth. As part of this preparation, we learn to love ourselves more in depth so we can graduate from first grades to middle grades to college level, and beyond.

## **Lesson 4 Accepting Ourselves and Others**

Love is the ultimate healing energy. For love to be capable of healing, there must be balance in the giving and receiving of love, both from inside one's self and from without.

Feelings of isolation and loneliness breed mistrust, misunderstandings, competition, antagonism and the whole series of health destroying emotions such as fear, anger, hatred, jealousy, bitterness, resentment etc. These negative emotions build up a personality complex of their own, and can grow out of control destroying our health and relationships.

Learning to accept and love ourselves and others despite our faults, weaknesses, habits and mistakes is a powerful means for healing ourselves and others. By developing more deeply rooted feelings of security and self worth, we enable ourselves to understand, forgive and love others and ourselves in more and more situations.

Keep in mind

- We are all souls in a process of evolution.
- We are all controlled by our ignorance and fear, which cause us to function in less than perfect ways. Thus, it is logical to accept and love ourselves and others even though we are not perfect and make mistakes.

### **Two broken legs**

If we know someone who has two broken legs and is unable to carry out his or her responsibilities or be very productive or creative, we automatically understand that they cannot do any more, because they have two broken legs.

What we fail to understand is that many of people who we perceive as lazy, irresponsible or negative and even immoral have in fact two of their "emotional legs" broken. They have seriously impaired emotional legs of inner security and feelings of self worth(= self doubt).

Their insecurity and feelings of self doubt cause them to behave in negative ways. We, too, might be such persons who have had their inner strength handicapped by negative life experiences. Self acceptance does not mean that we fail to recognize

and admit our mistakes. Accepting others does not mean that we cannot be assertive with others when required.

### **Half-finished paintings**

An incomplete painting is not yet in its perfected form. It is in the process of being perfected, of being completed. We know that it is not completed. Consciously or subconsciously, we know that it can be much more than it presently is. But we do not reject the painting because it is not yet what it will be. We do not say that it is wrong or unacceptable. We simply perceive it as incomplete and we attend to the process of completing it.

Let us then imagine that our and others' personalities are half-finished paintings.

Let us perceive the general state of the society and world around as a painting in progress.

We can see there are many weaknesses, faults and aspects to be improved in those paintings. But they are what they can and should be for their incomplete stage. A painting must pass through a series of stages until it is finally completed. Each of these stages is a perfect part of that process of completion. No stage could be skipped or avoided.

You, me, and those around us are "perfect" at every stage of that process of completion. We and everything around us is at a stage in the process of perfection. Even our imperfections are a perfect temporary part of our movement towards perfection.

When we perceive ourselves and others as unfinished paintings, we will have patience and understanding for our mutual weaknesses and faults. We will perceive them as parts of our being which need to be worked on in the process of manifesting our perfect being. Our weaknesses and faults are the latent parts of our being, immanent love, that desires to become a reality.

So it is that those around us are also in a process of perfecting their unfinished paintings.

### **The bud and the flower**

A flower bud does not yet manifest its latent beauty. Yet we do not reject, criticize or condemn it. We realize that it is in a process and that it is what it needs to be now in order to become the flower which it is destined to be. We accept it is as it is and wait patiently for its blossoming.

In the same way, we need to perceive ourselves and others as:

1. Paintings in the process of completing ourselves.

2. Buds becoming flowers
3. Souls in the process of evolution.

We all deserve love and respect exactly as we are. *Our life purpose, however, is to attend to the process of evolution and self-perfection until we blossom into the magnificent and totally conscientious and loving beings that we are destined to be.*

## **Lesson 5 When have I felt guilt, shame or self-rejection?**

This lesson entails questionnaires that ask you to be more specific about social programming experiences from your past and issues of conscience, that are impacting on how you see yourself and thus, how you are valuing yourself.

### **Part one: Social programming**

#### **A. Past experiences: When did you feel guilt, shame or self rejection as a child?**

1. When they shouted at you or beat you?
2. When you did not do what they asked you to do?
3. When you made mistakes?
4. When you hurt someone?
5. For sexual feelings or acts?
6. For the others' problems?
7. For negative feelings which you had?
8. For desires which you had?
9. For the others' illnesses?
10. For the others' unhappiness?
11. When you did not do well in school?
12. When you were criticized or blamed?
13. When you felt fear?
14. When you told lies or stole?
15. When they declared you were a sinner or that you were no good?
16. When they talked to you about God and the devil?
17. When you did something forbidden? What? \_\_\_\_\_
18. When you came into contact with the opposite sex?
19. When they told you in some way that you were a bad child?
20. When others were not happy?
21. When others were not pleased with you?
22. When you were not as good at something as others were?
23. When others did not pay attention to you?
24. When you did not speak out about something that was important to you?
25. When you didn't help someone when you could have?
26. When you did not succeed at something?

27. When others were disappointed in you?
28. When your siblings had problems?
29. When others around you were done injustice?
30. When they used you or took advantage of you?
31. When you did not receive the attention, affection and love you needed?
32. When they compared you with others?
33. Your parents, or other members of your family, did not behave properly?
34. When you were blamed for something?
35. When you did not get good grades at school?
36. When you were not able to be like someone else?
37. When you were not able to live up to others' expectations?
38. Other \_\_\_\_\_

**B. Loving ourselves: Did you ever feel shame or self rejection concerning any of the following?**

1. Your body? Which part?
2. Your appearance?
3. Your gender?
4. Your family?
5. Your speech?
6. Your friends?
7. Various characteristics (which)?
8. Your behavior? Which?
9. Your mistakes?
10. Your country?
11. Your parents?
12. The attention you received from others?
13. Your sexuality?
14. Something else?

**C. Loving ourselves: What messages did you receive through others' words and actions about the following?**

1. God?
2. The devil?
3. Money?
4. Sex?
5. Who is worthy?
6. Who is not worthy?

**D. Self observation: Complete the following phrases keeping in mind even small parts of yourself.**

1. There is a part of myself that feels shame, guilt or self-rejection when I partake in the following actions:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

2. There is a part of myself that feels shame, guilt or self-rejection when I have the following thoughts:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

3. There is a part of myself that feels shame, guilt or self-rejection when I express myself in the following ways:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

4. There is a part of myself that feels shame, guilt or self-rejection when I do not:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

5. There is a part of myself that feels shame, guilt or self-rejection when I neglect or forget to:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

B. In addition to the above, I occasionally feel shame, guilt or self rejection when:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Concerning those obstacles toward self acceptance and self love based on false social programming, see the questionnaires for that purpose on our web site.

## **Part two: Issues of conscience**

The second category of obstacles towards self acceptance consists of those situations in which our actions are in conflict with our moral values or conscience. For example, "I do not accept myself when I beat my child or wife, or when I tell lies or steal."

In this case, we are not interested in compromising our values but rather in discovering the emotional mechanisms that lead us to beat, lie or steal. Some fears or other emotions based on false beliefs are forcing us to act in ways that do not coincide with our morals or conscience.

Thus, our self-analysis will necessarily follow another line of questioning. Concerning those obstacles toward self acceptance and self love, which are based on conflict with our conscience, see the questionnaire for that purpose on our web site.

