

# The Self-Esteem Survival Kit

## **Change your self talk; Change your mind; Change your life...**

The Self-Esteem Survival Kit is a truly revolutionary program that helps break through the negative social and family conditioning that leads to poor self-image, substance abuse, co-dependency, marital problems, and business failure. If you've never had supportive statements made about yourself, this is the survival kit that may save your life. How is this possible?

This life-changing program works directly with your subconscious mind, that mysterious source which never sleeps, which creates your dreams, and often makes you act in ways you do not comprehend.

### **Eight CDs help change past negative programming by:**

- *Applying the ancient art of mantramic repetition of supportive words and phrases to restructure the thinking process.*
- *Eliminating & erasing self-defeating negative beliefs and attitudes about yourself, your body, and your actions.*
- *Overcoming automatic pilot emotional reactions.*
- *Changing fear thoughts into Life- Supporting Thoughts, the secret for building your new self-image.*

### **How the Program Works:**

- Initial Instruction CD & the Self-Esteem Survival Kit Introduction.
- Each of Seven Bija (Seed Thought) Scrolls is listened to and read three times a day for 40 days.
- Total length of program: 280 days.
- Most effective use is during sleep.
- Track One: Audible & Subliminal. Track Two: Subliminal only.

### **CD 1 Introduction & the Self-Esteem Discovery CD**

Instruction of how to use The Self-Esteem Survival Kit. Discover self-esteem and why a healthy self-image is vital to success in marriage, child care, career, job performance, diplomacy and virtually every endeavor imaginable. (Audible & Subliminal)

### **CD2 Bija Scroll I - My Heart is a garden**

Strengthen your determination, your commitment and your will with dozens of ultra-positive seed thoughts for growth in your new life. Decide to take charge of the thoughts that affect your actions. Establish good habits which are the keys to success. Powerfully reinforced by dozens of subliminal affirmations. (Environmental Sounds & Wind Chimes)

### **CD 3 Bija Scroll II - My emotions are Mine to enjoy**

Affirmations include: My emotions will be approached gently and repeatedly until they are tame. Nothing can make me unhappy, angry, despondent, or fearful unless I give it power and authority to do so. In the presence of anger I will not respond in kind. I will yield like a willow tree, and they will feel the gentle breeze of my caring. (Environmental Sounds & Wind Chimes)

### **CD 4 Bija Scroll III - Listening to Myself**

Affirmations include: I hear what I say to myself. I am learning to tell myself the truth. When I am tempted to defend myself, I will reassure the frightened child in me. When I am moved to anger, I will instill peace. Love and its power rule my thoughts and my life. (Environmental Sounds & Wind Chimes)

**Tape 5 Bija IV - I Am Loved**

Affirmations include: When I feel loved, I find little need for applause and approval. When I am loved, I do not have to be right. When I feel loved, I am motivated to do loving things. I wish to love and be loved. I accept who and what I am. I forgive those who do not and perhaps cannot love me. (Environmental Sounds & Wind Chimes)

**CD 6 Bija Scroll V - I Greet this day with a Commitment to Love**

Affirmations include: There is no power or force greater than Love. Love is my most effective tool for communication. No one can defend against it. Love will conquer my adversary and make him my friend. Love will shine in my eyes and bring a smile to my lips. (Environmental Sounds & Wind Chimes)

**CD7 Bija Scroll VI - Confidence is Mine**

I am confident beyond all bounds, for confidence is the unbridled child of my new self-esteem. When I feel good about myself, I am radiant. In the face of challenge, I forget my woes, and hear only self-assurance. The charisma I plant today is the success I harvest tomorrow. For as long as there is breath in me I will persist in confidence. (Environmental Sounds & Wind Chimes)

**CD 8 Bija Scroll VII - I am at Peace with Myself**

The art of serenity is the best kept secret in the universe, a paradox sublime I shall understand today. I am relaxed, my thoughts are still, and I am at peace with myself. Though the world bustles about me, and all else is in disarray, in this moment I am at peace. (Environmental Sounds & Wind Chimes)

**PS-200 The Self Esteem Survival Kit, With Instructional Booklet \$99.95 + S&H**