



Subconscious Mind Treatment for Self-Worth

Our self worth is hinged upon our attitude about ourselves and our life. We quickly increase our self-worth when we realise that we have a limitless potential within us to rise up and out of any unwanted experience. It's a matter of knowing our self-worth. To reveal a greater sense of self-worth say the following spiritual mind treatment out loud and with passion. Feel each word you say and mean it. Use the power of your word to realign your belief system and upgrade the hardware inside your mind.

Say:

I know that within me there, is an unlimited potential that equates to my self-worth, and I am One with this potential NOW!

The Infinite Good that is potential within me rises up NOW to overturn and dissolve all fears and doubts. I let go of feeling unworthy. The very activity of my mind demonstrates my NEW belief, and I accept for myself right NOW a perfect revealing of a greater sense of Self-Worth.

I now choose to release all limiting beliefs. I release any sense of unworthiness or inferiority. I now choose to release any lack of confidence and fears, which keep me small or hiding my light.

I am enough, I have always been enough, and I NOW honestly believe that I am a vital, essential and worthy person on this planet. I overcome fear and doubt, and in its place, I claim my true self. I am confident, peaceful and content. I feel enough, and I am enough.

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I deeply and fully accept a balanced, harmonious, integration, throughout all areas of my life, body and relationships. I now choose to shine with beauty, radiance, sensuality, creativity and strength.

I feel a deep love and respect for myself, and this love and respect is reflected at me wherever I go.

It is with total confidence that I can relax in the realisation that all is well with me. I am worthy, and I am enough.

I speak my word, knowing that my consciousness is now wide open to the blessings of the Infinite and that there is nothing in my beliefs that will hinder self-worth being me and flowing through me.

I give thanks for the Truth of this Treatment. My heart overflows with gladness as I reveal my self-worth.

And so I release my word into the Law of Mind, feeling, sensing and believing. It is done.

I am worthy; I am enough.

And so it is.