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### **Situation analysis questionnaire on conflicts with conscience**

(I.e. Situations in which we discover that our actions are in conflict with our conscience)

1. Which are your thoughts or behaviors which bring you into conflict with your conscience and cause you to lose your feelings of love, unity or harmony with your self?
2. What do you feel at those moments which cause you to think, say or do that which you later regret?
3. What do you believe which causes you to feel that way, which then forces you to think, say or do that which you later regret?
4. What is your need in those situations which causes you to do what you do?
5. What is your need behind that need? What are you really seeking which causes you to think, speak or act in that way?
6. How would you like to think, speak or act in those situations?
7. What would you like to believe in those situations so as to be able to react differently?
8. What can you do in order to manifest this change in your self?
9. When will you start doing this?
10. What emotions do you usually feel towards your self when you realize that, once again, you have functioned in this way?
11. What do you believe about your self, or about what you do or not do, which makes you feel that way?
12. How could you perceive that part of your self which functions in this way so as not to reject it but to cultivate a sense of understanding towards that part of your self which is already suffering in its own way?
13. How could you manage to sustain your feelings of unity and love in the future, even in such situations, or in the face of the same behavior? Or how could you free yourself from the behavior which makes you lose your self love?
14. What could you do to begin expressing love to your self?
15. When will you do this?

## **Removing the obstacles to self worth**

Having determined what could be obstacles in specific situations towards our positive self, we can choose an obstacle that we would like to work through. The obstacle that is the most bothersome and is most intensely influencing your reactions is probably the best one to work with.

This work may bring us in touch with childhood traumas or experiences which have programmed us in this way. The past experience will need to be transformed in our mind.

Let's consider how we can move towards removing the first obstacle we've identified. These steps could involve:

A. Analyzing what we believe which causes us to lose our self esteem and transform that belief.

B. Discovering our childhood experiences, which have conditioned us to feel that way and transform our childhood interpretation of those experiences.

(Professional help may be needed to analyse childhood experiences through regressions, rebirthing, Eye Movement and Desensitization and Reprocessing (EMDR), Thought Field Therapy (TFT) and Emotional Freedom Technique (EFT)).

C. We can use positive affirmations, which will allow us to accept and love ourselves as we are at this stage of our evolutionary process.

D. We can keep a high level of energy by eating healthily, exercising and / or dancing regularly, as well as by regular breathing exercises.

E. A realization of our inherent spiritual nature can help us accept ourselves as we are at this stage of our evolutionary process.

F. Just as we accept some others with their weakness, we need to understand and accept ourselves in the same way

G. We can correct the disturbed energy field, which is creating these feelings.

- This is possible through new methods of "Energy Psychology" based on Dr. Callahan's Thought Field Therapy. (A simplified version can be found at <http://www.emofree.com/newcomer.htm> )

## **Lesson 6 Transforming beliefs: Conscience**

## **TRANSFORMING BELIEFS WHICH OBSTRUCT SELF ACCEPTANCE WHEN IN CONFLICT WITH OUR CONSCIENCE**

Where we are in conflict with our conscience, we would do well to remember some thoughts.

1. It is healthy that we realize that we are not functioning in harmony with the laws of nature that are imprinted in our conscience or higher intellect. This allows us to see where we are in our evolutionary process and help us decide where we want to proceed. We each have an archetype of perfect love, peace, nonviolence, truth and right action encoded into our subconscious mind, thus we naturally feel disappointed when we are unable to live up to that standard.

2. It is important that we see those weaknesses, faults and mistakes that need to be corrected, and we would do well to decide the most effective means by which to correct them.

3. Rejecting ourselves or believing that God rejects us and that we are not worthy of being loved and respected by others, because of those weaknesses is a big mistake for a number of reasons.

a. As we are souls in the process of evolution, it is not possible for us to be perfect as long as we are in that process, and thus it is illogical to reject ourselves for not being perfect.

b. It is also illogical for the divine being, God, to reject the very beings He has created with exactly all those weaknesses and faults.

c. If we analyze those parts of ourselves that function in ways which we ourselves do not accept, we will realize that those parts of ourselves live in self doubt and self-rejection. By rejecting them, we are simply augmenting the reason why they act in this way.

d. By rejecting ourselves, we create an inner war which can only undermine our actual escape from the prison of this tedious circle of self-rejection and the repetition of this same act for which we reject our selves – for e.g. We reject ourselves because we have overeaten, and then since we are a "lost cause", just go right on eating more.

e. The psychology of purity is an important factor in any process of self-improvement. If we have been working in the garden or basement and our body and clothing are dirty, we have no aversion toward handling soiled materials. If, however, we have just taken a shower and are wearing clean white clothing, we will likely feel a strong aversion toward coming into contact with dirt.

In the same way, when we consider ourselves to be dirty, sinful or bad, we have no problem with partaking in unethical activities. Whereas if we feel pure, holy, and lovable, we prefer to avoid participating in activities which might soil that purity. Rejecting ourselves is an obstacle toward cultivating the psychology of purity that is so necessary for tuning into a pure life in harmony with the laws of Nature.

4. Some fear that self acceptance might weaken our need for self-improvement. This is seldom true. The reason is that evolution is a basic natural force in the universe and thus needs no negative force to assist it. The opposite is true. When we do not accept ourselves, we get caught up in resisting change.

Acceptance allows change to take place naturally and not out of fear or anxiety. There is a driving force that causes us to evolve, manifest and externalize our power and beauty.

5. We would also do well to remember that the word 'repentance' in Greek is "metanoia", which means to "change one's mind". Repentance does not mean to reject or punish ourselves, but rather to transform our belief system so as to think differently. To 'repent' is to change our beliefs so we are no longer out of harmony with the laws of nature, specifically the law "not to do anything to any one which we would not like done to us."

Where our self rejection is based on our actions being out of sync with our conscience, we definitely want to see what is motivating us to function in that way and transform it, while simultaneously accepting and loving ourselves at this level of evolution. Accepting and analyzing that part of ourselves which functions in this way will be the first step toward transforming it.

Specific ways to transform beliefs driving conflicts in conscience are addressed in the next lesson on transforming beliefs that obstruct self acceptance when we are under the influence of false social programming.

## **Lesson 7 Transforming beliefs 2: Social programming**

### **TRANSFORMING BELIEFS WHICH OBSTRUCT SELF ACCEPTANCE WHEN WE ARE UNDER THE INFLUENCE OF FALSE SOCIAL PROGRAMMING**

Some of the techniques and concepts presented below will also apply to the situations of conflict of conscience.

1. We can use written affirmations, such as, "I accept and love myself in every situation (or exactly as I am at this stage of my evolution)", as described in the chapter on written affirmations as an invaluable means of reprogramming ourselves.

2. These general written affirmations can then be continued as personally designed ones. This topic is dealt with in more detail in Lesson 9.

3. The research technique for self acceptance can be employed. This technique requires two persons.

a. The one who wants to work on him or her self, sits comfortably with eyes closed. The other has a pen and paper on which to write.

b. Hold hands and take the oath of secrecy concerning whatever is said. Then take a second oath of truth that each will speak out whatever comes to his or her mind.

c. Release the hands. The person who is working on himself remains with closed eyes and places his hands on his lower abdomen. As he focuses on that part of the body, he begins to verbalize the following phrase, "I lose my feelings of self worth or my self acceptance when..." and then allows the phrase to complete itself spontaneously.

