

the incredible
you

15
easy steps
to build a
good self image



● REMINDER ●

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Thank you.

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You are **special**, a **magnificent** piece of God's creation and a child of God, the most **high**.

Being a child of God, you are special; not perfect, but special. In fact no one is perfect. We are all evolving. So we all make mistakes in our own way. Mistakes are part of evolution.

Despite being a special being, what makes you feel you are not good enough? Is it your look? Your qualifications? Your position?

Think about it... There are many people out there that were not so beautiful, prosperous or even smart but they did believe in themselves and they made a difference.

So why in spite of having a lot of strengths and good qualities, you still have doubt about you?



There are many diverse reasons why one does not feel confident enough; but whatever reason may be, at the root of all is **thought-forms!**



From childhood if one is exposed to many criticizing and weakening thoughts and attitudes, his aura and chakras get affected over time. Other people's thoughts and emotions, once affect our system, appear to be ours. These negative thoughts and emotions slip deep into our chakras and affect us at all levels.



That is how our attitude towards us gets clouded and negative.



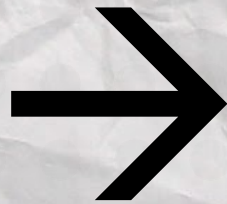
We can control our thinking pattern, but it is not possible to control other people's thoughts and emotions, criticisms and negative attitudes. However it is possible to minimize them and remove their influences from our system; and this is not too difficult if you know how energy and thought forms work!

*“Go confidently in the direction of your dreams. Live the life you've **imagined.**”*

Henry David Thoreau



1



Praise your **Good** Qualities

First of all you need to **love yourself**. Start by **praising** and **appreciating** your good qualities and good deeds.

Even if they look small to your eyes, start noticing them and be **proud** of having such qualities.

*“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. **You, yourself**, as much as anybody in the entire universe, deserve your **love and affection.**”*

Gautama Buddha

If a balloon is flat, we need to blow air in it, in order for it to work. When you have low self-esteem it is like your ego is flat. So you need to strengthen it by remembering and praising your good qualities.

Normally low self-esteem leads to excessive unregulated pride, which is a very serious character flaw in spirituality that makes a disciple fall despite many years of practice. This happens because if

one is feeling so insecure and weak inside, to be able to live emotionally, unconsciously he will wear a mask to cover his real character from others. This mask is actually pride.



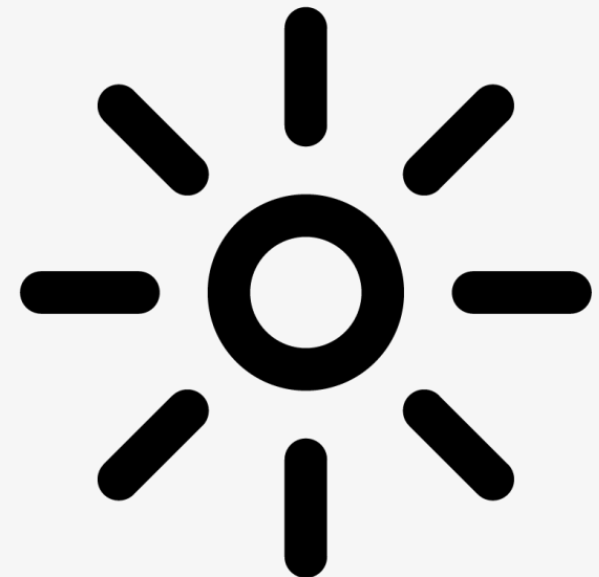
So one of the best ways to overcome both pride and low self-esteem is to have a **good self-image** and **humility**.

You must know your good points and your **strengths** as well as your **weaknesses**.



To have more love towards yourself, you can also use positive daily affirmations such as *"I am a child of God," "I am healthy and very happy," "I am successful."*

As discussed earlier, many of the self-defeating thoughts in you are the result of negative programming and criticisms of parents, teachers and others from childhood. So to change your thinking pattern, you need to create strong positive thought forms towards you. Daily positive affirmations will help you build a good self-image.



