

FINDING PEACE WITHIN

THE
INNER COMPASS

UNIT 2:
SELF-WORTH



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UNIT 2: SELF-WORTH

It is extremely important to have a strong sense of self-worth. A positive self-image is crucial to our well being. We must be able to love ourselves. If we do not love ourselves, we will not have the capacity to love others.

We all know the well told story of the prodigal son. One of my favourite paintings is by Rembrandt who has captured the moment of his return with incredible insight and passion. This young man, who has no name to us, wanted to go and experience life on his own and, as the story goes, he made a mess of it all. When at last he returned to his father he said these famous words, "I am no longer worthy to be called your son, make me like one of your hired servants." But, the father did not treat him like a servant. He instructed his servants to bring robes and the family signature ring, and he held a feast for him, welcoming him back into his household.

When we suffer from low self-esteem, it is because we don't know to whom we belong. Every one of us has experienced the journey of the prodigal son in some form, wanting to live our own lives and do things our way. We have made what we call mistakes and experienced so-called failures along the way. The journey back to our creator is one that acknowledges that he is infinitely good and we are infinitely good, and that he loves us unconditionally

no matter what "bad things" we think we have done in our lives. We consider ourselves unworthy of love and acceptance; by ourselves, by our creator, and by others, because of our mistakes, which God knew we would make when he created us.

A HEALTHY SELF-ESTEEM REQUIRES THAT WE HAVE A SENSE OF BELONGING.

Another story revealing the strength of belonging is about a woman called Rahab. Joshua sent a group of spies into Jericho and there was a woman named Rahab living there who helped them. On the day the Israelites invaded the city, we are told that "she and all who belonged to her were saved." Her entire family was saved based on the oath given to Rahab because they belonged to her. When we know that we "belong" we understand that we have the safety and protection of the group that we belong to.

We have a higher power that we can call source, creator, the universe, God; it really doesn't matter what we call him (he has a very healthy self-esteem

and is not concerned with a name) however, we belong to and are connected to this incredibly infinite being of love, wisdom and intelligence... and we have his guarantee that everything we need will be "added to us."

In the book of Ruth, a man named Boaz saw a woman working in his fields and asked "Who does that young woman belong to?" The answer was, "She is the Moabite who came back from Moab with Naomi." Immediately there was a family connection. In many western countries we live independent lives, but like it or not (or believe it or not) we are all part of a larger family and we all belong to our creator. We are all connected with our source.

The people of Israel provide us with a natural example of the power we have when we have a sense of belonging. Every Israelite belonged to a certain family, and a certain tribe or clan. They knew they had the support of every person in that tribe. Likewise, we are also all connected to each other, as every person on this planet is connected to their creator. And because we belong, we can ask God for anything! That's family. That's belonging. That's acceptance. That's unconditional love. To ask our creator for anything that we need and to know that we will receive it.

COMPARISON KILLS CREATIVE EXPRESSION.

When we have the understanding that each one of us belongs, we don't have to compare ourselves to others. We can know that we have all been created in a unique way, with unique gifts and abilities, and we can live knowing that we are secure in who we are and stop comparing ourselves to others.

It is when we feel insecure, not feeling the sense of belonging to our creator and his universe, that we try to gain the approval of those around us

in order to feel as though we belong to a group. When we have the approval of those in a group, we believe this will make us feel better about ourselves. However, this only leaves us subjected to the opinions of others and we end up living a life of trying to please others in order to constantly gain approval and feel accepted. If our friends, our parents, our spouse approve of us one day, we feel good. If they do not the next, we feel bad about ourselves. We give a lot of power to other people about how we are going to feel each day when we are living in this realm.

When we spend all our time and energy worrying about what others think, or comparing ourselves to others, we cannot fully concentrate on who we truly are and what we are supposed to be doing on the planet. When we live our lives trying to be like somebody else, we cannot express our own unique diversity and creativity. A wise teacher once said to his disciples, "Why do you try to gain the approval of man instead of the one that really counts – God." And God already approves of us! He created us. He loves us. We are part of his family and he wants the best for us.

FREEDOM TO BE OURSELVES.

Our Creator, Infinite love, is always inviting us into freedom. It is not his desire for us to live in any form of "captivity", either in our minds, emotionally, or physically. The Israelite nation were slaves to the Egyptians and this incredible creative force declared: "I am ... and I will bring you out from under the yoke of the Egyptians. I will free you from being slaves to them." It is God's desire that we are free. Emotionally, physically and mentally free. Free from religion and the man made rules and regulations they impose on us, free from anxiety and fear, free from burdens and the control of others. When we find ourselves in situations of slavery (either physically, spiritually or emotionally) we will be in a state of turmoil because the spirit

within us will constantly be calling us into freedom. The question is always, will we follow that call?

Throughout the bible we see that he is always calling people into freedom and setting people free. We read that the spirit of the Lord was upon Jesus to ... set the captives free. Isaiah states, "Say to the captives, 'come out' and to those in darkness, 'be free.'" Throughout his ministry Jesus was setting people free. To the women with the issue of blood he said, "Go in peace and be free from your suffering." To the crippled woman he said, "You are set free from your infirmity." We are told that the truth will set us free. The Bible speaks of freedom. Freedom from suffering, freedom from pain, freedom from anxiety and worry, freedom from the fear of death. We are being called into freedom. We were created to live a life free from accusation, free from man-made rules, freedom from slavery and free to be our uniquely, creative selves.