He repeats this phrase over and over, allowing the answers to flow forth freely without control. The person next to him writes down the reasons and situations he verbalizes. This goes on for about ten minutes, creating a list of obstacles toward feelings of self worth and self acceptance.

The person should not open his eyes and should continue for the whole length of time without stopping because "he has nothing else to say". Duration is an important factor for bypassing various defense mechanisms. It is not necessary that we have an answer in our minds before we start verbalizing the phrase. Even if we have nothing in our minds as an answer, we should repeat the phrase at least once per minute and allow the subconscious to supply an answer. It is perfectly okay to repeat the same answer more than once if it keeps coming up. This is significant.

d. When this part of the exercise is completed, we move on to the phrase, "I feel especially good about myself when ...." or "I love and accept myself especially when...." The same guidelines apply to this phrase, and this continues for 10 minutes. The other writes all the answers to these incomplete phrases.

e. Where both individuals are interested in searching the subject, they would now change roles. In the end, each of you will have a much deeper realization of your obstacles toward self acceptance. You will also a list of reasons and truths that enable you to love and accept yourselves.

Some might say that they could do this alone or in written form. I would encourage them to do both, but not to imagine they are getting the same benefits. Each exercise has its own benefits. We come to different realizations when working alone, when writing or when working verbally with another person. One technique is no better than the other, but they do not replace each other. Each has its own very special attributes.

This same exercise could be applied in exactly the same way with other phrases such as:

1. "I lose my sense of love and union with others when..." followed by "I feel especially open and close to others when..."

2. "I lose my sense of security when...." followed by "I feel especially secure when..."
3. " I lose my feelings of being close to God when..." followed by "I feel close to God when..."
4. " I find it difficult to be myself when..." followed by " I find it is easy to be myself when..."
5. "I lose my sense of freedom when..." followed by " I feel free when..."

There are many other possibilities depending on what we want to explore.

## **Lesson 8 Getting in touch with the subconscious**

In most cases, we will want to search deeper to learn the causes of the beliefs that obstruct our self acceptance by investigating the contents of the subconscious in some of the following ways.

1. We can start by making a list of "reasons" for which we were criticized as children. This will help us understand:

- a. Why we illogically lose our feelings of self worth in some cases.
- b. Why we are attracted to some activities which we ourselves reject. We are often attracted to that which was forbidden.
- c. Why might have an irrational desire to relive the rejection we experienced as children. If we do not find others to reject us, then we subconsciously reject ourselves.

Our parents' voices work within us, creating guilt and pressures, even long after they have left their physical bodies.

- d. Why we get involved in internal conflicts where one part of ourselves is playing the parent, who is forbidding and rejecting the child, who also dwells within us.

2. Regressions to childhood years in which we focus on moments when, as a child, we felt rejection, shame, or guilt.

3. We can write letters to those persons who were present in those childhood moments, explaining to them how we felt then and how we feel now about what happened then.

4. We can participate in psychodrama with an experienced professional, in which we play out those scenes from the past so as to release them and gradually rebuild them, transforming the way in which we perceived them and reacted.

5. We can apply the technique called the Transformation of the emotion, especially for the emotions of self doubt and self-rejection. (Requires a trained professional.)

6. We can also write letters asking for forgiveness from others, as well as from God and perhaps even ourselves. This might uncover even deeper feelings of guilt or hurt

festering beneath the surface. These letters need not be given to anyone unless we are inspired to do so. Their power is in our ability to express these thoughts and realizations, and most important of all, our regret for any pain we may have triggered in anyone.

This may be a humbling experience, but it is exactly what the ego needs to release itself from these repetitive patterns of guilt. This is the psychology behind the sacraments of Confession, Repentance, and Holy Communion:

- a. First, we realize where we are in conflict with our conscience. This is self-knowledge.
- b. Then we gain the strength to admit this to others. This confession frees us from the ego through humility.
- c. We then change the way we think and act. This is repentance.

In this way, we recreate feelings of purity and union with the Divine. The benefit of this process can be understood theologically, psychologically and vibrationally. The process of writing these confessional letters will help us to realize and release what weighs heavily on our conscience, thus freeing large amounts of energy and inner peace.

7. This confessional expression in which we also ask for forgiveness can be done verbally in the form of psychodrama with a priest, psychologist or facilitator. It can also be done alone while looking at photographs of the persons to whom we wish to speak. We can also close our eyes and speak verbally to a wall, as we imagine the persons standing before us, as we are addressing them.

8. In some cases, we might seek out the persons and speak to them directly.

These last few techniques will be most applicable to those guilt feelings based upon actions in conflict with our conscience.

In some cases, however, our problem might be a mixture of both the influence of social programming and our conscience. Our social programming undermines our feelings of self worth, and thus leads us to actions about which we feel guilty. It becomes a vicious circle. In these cases, we must apply techniques for both types of obstacles toward self acceptance, some for getting free from social programming and others for aligning our behavior with our conscience.

9. Reevaluating how we measure our self worth

We need to realize how we have been programmed to measure our self worth.

We generally measure our self worth by:

- a. The results of our efforts.
- b. Others' opinion of us and our results.

- c. Our subjective perception of what others think about us.
- d. How we compare to others in some specific ability or quality.

We need to free ourselves from this childish way of perceiving ourselves. As children, we did not have a clear self-image and looked to others to see what they thought about us, usually in response to our behavior or something we had done or created. We continue to do this with spouses, friends and coworkers. We have been told that it does not matter whether we win, but how we play the game, yet we never truly believe it. (Neither did they who told us so.) Our self worth is independent of the results of our actions and of what others think about those results, or how they compare with the others' results.

If we want to evaluate ourselves, let us evaluate our motives and efforts. If our motives were pure and our efforts the best we could do at that stage of our evolutionary process, then let us accept ourselves regardless of the results. If the motives were not pure, or the efforts not our best, then let us analyze how we can improve them.

We would also do well to distinguish between ability, talent and worth. A person who is uniquely capable is not more worthy of love and acceptance than another who is less so. He is worthy of being given more responsibilities, but not more love or respect. All deserve the same love and respect.

In conclusion, our being worthy of love and respect has nothing to do with our abilities or the results of our efforts. Abilities give us the right to position and responsibilities, but not the advantage of being loved or respected more than others.

Our self worth as personalities depends upon the purity of our motives and the quality of our efforts.

Our self worth as divine creation is absolute and equal to all.

#### 10. Writing (letters of truth) to the source.

We can write a letter to those who programmed us in this way, explaining what we now consciously and logically believe about those beliefs which programmed us. We do not reject these persons who have been instrumental in our programming, but simply explain that our belief system has changed, and that when we think logically, we see these assumptions which we made as children as false.

In some cases, the assumption we have made may not be at all what the others believed, but rather our subjective interpretations. This does not matter. These people are in no way responsible for our reality. We, as souls, have chosen them exactly because they would transfer to us these ancient illusions, so that we could continue our evolutionary process.

This exercise is called 'Speaking (or writing) to the source'. We write or speak to the source of our beliefs, explaining that we can no longer accept these restricting concepts and that we are now determined to live our lives based on our own conscious beliefs. We also declare these conscious beliefs in this exercise.