BOTTOM LINE

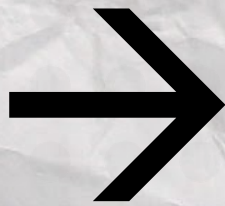
There is a saying that *“what you think you become.”*

So think **positive** and think **BIG!**

*“Because one **believes** in oneself, one doesn't try to convince others. Because one is **content** with oneself, one doesn't need others' approval. Because one **accepts** oneself, the whole world accepts him or her. ”*

Lao Tzu

2



Learn Something **New**

Knowledge is power. When you have good knowledge of any subject you feel **confident** on that subject.

*“One important key to success is **self-confidence**. A key to self-confidence is **preparation**.”*

Arthur Ashe

Involve yourself in activities that stretch your comfort zone and enable you to express yourself, like painting, photography, etc.

Learning not only helps you set small achievable targets that you can meet, but also improves your creativity. When you have accomplishments, it will give you a sense of victory.

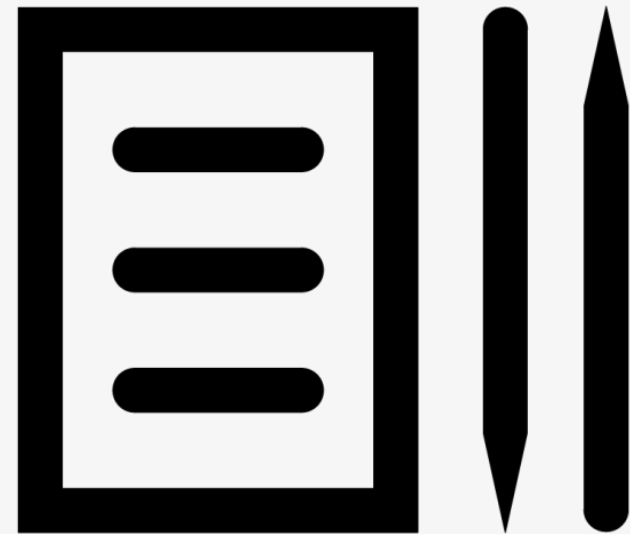
This also creates a better view of you in the eyes of others that helps build a good self-image.



You also need to have **goals** and **plans** for your life. If your life doesn't have a clear **direction**, you can easily get diverted by other people's dreams and aspirations.



This will drag you from one path to another, without really taking you forward. So have your own goals and dreams and write them down. Work out a thorough plan to achieve them. Think about every detail. Your success most of the time relies on working out the details.



REMEMBER

*“You cannot **manifest** something physically if you do not work out the **details.**”*

Grand Master Choa Kok Sui

3



Choose the Right **Friends**

The **surrounding** environment, our **friends** and **family** members have crucial role in our existence.

The way they think, feel and act affects us in numerous ways. We all have an energy body around us, as well as emotional and mental bodies. These subtle bodies get affected by thoughts, emotions and subtle energies.

That is why in many cultures and practices, it has been denoted to choose virtuous friends as the quality and character of our friends, highly affect us.

*“If you hang out with chickens, you're going to cluck and if you hang out with **eagles**, you're going to **fly**.”*

Steve Maraboli

Good friends not only help you succeed, but also appreciate you for your goodness.



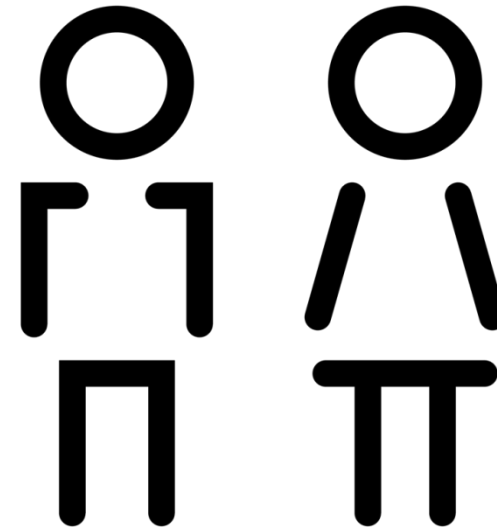
Being with negative people who always excessively criticize or nag should be avoided.



