

# SELF-WORTH

## THE HOLY GRAIL OF LOVING YOURSELF AS YOU ARE

My Guides asked me specifically to work on self-worth via the Healing Blueprint, and I've had beautiful results. I was going to write this article after I received even more feedback from others, but it has already transformed my life so much that I decided to write it anyway!

I believe that every human being probably has self-worth issues. Since every person is different, everyone will get different results when they apply this Blueprint, but it only took one day for me, however, to see big changes. So I am excited to share with you my experience. The difference has been truly enormous. I now have motivation and wake up early, ready to get on with the day. I actually now enjoy doing chores and barely drink the coffee I used to need to get me through the day. (I do still drink coffee, though, because I love the taste of it.)

The potential outcomes of working with self-worth will of course vary because we all have our own individualized “stuff” going on – the things we have come here to heal. However, so many of our issues are tied up with how we value ourselves that you are likely to notice a tangible improvement in many areas of your life.

A high degree of self-worth, or self-esteem, means you see yourself as Holy Spirit sees you. Seeing yourself as worthy is knowing that you absolutely deserve the best. It also means knowing that you are perfect exactly as you are, in every way. It means knowing that you are totally deserving of living an abundant, joy-filled and rewarding life.

Low self-worth is, of course, completely the opposite.

### My experience

I began working with self-worth on a Monday night and by Tuesday morning, it was already having an impact! I couldn't believe it. I woke up 4 hours earlier than I normally would have done, and for the first time in my life I didn't need an alarm clock. I thought maybe it was a coincidence that I had woken up early, but when I went to make a cup of coffee, I realized that I could barely drink it, as it was like trying to drink prune juice or something else that I don't like. Wow, something extraordinary seemed to be going on!

My body was literally rejecting the coffee, saying that it was fine without it - that it was actually better without it. And I have only been able to drink about one cup per day since then, as opposed to the three cups I normally used to drink.

I quit smoking in the summer of 2016, but subsequently started again. Since working with self-worth, I can now barely smoke a cigarette. My personal experience with smoking and coffee demonstrates to me that low self-worth truly is the root of addiction, since with any addiction, we are effectively using the substance (whatever it is) as a way of escaping from ourselves, or telling ourselves that we are not worthy of feeling good, without a substance in our bodies.

I have never really liked the way I look. I don't hate how I look, but I have never thought of myself as pretty or attractive. I imagine that this is very common. However, after using the Healing Blueprint on worthiness, for the first time ever I looked in the mirror and actually had positive feelings about myself, going "ooh, looking good Leni!"

This is why working with self-worth is so amazing. It really allows you to love yourself, exactly as you are. I find I am so much more inspired to do things now as well, and tackle even my least favourite jobs with enthusiasm. I can clearly see that being lethargic and having no motivation is also a side effect of low self-worth.

So for me, working with self-worth has most definitely been WORTH it, and I highly recommend you doing the exercise below. I think you'll be surprised at the results.

I only spend about fifteen to thirty seconds (not minutes), with self-worth each day. Perfect for me, as I really want to see pretty instant results. The method below is taken from the Healing Blueprint, which my Guides gave me in the summer of 2016.

#### How to do the exercise

- Imagine setting a sword and shield down on a table, off to the side somewhere. This is to represent that you are not in a defensive position
- Welcome self-worth into your home or a sacred space that you imagine, as if it is a cherished guest and take a moment to deeply love it. Then thank it for the lessons and experiences that it has brought into your life.
- I like to offer self-worth an imaginary feast after I have thanked it, to show respect, but this part is totally optional.

I love you guys so much. Good luck with practicing - I know you'll do great.

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