

Self Esteem

Paul Solomon Source Reading 9558

Japan. May 20, 1992

You will have before you the records and the enquiring mind of ... (Name) ... born ... in ... Japan. You will examine the records and comment on purpose and personality, past and present, latent and manifest. You will answer the questions I now ask.

Q 1: I have been working as a patterner of women's clothes, which so far I thought was a suitable job for me. But recently I have felt less interested in this job. I feel less interested in the fashion business. I want to know if I am really fit for this kind of job or not.

A 1: Dear one, we call the Mother (Mother Mary) to speak to you. Please do understand, do understand, there is not a greater job or challenge, or opportunity for you in this time. We would lay the Mother's hand on you that you might be given strength and comfort during the time it will take you to develop a greater confidence and a sense of worth in yourself.

Dearest child, you are talented, so nearly beyond measure that you may very well become a foremost name in fashion design from these islands [Japan]. You have a tremendously creative imagination. You have a singularly splendid eye for detail, and for the juxtaposition of textures, shapes, colors, lines. All that is flattering in the way that a woman moves. Now what you have not had until this time, dear soul, in this lifetime, is an image of yourself wearing such clothes, you see?

It is as if you could drape the most beautiful of women who display poise and charm and such, but the very garment that you would cut and place upon her, you yourself would shy away from and wear something much less attention receiving... not that you avoid being attractive, but you do have a fear, don't you, of glamour, of responsibility. [You are] so afraid that in cutting patterns and learning and studying the design and fashion industry, you've already been found [discovered] because of your unique talent... Oh, you must understand, this is why you've been pushed to move a bit too fast for your own sense of worth and confidence, to live up to that that is required of you in this industry.

It does not seem to us to be true that you no longer have an interest in the industry. We do, however, see a change, in that as you entered the industry you thought about it in one way, but from within it, you see it quite differently, and you see the results differently than you originally expected.

But we would just encourage so strongly -- for you to use the Scrolls and cassette tapes of the Self-Esteem [subliminal kit]*. And even though the playing of these tapes nightly at first will somewhat disturb your sleep for several nights, even used with a pillow speaker, will disturb your sleep for awhile; soon it will improve your sleep considerably. It will improve your physical health. It will improve your self-confidence, and your ability to move on in the industry in which you have already made some steps, some growth.

It is, if nothing else, a practical job. And you will find work, you will have work because of your talent and your ability and your application of yourself, even at times when others do not. It is true that there are other areas you could move into and enjoy and do well. Yet it is so difficult to see another gift that would be greater than that you may give to women you would serve, through that you may create for them.

Do understand with every stitch, with every pattern, you may repeat within your mind and your heart a mantrum, a mantrum of self-love, of self-worth, a reassurance to yourself. But also put into that fabric, fill it with your love for the person who shall wear it. And how will you ever know who might have been healed as a result of your love applied in your creation, which will envelope the body of a woman?

No, we can't agree that there is a better direction at this time, but there are alternatives, and you may do as you wish. Whatever you will do, you will need this growth, and self-worth and self-confidence, in being prepared to take on the next step and move forward.

Q 2: I worry about my health. I can't relax, and also I have a womb myoma. I can't stop thinking negatively about myself. Is there a way to heal my womb and to change my thinking tendency?

A 2: Oh, yes, yes, yes! Will you please arrange an opportunity to learn all that you may learn about what is called self-talk. Now perhaps we can soon render this in your language: that you learn to talk to yourself with inspiration. And yet the question you've just as asked, still refers back to the first [question]. This small album that we are speaking of, for it may as well be of pure gold... it is worth that! For it will teach you to think positively about your life, including your health.

Can you understand this please, that what is there in your body are strands of hardened tissue! Perhaps you have not yet known that every thought produces a movement in the body. And here your thoughts of stress and fear have created a striated, hardened, piece of muscle tissue, which threatens the one thing that you believe you could handle well, and that is motherhood. Of that one thing you have confidence! You do know that you would be a good mother. And yet, your worry, your stress has embodied itself in the very mouth of your womb.

Now, yes, dear one, yes, speak to yourself, describe to yourself, imagine yourself relaxing that hardened tissue, melting it away, and even if there is no physical change, do not fear child birth for there is the alternative of Caesarean Section, though we do not believe that should be necessary, once your thoughts are supportive of yourself and your body in a most loving way.

Q 3: I have an interest in spiritual growth and I want to study about this. Why do I feel so? Please tell me the past life which is giving influence and urging me to know about spiritual things? Also what should I learn in this lifetime? Also what kind of study should I do?

A 3: As to the study and such, we've given you much already to do with the nine-months of work with the development of self-love, self-worth, and self-esteem.

You're attracted to spiritual growth because you have memory of contact with those who have been inspired. [The lifetime we are about to speak of] is not so well known.

Dearest one, we will ask you now to say little of this reading to others. Keep it to yourself and close to your heart. And see if perhaps you will dream of it as it was:

You sewed a garment. It was bordered at the hem with pomegranates and bells. It was all of one piece of woven cloth of Galilee, and a favorite of the Master [Jesus]. And even the one [piece of clothing] that was fought over by Roman soldiers at the crucifixion.

It is not so much that you were close to the Christ or the family, although you knew the mother of Jesus and the women of the Essenes, and it was there that you lived. It was there that was awakened in you an understanding that man can have a real and living, personal, experiential relationship with God, your Source.

You've carried a spiritual nature, of course, in all your lifetimes. And in every lifetime there comes the moment of wondering, 'How much more is there to life than I have learned?' It is natural that you've become interested in that, that is spiritual, for it will help you grow into one who may in this lifetime accomplish something near to that you've experienced before.

And even though Jesus the Christ is not so well known in this land, you might find that a study about Him, particularly as written by Jeffrey First, if it may be obtained, would touch you and help you to remember.

Now as to study: Study meditation, study growth, Inner Light Consciousness, if you can. And study especially to learn to be quiet within and to listen. Listen for inner inspiration, images of thought and guidance until you are directed to opportunities to go beyond cutting patterns, into a greater work of designing and participating in other ways in that world. In that world, now, as you move into it, you will have opportunity to bring new levels of awareness to people in those circles.

Now we have not intended to overwhelm you, nor these who are with us, but [to give] compassion so that you might understand why these (...Names...) were affected, it was that they, being sensitive, were aware that the Mother of the Master [Jesus] visited here in this place.

We are through.

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