Excessive criticism and also weakening and defeating thoughts, once lodged in your chakras, will bring you down.

*"A **friend** is one that knows you as you are, **understands** where you have been, **accepts** what you have become, and still, gently allows you to **grow**."*

William Shakespeare



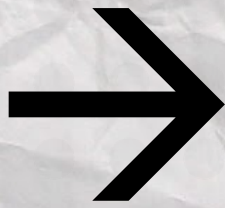
BOTTOM LINE

If you choose friends who are **successful**, **cheerful** and **optimistic**, it will help you gain such positive qualities as well.

*“My best friend is the
one who brings out the
best in me.”*

Henry Ford

4



Your **Look** Matters

When other people look at you, what is the **first impression** and the **first thought** coming to their mind?!

Does your **look** project a **successful** person?!

Your look really matters. Even you will have a better feeling about yourself when your look is presentable.



You do not need to wear expensive clothes and accessories; what really matters is to look **prosperous, neat and smart**.



Practicing regular **physical exercises** and **proper diet** help your body look fit as well.

Emotions and feelings also affect the physical body to a high degree. People with higher levels of stress tend to get old faster. Sorrow, grief, stress and negative emotions appear as lines on the face and white hairs. They basically cause premature aging.

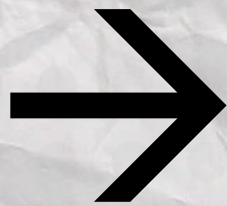
ONE MORE THING

To have a healthy emotional state, it is advisable not to read or watch horror or depressing books and movies; **laugh** more and be more **optimistic**.

*“There is no cosmetic
for beauty like
happiness.”*

Maria Mitchell

5



Try **Pranic** Psychotherapy

Pranic Psychotherapy is the application of **Pranic Healing** techniques dealing with **psychological** issues.

When negative thought forms and emotions slip deep into the chakras, they affect the protective web of the chakras. They also attract energy parasites from the surrounding.

When there are energy parasites lodged inside our chakras, certain negative repetitive actions and behaviors will be the outcome, such as low self-esteem.

*“The negative **self-image** about yourself is not you. The negative **image** created by other people about you is not you.”*

Grand Master Choa Kok Sui

In Pranic Psychotherapy, higher frequencies of energies are used to disintegrate these negative self-defeating thoughts and emotions. Once the thought forms and elementals of low self-esteem, fear, etc are removed from our system, we will feel courage and confidence.



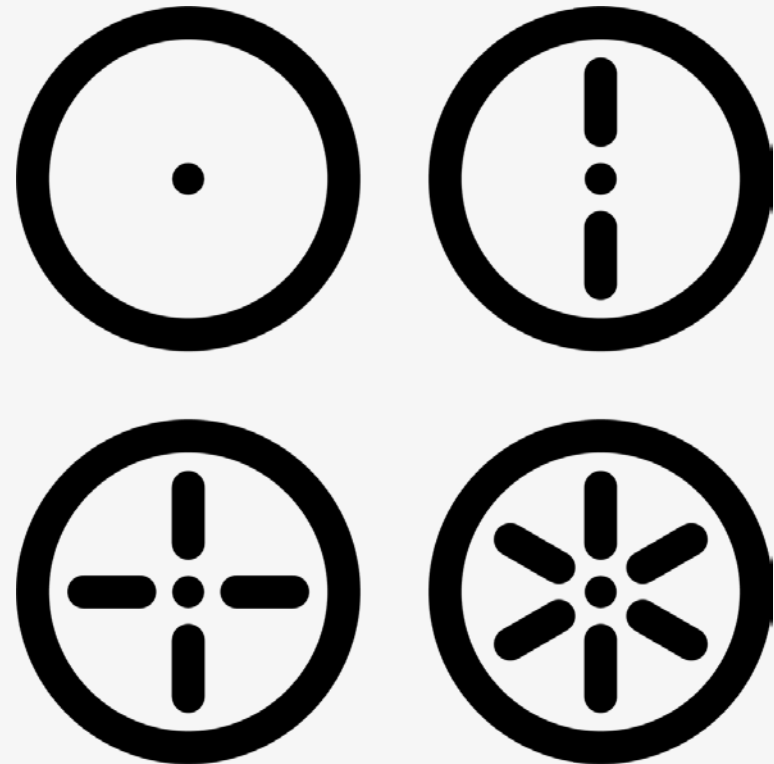
*“The **better** you feel about **yourself**, the less you feel the need to show off.”*