'Speaking, or, Writing to the Source', is effective both as a written exercise and as a verbal one, or as a psychodrama with someone playing the role of those persons. Another way is to simply close our eyes and bring each person into our mind, as we clear up accounts and explain what we now consciously believe.

If possible, we can then have this discussion directly with those persons. If they have left their physical bodies, we must imagine them before us.

Samples of false thoughts from which we might want to declare our freedom:

a. My self worth depends upon:

1. What others think about me.
  2. The results of my efforts.
  3. My appearance.
  4. How much money or how many possessions I have.
  5. How much I know.
  6. How I compare to others.
  7. Whether or not I am perfect.
  8. Whether or not I have a love partner.
  9. My professional position.
- Other \_\_\_\_\_

b. I am safe only when:

1. I have a relationship.
  2. I have money.
  3. I have specific persons around me.
  4. I am accepted by others.
- Other \_\_\_\_\_

c. My freedom is in danger.

- d. I am responsible for others' reality (health, happiness, success, and satisfaction).
- e. I am not a good person.
- f. God does not love me or His love is with conditions.
- g. I am a body and not soul in evolution.
- h. I am not pure.
- i. I am responsible for your unhappiness or problems.
- j. I am a sinner.
- k. I am weak or unable.
- l. I should not follow my intuition.
- m. I should not believe in myself.

- n. I must not believe in others.
- o. Mistakes are unforgivable.
- p. Others are responsible for my reality.

Other \_\_\_\_\_

Remember, this exercise has nothing to do with rejecting or ceasing to love the others, or holding them responsible for our problems or programming. We can very much love them and feel union with them as we also explain that we perceive reality in a different way. No problem.

If, on the other hand, we find our expression aggressive and condemning, allow that to be for the time being. We might need to pass through this stage of releasing our resentment. We should prefer to release our negative energy in ways that do not harm those around us. We can do so in psychodrama with a trained professional.

11. We can employ daily relaxations with positive visualization in which we focus on positive messages concerning our self worth and self acceptance. In such relaxations, in addition to positive images, we can cultivate feelings of inner worth, security and confidence.

12. We can make a list of reasons why we should love, respect and accept ourselves. This list can be added to daily as we think of more reasons why we should love and respect our selves. Some of the reasons may have to do with our talents, values, efforts or qualities, while others may have simply to do with the fact that we are divine creation. Some examples follow.

- a. I am God's creation, a manifestation of the Divine.
- b. I am a soul in the process of evolution.
- c. I am God's child.
- d. Any negative aspects are a result of my ignorance and fear.
- e. I try the best I can.
- f. I love others.
- g. I possess the following qualities:
  
- h. I embrace the following values:
  
- i. I have the following talents:
  
- j. I am making the following efforts:

13. We can write letters to that part of ourselves which feels self doubt or self-rejection, explaining the objective reality of things. We can explain the various logical and spiritual truths discussed so far in Lessons 1-8.

14. We can also write letters to our inner child in which we explain the logical, objective and spiritual truth as we see it. Some of the messages, which we might want to pass on to our inner child or to that part of ourselves that experiences self doubt, might be found in the accompanying list. We are presenting this list for a

second time as Lesson 9 because we consider it to be significant in transforming personal beliefs.

## **Lesson 9 Truths which enable us to feel our true self worth**

### **Positive Thought Forms - Beliefs Concerning Self worth**

The following affirmations will be useful for reestablishing contact with our true –and always-worthy-of-love-and-respect divine nature.

- 1.** I am worthy of love and respect regardless of others' opinions or behavior.
- 2.** My self worth is totally independent of how I or others compare myself to others.
- 3.** My self worth is totally independent of any external factors such as: intelligence, wealth, appearance, talents, professional success, my children's success, my home, being attractive to the opposite sex, making friends, disciplines, "spiritual" activities.
- 4.** I am worthy of love and respect regardless of the results of my efforts.
- 5.** I am worthy and lovable even when others are given more attention than I am. I am happy for others when they receive love and attention.
- 6.** My self worth is within me and totally independent of whether I am loved exclusively by someone or not.
- 7.** I am worthy of love and respect even when I am not perfect in what I do and even when I make mistakes.
- 8.** My self worth is totally independent of how much I accomplish.
- 9.** I am worthy of love and respect even when I feel weak or needy.
- 10.** My self worth is totally independent of whether others agree with me or are satisfied with me.
- 11.** I deserve love and respect even when I need to say "no" and do not respond to what I am asked to do.
- 12.** My self worth has nothing to do with how much I give or receive.
- 13.** My self worth is totally independent of other people's ability to trust me or open up to me.

- 14.** My self worth is totally independent of how people behave towards me.
- 15.** My self worth is totally independent of how much others work, how they work, or what they believe about me.
- 16.** My self worth is a reflection of my divine nature and not my gender, religion, social class, etc.
- 17.** My self worth is totally independent of whether others recognize it or how they feel towards me.
- 18.** I accept and love myself as I am with my faults and weaknesses as I steadily evolve.
- 19.** I deserve to be loved and respected exactly as I am at this stage of my evolutionary process.
- 20.** I am beautiful exactly as I am - as are all aspects of nature.
- 21.** I am a good person, a worthy person.
- 22.** I am worthy of love and respect regardless of how others behave towards me.
- 23.** I respect and love all persons (especially my parents and family) without feeling any need whatsoever to live my life according to their beliefs or values. I live my life in harmony with my inner values and beliefs.
- 24.** My self worth is based on my inner being, my existence itself, and my inner divine nature and not on other external factors.
- 25.** My self worth is a simple function of the fact that I and all other creatures are unique aspects of divine creation. My self worth cannot be increased nor decreased. I can never be more or less worthy of love and respect than another.
- 26.** Although I am not perfect and have various faults, I deserve to be loved and respected as I am, just as I love and respect others with their faults.
- 27.** When I do not love myself, I do not love an aspect of divine creation.
- 28.** I often accept in others traits that I reject in my self. Why?
- 29.** I am in a process of evolution and am attending to that process.
- 30.** I am an expression of Divine Consciousness in matter.

# Lesson 10 Verbal exercises for transforming self doubt

Verbal exercises for transforming self doubt basically work with affirmations, such as those truths enabling self worth in Lesson 9.

## 1. Declaring the affirmation

This exercise can be performed with another person wanting to work on him or her self.

Look into the other's eyes and repeat the phrase, "I love and accept myself exactly as I am." If you want, you can add the conditional phrase, "...at this stage of my evolutionary process." This, or some similar phrase, can be repeated 15 times as we look into the other's eyes. We take three deep breaths in the interval between each verbalization of the phrase. As we breathe, we observe our inner reactions to declaring this to someone.

This exercise should be done slowly and consciously as we focus on, feel and think about what we are saying. We let the thought of total self acceptance sink deeply into the center of our being throughout the exercise.

After fifteen times, we can write down what we felt as we said this phrase. As we focus on this phrase, we connect to our purity, goodness and any other reasons why we actually should be accepting ourselves.

If the other wants, he or she can now do the same with our assistance. If no one is interested, we can do it looking into a mirror.

## 2. Experiencing opposition

For this exercise, we will also need a partner.

Sit face to face. The other says to us in a convincing way, "You have no self worth," or "You are worthless," or "You have no value as a person."