We were not ever meant to be a copy of someone else. We were created to be the true authentic people Infinite Intelligence designed us to be. And to love living as those unique individuals, with all of the quirks and strangeness we think we might have. We must celebrate those characteristics. They were given to us for a reason. It is time to embrace them, love them, and accept the wonderfully unique people we are.

WE ARE CAPABLE.

The dictionary definition of the word "capable" is: *Having the ability or qualities necessary to do or achieve a specific thing; to be able to achieve efficiently whatever one has to do.*

Our creator has given us all the abilities and qualities that we need in order to achieve efficiently whatever "specific thing" we are called to do here on this planet. He has given us gifts and talents that we need to develop (become skilful at) in order to

be competent in whatever we decide to do. And, he has given us the strength we need to do it. It is when we live according to the expectations of others, doing things we don't enjoy, that we cannot tap into this power we already have within us. When we are too busy looking outside of ourselves, and craving the approval of others, we cannot live in freedom. And it is only in freedom that we can truly be ourselves and leave a footprint on this planet like no other person can. When we live in freedom, we are able to do all that we desire. And we have access to all the resources we need. We live in a "magic" realm of asking and receiving, because we already believe.

Job said, "I know I can do all things," and Paul stated, "I can do all things through Christ who gives me strength." In order to have a healthy self-esteem we must know to whom we belong, and accept completely that we can do all things. When we align our actions with the desires of our heart, we can live in confidence that we will succeed, because we are told that it is our "confidence" that is our reward. The people who are successful in life are confident in all they are doing. Their confidence is their reward. It is also yours. Be confident about who you are and what you are doing in this life. And you will succeed.

Exercise: Are you truly free?

As you have been reading through this unit, the pull to freedom would have been tugging within you. God is always calling us into freedom. Sit quietly and acknowledge that calling. Listen to what he might be telling you.

From what do you need to be free? From religion, from self-pity, from anxiety and worry, from fear, from being controlled by others, from being controlled by your emotions? Do you need to be set free from the desiring the approval of others, from people pleasing, from addictions or the need to be accepted? In what way/ways are you enslaved? How can you get free? Can you free yourself through making new choices?

In what way do you not consider yourself worthy of love, by God and others? How do you feel this is reflected in your thinking and in your behaviour? Do you seek the approval of others to make you feel valued and worthy? Or, do you have a deep rooted, innate sense of worthiness; a sense that you are loved unconditionally and are accepted by God simply because you exist and are his creation? If you had this deep rooted belief, how would it change your behaviour?

Journal Ideas:

Write down all of the things you want to be free from. You might then want to burn the piece of paper, or tear it up into small pieces and throw it into a river. Whatever it is you choose to do, have a "letting go" ceremony of all the things that have bound you and controlled you in your past. Today is a new day. Today is the day to be free!

Listen to the affirmation (MP3) on having a healthy self-esteem and a strong sense of belonging. Listen to it as often as you can and repeat the phrases aloud if possible. Our words are like seeds and they have transformative power. As you speak these words, things will begin to change for you and you will begin to move along your path towards freedom.

Congratulations!

You have completed Unit 2 on Understanding your sense of Self-Worth.

Units 3 - 7 are waiting for you.

If you have not completed Unit 1: Finding Peace Within, or read the introduction to the course, please do so before you begin Unit 3. This course is designed as building blocks to help you build a future that is totally different from your past. Having a strong foundation is essential for a building to stand the storms of life. The Introduction and Unit 1 will give you that foundation.

Go to:

www.rechartyourcourse.com
and download them for free!



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Please email me if this unit has impacted your life. I would love to hear from you!

Skye

The Inner Compass

There are 7 units in The Inner Compass Programme. All of them are free for you to download immediately. There is also a video with each unit, that will help you gain clarity and understanding of the principles taught, as well as a short meditation that you can listen to as often as you desire.

Unit 1: Finding Peace Within

Many of us have spent years searching for peace. I travelled the world trying to find a "place" where I would feel good about myself, comfortable with myself. The search for peace stops when we realise we have been looking in all the wrong places... and go within.

Unit 2: Self-Worth

A strong sense of self-worth is crucial to our well-being. When we base our self-worth on what others think of us or how others view us, we become addicted to pleasing them. Find freedom to become yourself... the real, authentic person you were created to be.

Unit 3: Identity

When we discover our true north, our true identity, we find peace and tranquillity no matter what our circumstances. Discover your unique identity and be free to live it!

Unit 4: Understanding Triggers

What are triggers, how do they affect our lives and how can we overcome them? Be free from the emotions of the past... forever!

Unit 5: Thoughts Create Habits.

Our thoughts are like seeds and every thought-seed we plant in our minds grows to form habits which produce the circumstances in our lives. If we want to change our circumstances, we must start by changing what we think about!

Unit 6: The Power of Our Words

If we knew the power of our words, we would never speak another negative word again. Identify your negative self-talk and discover how to change it!

Unit 7: We Change Our Lives Through Our Choices

Do we really have the ability to make our own choices or is our past programming dictating to us how we live our lives? This revelation will change your life!

This course was written by Skye McKenzie and it is available for you to download for FREE!

www.rechartyourcourse.com