Robert Hand



Pranic Psychotherapy can be applied on oneself or others. The positive changes can be normally experienced within the

first few sessions itself. However, based on the severity of the problems, a series of healing sessions might be required.

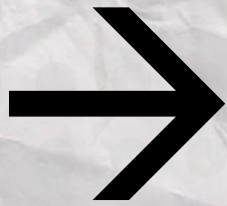


REMEMBER

*“**You** are your own limitation...Your greatest limitations come from **within**, not from without.”*

Grand Master Choa Kok Sui

6



Forgive Yourself

Some people have the tendency of over criticizing themselves. Be realistic! No one is perfect and we are all evolving.

Evolution requires **time, process** and lots of **mistakes.**

*"A **diamond** doesn't start out polished and shining. It once was nothing special, but with enough **pressure** and **time**, becomes **spectacular.**"*

Solange Nicole

Life is like a training ground. We learn by our mistakes.

So *"do not make a big fuss when you make a mistake. Just **keep on trying** until you reach the **target.**"*

Grand Master Choa Kok Sui

But observe how many mistakes you make in a day-to-day basis. Forgive yourself and learn your lesson.

There are certain techniques such as the “**whiteboard technique**” that can help us erase our mistakes and replace them with the correct act.

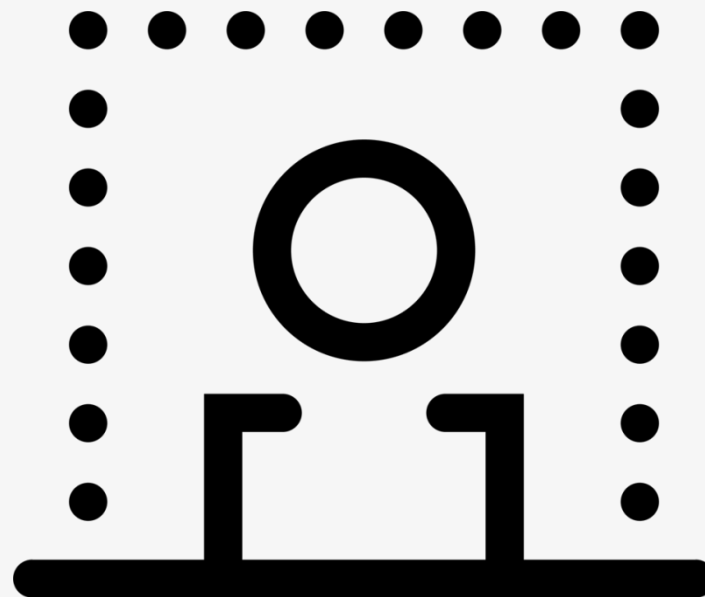
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According to energy masters, including **Grand Master Choa Kok Sui**, vices are also energy.

They can be **disintegrated** and **removed**.

...

The key is to have certain degree of awareness; to study our life and observe our mistakes. But instead of getting stuck on the mistakes and reviewing them over and over again in our mind, we need to forgive ourselves and try to learn the lesson behind the mistakes. This will help us have love and respect towards ourselves, build a good self-image and at the same time practice humility.



REMEMBER

*“You **yourself**, as much as anybody in the entire universe, deserve your **love and affection.**”*

Gautama Buddha

7



Learn to **Detach**

A lot of times it happens that a person shouts at us, scold us or does a nasty thing not because he is angry with us, but because of **his own challenges**.