We look into his or her eyes and answer, "I deserve your love and acceptance exactly as I am."

If we choose, we can add the condition, "...at this stage of my evolutionary process."

This goes on for about five minutes, as the other continues to reject us in a convincing way as he or she can (avoid laughing), while we continue to affirm that we deserve to be accepted and loved exactly as we are.

The more calmly we can affirm our right to be accepted and loved as we are, the more sure we are of the fact. The more we feel the need to force the other to accept it, the less sure we are.

### **3. Experiencing rejection**

Continue sitting face to face. Now the other holds a list that we have created containing the three criticisms we hear from others or from ourselves which most strongly or frequently undermine our feelings of self worth. These should be written clearly so the other can read them.

The other looks into our eyes and tells us we are no good, or that we are not worthy because of one of the reasons we have written on the paper. He is now hitting us in our weak spot, where we usually lose our clarity and self love. We look into his eyes and answer, "the truth is that I deserve your love and acceptance exactly as I am." We can add, "...at this stage of my evolutionary process."

The other repeats the same phrase to us three to five times, and each time we answer him in the above mentioned way. Then he starts on the next stimulus on the list we have written.

In this way, we come to face our weak points concerning self acceptance. The truth is that we have many weaknesses and faults, but as souls in the process of evolution, we deserve to be loved and respected as we are. In the same way, all others deserve our love and respect just as they are.

This exercise should be done slowly and consciously, as we seek to really feel that we deserve to be loved even when the other does not agree.

### **4. Declaring to the group**

This exercise can be done in a group (or if we have enough imagination, we can visualize a group of persons before us). We stand before the group. If there is a microphone, we can use this to ensure we are heard loudly and clearly. As we look into their eyes, we declare to the group, " I am worthy of your love and acceptance exactly as I am."

We can add something to this statement, such as declaring some of the reasons why we deserve their love, or we can rest on the fact that we deserve their love and respect regardless of any attributes or achievement, simply because we are divine creation.

The microphone can then be passed around, as each stands and declares that she or he deserves our love, acceptance and / or respect exactly as she or he is.

### **5. Looking into each others' eyes**

This exercise can be done best while sitting opposite each other. Some prefer to hold hands as they are looking into the others' eyes.

One of the main reasons we cannot look into the others' eyes is that we do not feel pure. We want to hide anything we fear the others might reject, and we want to project whatever we feel might impress them.

In this exercise, we simply look into the others' eyes without speaking. Speaking is the main way we hide and project. We look into the other's eyes, cultivating feelings of being at ease, without any need to hide anything or project anything.

We can simply be ourselves with this person, without trying to think of something to say to fill in the uneasiness of looking into his or her eyes. We can then develop feelings of oneness and open our hearts, feeling love energy flowing out of our heart center toward the other, filling his or her body and mind with light. We attune ourselves to the other's beauty, inner and outer. We appreciate the other's being. This then brings us into contact with our own beauty and we feel good about ourselves. We both deserve to be loved, accepted and respected exactly as we are.

We can stay about 15 to 25 minutes as we focus on releasing all feelings of separateness, experiencing love and unity.

## **Lesson 11 Emotional Freedom Technique (EFT): an introduction**

This course has presented many questionnaires and techniques that help you get in touch with your self worth.

One of the most popular techniques for clearing emotional energy blockages/obstacles is the Emotional Freedom Technique, known as EFT for short. It is a form of acupuncture in which you stimulate well established energy meridian points on your body by tapping them with your fingertips. The process is easy to memorize and is portable so you can do it anywhere.

It is worth spending time in this lesson to become familiar with background reading regarding this technique:

What is EFT? <http://www.emofree.com/newcomer.htm>

'Energy psychology'. *Clarity ezine*, no. 20, 7 August 1992.  
<http://www.holisticharmony.com/clarity/clarity20.asp>

The remaining lessons will draw from what has previously been learnt in the course and demonstrate how EFT takes the obstacles and beliefs you may have identified from questionnaires and situation analyses and, integrating affirmation work, release and even transform blockages simultaneously on an emotional and physical level.

Free download EFT manual <http://www.emofree.com/downloadeftmanual.htm>

- gives you all the basics, including: the science behind EFT, the full basic recipe, 6 tips on applying EFT, EFT checklist on a page, 19 actual case histories, short cuts, questions and answers.

## Lesson 12 EFT and self worth

The goal of improved self esteem or feelings of self worth is a process that requires a more methodical and dedicated process than overcoming most fears.

As with other goals, this must be approached by dealing with its obstacles. A list of possible obstacles is listed below to assist you. Use this list to aid you, but not to limit you. You may have different obstacles, from those mentioned on this list.

The first step is to determine our main obstacles towards accepting and loving ourselves just as we are. We need to root out any feelings obstructing us from feeling that we deserve a good, healthy and happy life with wonderful relationships, economic well-being and professional satisfaction.

In which situations do you lose your sense of self love, self worth, self esteem or self acceptance?

### A. Social programming - illusion

We have been falsely programmed by society to believe that our self worth is dependent on many external factors. Thus we tend to doubt our self worth and loose our self esteem in some of the following situations. Seek to determine in each case which emotions are created within you in each situation. We will then employ EFT for those emotions. I would suggest that you start with the most intense aspect you are encountering at this time of your life.

**1. When others criticize or reject you.**

(Belief: I am worthy and will be loved only when others accept and love me.)

**2. When others are more able than you at certain tasks or more endowed with certain qualities. (i.e. Intelligence, wealth, home, appearance, artistic ability, speech, sports, cooking, professional success, their children's success, being attractive to the opposite sex, making friends, disciplines, "spiritual" activities.)**

(Belief: I am worthy and will be loved only if I am better than others are concerning \_\_\_\_\_).

**3. When you have made a mistake.**

(Belief: I am worthy and will be loved only when I do not make mistakes)

**4.** When you do not have the **results** you believe you should have had after some effort.

(Belief: I am worthy and will be loved only when I succeed / when others recognize my success)

**5.** When **others attract** more attention, esteem and respect in a group situation.

(Belief: I am worthy and will be loved only when I am more important than others to others are)

**6.** When you **do not have** someone who loves you **exclusively**, in ways that he or she does not love anyone else.

(Belief: I am worthy only when I have someone who loves me exclusively)

**7.** When you are **not perfect**. (Perfect house, perfect appearance, never make mistakes)

**8.** When you do not get **many things** done in one day.

(Belief: I am worthy and will be loved only when I do and accomplish many things)

**9.** When you are **not “strong”** or when you show “weakness.”

(Belief: I am worthy and will be loved only when I am strong and show no weakness)

**10.** When others:

**a. Do not agree** or

**b. Are not satisfied** with you (especially parents or spouse).

(Belief: I am worthy and will be loved only when others agree with me and are satisfied with me.)

**11.** When others ask you for help and you **do not say “yes”**. Or do not respond.

(Belief: I am worthy and will be loved only when I say yes and will lose their love if I say no)

**12.** When **others have offered more** to you than you have offered to them.

(Belief: He who gives is worthier than he who receives is)

**13.** When people **do not trust you** or confide in you.

(Belief: I am worthy and pure only if others trust me)

**14.** When **people lie to you** or use you or **laugh at you**.

(Belief: I am worthy and will be loved only if I am respected and I lose my self worth when others do not behave properly towards me.)

**15.** When others are able to **manipulate you** or are not as conscientious as you are.

(Belief: I lose my self worth when I work more than others or when I work for them, without receiving back what I should.)

16. Because you are born female in a culture which gives more importance to males.

17. Because your parents did not want a child and you felt that you were a burden to them.

18. Other \_\_\_\_\_

### B. Matter of conscience

\*\*\*18. When you have “**created**” **pain** for others.  
(Belief: I am evil if others have experienced pain as a result of my actions.)

\*\*\*19. When you are not in **harmony with your conscience**.  
(Belief: I am not a good person and not worthy of love when I do anything which is not in harmony with my conscience.)

\*\*\* **Other** \_\_\_\_\_

\*\*\* These require a different process

**Note:** Forgiving and loving ourselves does not mean that we allow ourselves to do whatever we want regardless of whether it is unjust or unethical. We need to recognize our inherent spiritual nature, but at the same time seek to align ourselves with our highest values and ethics.

This should be done steadfastly but also with as much love and understanding towards ourselves as possible.

### Employing EFT

Having determined our impediments towards feeling self esteem in certain situations, we can then choose the first obstacle we want to work with. It is best to work with the one, which is most intense and bothersome.

It is very likely that, as we work on bringing down the disturbance associated with each obstacle, other aspects will surface, especially **childhood traumas or experiences**, which have been programmed in us.

Naturally we will flow with and work on these aspects, but we must always have in mind “pending matters” and go back to them once we have “collapsed” or removed the aspects that have come up.

We start by focusing on the emotion or belief preventing us from recognizing, and experiencing our inherent self worth as an equal aspect of creation.

We then measure the **SUD** or Subjective Unit of Discomfort (or Disturbance) from 0 to 10, where zero means no discomfort, emotion or pain whatsoever and ten means the highest we can imagine. If working alone it might be good to write this down so you can remember how disturbed you were at the start. If employing this on someone else, you also may want to write this down so as to follow the procedure and remember where you are.

We then move on to the Set Up

## The Set Up

**Note:** We use **two phrases** when doing the **set up**.  
**Feel free to adapt these phrases to suit your personal needs.**

We rub on the sore spot on one side (or tap the side of the hand) repeating **phrase “A”** three times.

Then we repeat **phrase “B”** three times while rubbing on the sore spot on the other side (or tapping on the side of the other hand).

Then we repeat the **“C”** reminder phrase while tapping on the 12 points.  
In the case of **false social programming** or **false conclusions** from childhood or traumatic experiences, we can use these affirmations.

**A.1.** Even though I feel (the emotion) \_\_\_\_\_ (perhaps guilt, shame, self-rejection, self doubt, unworthiness, belittlement,) when/ because \_\_\_\_\_ (reason), I deeply and profoundly love myself.

**A.2.** Even though until now I have felt (the emotion) \_\_\_\_\_ (perhaps guilt, shame, self-rejection, self doubt, unworthiness, belittlement,) when/ because \_\_\_\_\_ (reason), I now realize that, as an expression of the divine, **my being itself is my self worth and is independent of external factors.**

**B.** I choose (want, deserve, allow myself, accept, realize that it is in my benefit) to be free from this (emotion) \_\_\_\_\_.

**C.** Reminder Phrase = (The emotion) \_\_\_\_\_ when / because \_\_\_\_\_ (reason)

## Matters of Conscience

In the case of **matters of conscience** we will first want to employ the upper affirmations in order to accept and love ourselves as souls in an evolutionary process exactly as we are, even with our mistakes and egoism.

Then, however, we will also want to discover the emotions, needs and beliefs that caused us to behave in ways which we would prefer not to and would not like other to do to us.

Once we discover the fears or pain causing us to act in these undesirable ways, we can employ EFT on them to remove them and, thus, become free from the causes of our possibly unethical or unconscious behavior.

Here we use the same process to remove the feelings, which cause us to act in ego-centered ways.

**A.1.** Even though I feel (the emotion) \_\_\_\_\_ (perhaps fear, anger, guilt, pain, injustice, shame, self-rejection, self doubt, unworthiness, belittlement,) when/ because \_\_\_\_\_ (reason), I deeply and profoundly love myself.

**A.2.** Even though until now I have felt (the emotion) \_\_\_\_\_ (perhaps fear, anger, guilt, pain, injustice, shame, self-rejection, self doubt, unworthiness, belittlement,) when/ because \_\_\_\_\_ (reason), I am now **free to behave with love and truth.**

**B.** I choose (want, deserve, allow myself, accept, realize that it is in my benefit) to be free from this (emotion) \_\_\_\_\_.

**C.** Reminder Phrase = (The emotion) \_\_\_\_\_ when / because \_\_\_\_\_ (reason)

### **One By One**

As we remove these obstacles towards self esteem, one by one, we begin to gradually notice that we are not as vulnerable as before. We accept ourselves more. We do not feel hurt and do not misinterpret others so easily. We speak more honestly, expressing our needs and feelings. We love more easily and steadily. We are more comfortable with ourselves and others.

I usually like to challenge people when they tell me that they do not feel the negative emotion any more, by asking them why. I want to see how much this new perception has become integrated into their belief system. Their answers usually show a clear change in perception. In a few people, this may register later on.

It is very likely that, in some cases, we will need to work on childhood experiences.

In closing this lesson, I would like to encourage us all to work diligently on this so important aspect of our lives. Our relationship with ourselves is the basis of all other relationships – with others, life and God. Only by loving ourselves can we really love others and create happiness.

I would suggest **three rounds a day for this so important issue**, moving from one obstacle to the other as they are collapsed and others appear.

**Below you will find some useful affirmations concerning self worth**

**Positive Thought Forms - Beliefs Concerning Self worth**

The following affirmations will be useful for reestablishing contact with our true –and always-worthy-of-love-and-respect divine nature. You may find some useful phrases here to incorporate into your EFT or other affirmation work.

- 1.** I am worthy of love and respect regardless of others' opinions or behavior.
- 2.** My self worth is totally independent of how I or others compare myself to others.
- 3.** My self worth is totally independent of any external factors such as: intelligence, wealth, appearance, talents, professional success, my children's success, my home, being attractive to the opposite sex, making friends, disciplines, "spiritual" activities.
- 4.** I am worthy of love and respect regardless of the results of my efforts.
- 5.** I am worthy and lovable even when others are given more attention than I am. I am happy for others when they receive love and attention.
- 6.** My self worth is within me and totally independent of whether I am loved exclusively by someone or not.
- 7.** I am worthy of love and respect even when I am not perfect in what I do and even when I make mistakes.
- 8.** My self worth is totally independent of how much I accomplish.
- 9.** I am worthy of love and respect even when I feel weak or needy.
- 10.** My self worth is totally independent of whether others agree with me or are satisfied with me.
- 11.** I deserve love and respect even when I need to say "no" and do not respond to what I am asked to do.
- 12.** My self worth has nothing to do with how much I give or receive.
- 13.** My self worth is totally independent of other people's ability to trust me or open up to me.
- 14.** My self worth is totally independent of how people behave towards me.