If you get stuck with other people's negative **words** and **actions** and think about them again and again, you only hurt yourself by fixating on an unpleasant **experience**.

It becomes a **meditation** on a negative subject.

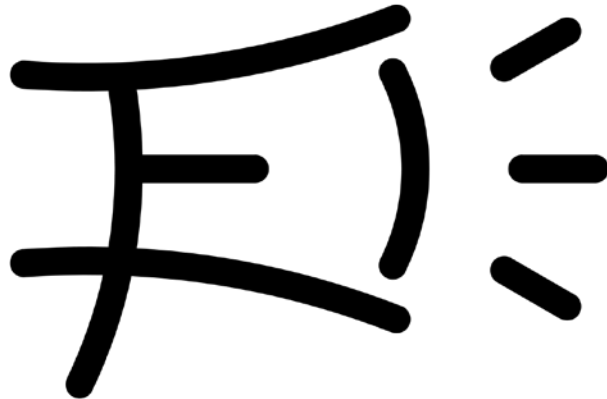
Whatever you **meditate** on,
you will **become**.

"Never be bullied into silence.

Never allow yourself to be made a victim.

*Accept no one's definition of your life, but **define** yourself."*

Harvey Fierstein



So detach yourself from all negative past experiences and focus on today.

...

Try to **understand** people, **accept** and **forgive** them; and in certain cases if the person keeps on hurting you with his words, thoughts or actions just keep your **distance** from them.

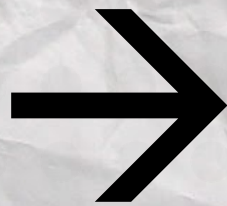
...

KEEP IN MIND

*“Don't waste your **energy**
trying to change opinions...
Do your thing, and don't
care if they like it.”*

Tina Fey

8



Be Responsible

People **judge** you by your **work**.

We also tend to judge ourselves by our accomplishments. So when you take up something, do it thoroughly or not at all.

*“The price of
**greatness is
responsibility.**”*

Winston Churchill

When you promise to accomplish a piece of work, you will become responsible for every part of it.

Your degree of success relies on how much time, effort and care you put for anything that you do. So either take the full responsibility of what you intend to do or do not get involved from the beginning.

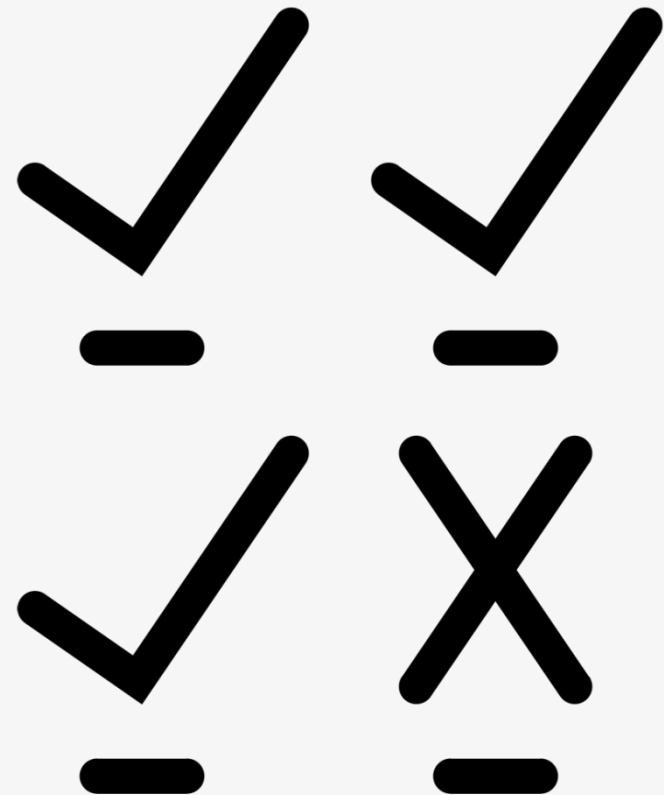
People cannot trust someone who is not responsible; and when you do not meet your promises and your deadlines, not only you may feel weak inside but also people will look at you as a loser.