**15.** My self worth is totally independent of how much others work, how they work, or what they believe about me.

**16.** My self worth is a reflection of my divine nature and not my gender, religion, social class, etc.

**17.** My self worth is totally independent of whether others recognize it or how they feel towards me.

**18.** I accept and love myself as I am with my faults and weaknesses as I steadily evolve.

**19.** I deserve to be loved and respected exactly as I am at this stage of my evolutionary process.

**20.** I am beautiful exactly as I am - as are all aspects of nature.

**21.** I am a good person, a worthy person.

**22.** I am worthy of love and respect regardless of how others behave towards me.

**23.** I respect and love all persons (especially my parents and family) without feeling any need whatsoever to live my life according to their beliefs or values. I live my life in harmony with my inner values and beliefs.

**24.** My self worth is based on my inner being, my existence itself, and my inner divine nature and not on other external factors.

**25.** My self worth is a simple function of the fact that I and all other creatures are unique aspects of divine creation. My self worth cannot be increased nor decreased. I can never be more or less worthy of love and respect than another.

**26.** Although I am not perfect and have various faults, I deserve to be loved and respected as I am, just as I love and respect others with their faults.

**27.** When I do not love myself, I do not love an aspect of divine creation.

**28.** I often accept in others traits that I reject in my self. Why?

**29.** I am in a process of evolution and am attending to that process.

**30.** I am an expression of Divine Consciousness in matter.

## Lesson 13 EFT and opening to love

We can use EFT to remove our various obstacles towards experiencing love, acceptance and unity with loved ones and other important persons in our lives. We might be talking here about love partners, children, parents, siblings, friends or coworkers.

Before explaining this process, I would like to point out that we will very likely need to engage in this same process towards loving and accepting ourselves if we are to succeed in loving others in this way. This is true because our greatest obstacle towards loving ourselves is our own self doubt, which allows others' behaviors and expressions to activate our fears about our self worth. We then lose our love towards them.

Thus, we might first want to work on using EFT for removing most obstacles towards. Refer to Lesson 12 : EFT and self worth.

### Discovering What We Need to Work on

Our first step is to **realize when**, and in relationship to which behaviors or personality characteristics, we lose our feelings of love, acceptance and unity with others.

**a.** Choose the first person you would like to be able to **love more steadily and unconditionally**.

**b.** **Now, make a list** of his or her behaviors, which annoy you or cause you to distance yourself, become defensive or close your heart.

### Possible Annoying Behaviors

Below is a brief list of some common reasons why we might lose our feelings of love and unity with someone. In such situations, we might feel hurt, bitterness, resentment, disappointment, fear, jealousy, injustice, anger, rage, competitiveness, antagonism, etc. We might close off into ourselves or become defensive, offensive or aggressive.

1. When others do not agree with us.
2. When they do not understand us.
3. When they obstruct us from satisfying our needs. (A need could be psychological, such as the need for acceptance, respect or self esteem)
4. When they do not respect us.
5. When they think they are superior.
6. When they try to control or suppress us.
7. When they criticize us.
8. When they tell lies or gossip about us.
9. When they harm us or someone close to us.
10. When they have evil intentions or ulterior motives.
11. When they are negative, complaining, whining, criticizing, etc.

12. When they think they know everything.
13. When they give us advice we have not asked for.
14. When they play the role of the victim, the "poor me," and want attention.
15. When they do not take care of themselves or carry their share of the load.
16. When they make mistakes.
17. When they do not keep their promises or appointments.
18. When they are weak and dependent.
19. When they act in an egotistical and selfish ways, disregarding our or others' needs
20. When they use us or others.
21. When they are cold and insensitive.
22. When they are not responsible.
23. When they are lazy.
24. When they ignore our needs.
25. When they reject us.
26. Other reasons \_\_\_\_\_

**Note:** Loving others does not mean that we are obliged to allow them to do whatever they want regardless of whether it is unjust or unethical. We can feel unlimited love for them while we also assertively confront them concerning such behaviors. This is actually for their own good, as evolving souls. This is also important for us and our society as a whole. This should be done steadfastly but also with as much love and understanding as possible

Having made a list of the other's behaviors that cause you to close up, now choose the one you want to work on first.

### **Employing EFT on this Obstacle**

The obstacle towards loving can be felt as a negative emotion or perceived as a limiting belief. In the second case, if possible, it is better that we focus on the emotion created by this belief.

We start by measuring the SUD (Subjective Unit of Discomfort/Disturbance) for that particular issue, perform the set up and proceed.

### **Reminder**

As we employ EFT, the emotions, aspects or even experiences we are working with might change. In that case, we may work on whatever comes up, always remembering, however, to come back to our original subject to check it out and bring it down if necessary.

### **Working on the Main Emotion or Belief**

#### **I. Emotions we have when the other behaves in a certain way.**

**A.1.** Even though I feel (emotion) \_\_\_\_\_ when / because \_\_\_\_\_ (name of person) \_\_\_\_\_ (behavior which bothers us) \_\_\_\_\_, I deeply and profoundly love myself.

**A.2.** Even though until now I have felt (emotion) \_\_\_\_\_ when / because \_\_\_\_\_ (name of person) \_\_\_\_\_ (behavior which bothers us) \_\_\_\_\_, I now understand his /her inner doubts and fears (problems, conditioning) which cause him/her to behave in this way.

**A.3.** Even though until now I have felt (emotion) \_\_\_\_\_ when / because \_\_\_\_\_ (name of person) \_\_\_\_\_ (behavior which bothers us) \_\_\_\_\_, I am now able to confront him/her assertively and lovingly.

**B.** I choose (want, deserve, allow myself, accept, realize that it is in my benefit) to be free from this (emotion) \_\_\_\_\_.

**C.** Reminder Phrase = (The Emotion) \_\_\_\_\_ when/because \_\_\_\_\_ (name of person and act)

These emotions will likely change and we will need to work with each emotion as it surfaces. Note that we usually feel anger and hate because we first feel fear, hurt, pain, guilt, shame, self-rejection or injustice. So we will likely need to address these first feelings in order to get free from our anger.

### **Working on Other Aspects**

While working on opening up to love, we might need to work various aspects such as:

## **II. Emotions we have about the fact that we have these negative emotions towards the other and are not as loving as we would like to be.**

**A.1.** Even though I feel \_\_\_\_\_ (guilt, shame, self-rejection, self doubt) because I have not yet been able to love \_\_\_\_\_ even when / though (behavior)\_\_\_\_\_, I deeply and profoundly love myself.

**A.2.** Even though until now I have felt \_\_\_\_ (guilt, shame, self-rejection, self doubt) because I have not yet been able to love \_\_\_\_\_ even when / though (behavior)\_\_\_\_\_, I now understand myself, my feelings and reactions.

**B.** I choose (want, deserve, allow myself, accept, realize that it is in my benefit) to be free from this (emotion) \_\_\_\_\_.

**C.** Reminder Phrase = (The Emotion) \_\_\_\_\_ because I do not love \_\_\_\_\_ unconditionally

In other words, we want to love ourselves even though we are not as loving as we would like to be. My experience is that accepting ourselves “as we are” is a prerequisite for moving forward and improving ourselves.

## **III. Resistance towards Opening to Love**

Consider the following **possible obstacles** towards remaining open and loving:

1. We **feel vulnerable** and are afraid of being hurt if we are open and loving and prefer to keep an emotional distance.
2. We do not want to give the other the idea that he or she can do whatever he or she likes with us.
3. We would like them first to ask for forgiveness or at least realize their mistakes.
4. We fear we will lose **control over them** by letting them be too relaxed with us.
5. We want to place the **blame for our dissatisfaction** with ourselves or our lives on someone else who is “responsible”.
6. We falsely believe that love requires that we must let this person do whatever he or she wants – regardless of ethics or justice – and that this would be totally unacceptable.
7. We have identified with the role of the victim and need to feel hurt and abused.
8. We are in the role of the interrogator and need to find others’ faults.
9. We are afraid of intimacy because we fear: Being abandoned, Being suppressed, Being hurt
10. We are afraid of expressing love, because we fear that there will not be an adequate response from others and we will feel rejected.
11. We cannot believe that others could possibly love us.
12. We have been seriously hurt by this person and cannot overcome this bitterness.  
Other \_\_\_\_\_

If we cannot find the specific resistance towards opening our heart, we might benefit by looking into our childhood years for similar experiences or behaviors, which hurt us then.

If, at that point, we do not find what our resistance is, we can then work generally with “this resistance” or “this apparent resistance”.

Some variation of the following phrases will be appropriate.

**A.1** Even though I feel (emotion of resistance) \_\_\_\_\_ about the idea of loving (name of person) \_\_\_\_\_ when / because (his or her behavior) \_\_\_\_\_ I deeply and profoundly love myself.

**A.2** Even though until now I have felt (emotion of resistance) \_\_\_\_\_ about the idea of loving (name of person) \_\_\_\_\_ when / because (his or her behavior) \_\_\_\_\_, I now realize that it is in my benefit to let go of this.

**A.3** Even though until now I have felt (emotion of resistance) \_\_\_\_\_ about the idea of loving (name of person) \_\_\_\_\_ when / because (his or her behavior) \_\_\_\_\_, I now understand his/her fears and resulting behaviors.

**A.4** Even though until now I have felt (emotion of resistance) \_\_\_\_\_ about the idea of loving (name of person) \_\_\_\_\_ when / because (his or her behavior) \_\_\_\_\_, I now understand that I can love and still create my boundaries.

**A.5** Even though until now I have felt (emotion of resistance) \_\_\_\_\_ about the idea of loving (name of person) \_\_\_\_\_ when / because (his or her behavior) \_\_\_\_\_, I now realize that loving the other means doing so even when he/she is wrong.

**A.6** Even though until now I have felt (emotion of resistance) \_\_\_\_\_ about the idea of loving (name of person) \_\_\_\_\_ when / because (his or her behavior) \_\_\_\_\_, I now want to go beyond this and on with my life –without these feelings.

**B.** I choose (want, deserve, allow myself, accept, realize that it is in my benefit) to be free from this (emotion) \_\_\_\_\_.

**C.** Reminder Phrase = (The emotion of resistance) towards loving (person) \_\_\_\_\_ even when / though (behavior).

#### **IV. Emotions which we had in the past when we first experienced the event with the same person or others.**

**A.1.** Even though I felt /feel (emotion) \_\_\_\_\_ because of what (name of person) \_\_\_\_\_ did, I deeply and profoundly love myself.

**A.2.** Even though until now I have felt (emotion) \_\_\_\_\_ because of what (name of person) \_\_\_\_\_ did, I now prefer to live in the present and be free from this.

**B.** I choose (want, deserve, allow myself, accept, realize that it is in my benefit) to be free from this (emotion) \_\_\_\_\_.

**C.** Reminder Phrase = (The Emotion) \_\_\_\_\_ about \_\_\_\_\_ (other person's name and what he/she did)

#### **V. Physical problems associated with emotions involved.**

**A.1.** Even though I have this (physical phenomenon) \_\_\_\_\_ in my \_\_\_\_\_ (part of body) \_\_\_\_\_, I deeply and profoundly love myself.

**A.2.** Even though until now I have had this (physical phenomenon) \_\_\_\_\_ in my (part of body) \_\_\_\_\_, I am now becoming totally free from it.

**B.** I choose (want, deserve, allow myself, accept, realize that it is in my benefit) to be free from this (physical phenomenon) \_\_\_\_\_ in my (part of body) \_\_\_\_\_.

**C.** Reminder Phrase = (Physical phenomenon) \_\_\_\_\_ in my \_\_\_\_\_ (part of body)

## VI. Childhood experiences similar to this event which make us more susceptible

**A.1.** Even though I feel (emotion) \_\_\_\_\_ concerning what (name of person) \_\_\_\_\_ did \_\_\_\_\_ (in childhood), I deeply and profoundly love myself.

**A.2.** Even though until now I have felt (emotion) \_\_\_\_\_ concerning what (name of person) \_\_\_\_\_ did \_\_\_\_\_ (in childhood), I now realize that he/she was a victim of his/her childhood experiences (programming).

**A.3.** Even though until now I have felt (emotion) \_\_\_\_\_ concerning what (name of person) \_\_\_\_\_ did \_\_\_\_\_ (in childhood), I now realize that he/she was exactly what I needed for my evolutionary process.

**B.** I choose (want, deserve, allow myself, accept, realize that it is in my benefit) to be free from this (emotion) \_\_\_\_\_.

**C.** Reminder Phrase = (the emotion) about (other person's name and what he/she did)

### Summary: EFT and Opening to love

**A.** We work on the **Main Emotion** or Belief which is obstructing our love for others

If necessary we work on other aspects such as:

**B.** Emotions we have **about the fact** that we have these **negative emotions** towards the other and are not as loving as we would like to be.

### **C. Resistance towards Opening to Love**

Consider the following **possible obstacles** towards remaining open and loving:

- 1.** We **feel vulnerable** and are afraid of being hurt if we are open and loving and prefer to keep an emotional distance.
- 2.** We do not want to give the other the idea that he or she can do whatever he or she likes with us.
- 3.** We would like them first to ask for forgiveness or at least realize their mistakes.
- 4.** We fear we will lose **control over them** by letting them be too relaxed with us.
- 5.** We want to place the **blame for our dissatisfaction** with ourselves or our lives on someone else who is "responsible".
- 6.** We falsely believe that love requires that we must let this person do whatever he or she wants – regardless of ethics or justice – and that this would be totally unacceptable.
- 7.** We have identified with the role of the victim and need to feel hurt and abused.
- 8.** We are in the role of the interrogator and need to find others' faults.
- 9.** We are afraid of intimacy because we fear:  
Being abandoned

Being suppressed

Being hurt

**10.** We are afraid of expressing love, because we fear that there will not be an adequate response from others and we will feel rejected.

**11.** We cannot believe that others could possibly love us.

**12.** We have been seriously hurt by this person and cannot overcome this bitterness.

**D. Emotions which we had in the past** when we first experienced the event with the same person or others.

**E. Physical problems** associated with emotions involved.

**F. Childhood experiences** similar to this event which make us more susceptible

This brings us to the conclusion of the *Learning to love ourselves* course.

We hope you have had a fruitful study experience and are already experiencing the benefits of loving yourself.

You can find more courses  
and ebooks by Robert Elias Najemy at:

[www.holisticharmony.com](http://www.holisticharmony.com)

**Be well, Be happy**