...

You do not have to take up all the **responsibly** and all the work that others put on your shoulders, but when you **agree** to do something **do it well**.

This will build up your **confidence**.

...



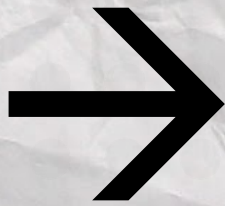
ONE MORE THING

Also try to be **reliable** and **on time** to create a good image on the mind of others as well as yourself.

*“**Character** - the willingness to accept responsibility for one's own life - is the **source** from which **self-respect** springs.”*

Joan Did

9



Meditate

There are many kinds of meditations, each designed for a purpose. Some meditations are designed for **peace**, some for **stillness**, some for **illumination** and some for activation of **Kundalini** energy, etc.

Meditation on Twin Hearts in this case has been designed for **peace** and **illumination** as well as bringing more emotional uplifting and harmony to the **world**.

During this meditation, when you become a channel to bless the earth with peace, love, hope and faith you will get filled with all these positive energies; and when so much divine energy passes through your system, it will have a cleansing effect on your chakras and your aura.

Divine energy flushes out all negative thoughts, energies and emotions in your system gradually. So by doing the Meditation on Twin Hearts all negative thoughts and emotions of low self-confidence, fear, pessimism and insecurity will be removed from your system.

Instead you will be filled with joy, love and optimism.



*“**Optimism** is a strategy for making a **better future**. Because unless you believe that the future can be better, you are unlikely to step up and take **responsibility** for **making it so.**”*

Noam Chomsky



Meditation on Twin Hearts also helps activate your Heart and Crown chakras.

Heart Chakra is the center for higher emotions, while the Solar Plexus Chakra is the center for lower emotions.

When the Heart Chakra gets activated, you will be able to obtain calmness, joy and confidence.

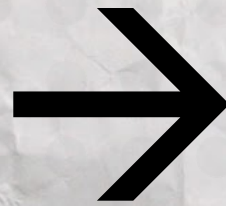


BOTTOM LINE

*“Meditation has a purifying effect... Meditation speeds up the **evolutionary** process by gradually purifying negative tendencies.”*

Grand Master Choa Kok Su

10



Speak Out

You do not have to say yes all the time. Do not try to please **everyone**; this is impossible!

Be **firm** and learn to **say no**, otherwise not only there will be people who will take advantage of you, but also you will not have time to attend to your responsibilities full heartedly.

This leads to failure.

No one can break many arrows together. If you take up so many responsibilities just because you cannot say no, you will not be able to accomplish all. This will create a poor and weak personality of you on your mind and on others.

“Have the courage to say no. Have the courage to face the truth. Do the right

thing because it is right. These are the magic keys to living your life with integrity.”

W. Clement Stone

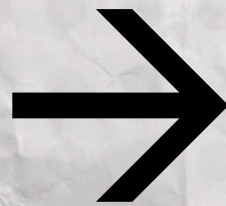
Furthermore try to take part in discussions and do not be afraid of being judged because of your opinions and ideas. People will judge you anyway.

BOTTOM LINE

Stand out and say what you think.

This will help you create a better personality as well as improve your social skills such as public speaking.

11



Give a **Helping** Hand

Loving and helping others will make you love yourself.

Following the **Law of Cause and Effect**, also known as the **Law of Karma**, and the **Golden Rule**, what you do to others will happen to you. You will harvest what you plant.

*“Life is like an **echo!** When you give something, it **comes back to you many many times.**”*

Grand Master Choa Kok Sui

So if you start being nice to others, help and appreciate them for what they are, people start noticing you and appreciating you for what you are.

This not only helps you find good friends and socialize, but also brings you good karma of good self-image.

Help people feel good about themselves, thus in return there will be people who will help you feel good about you.

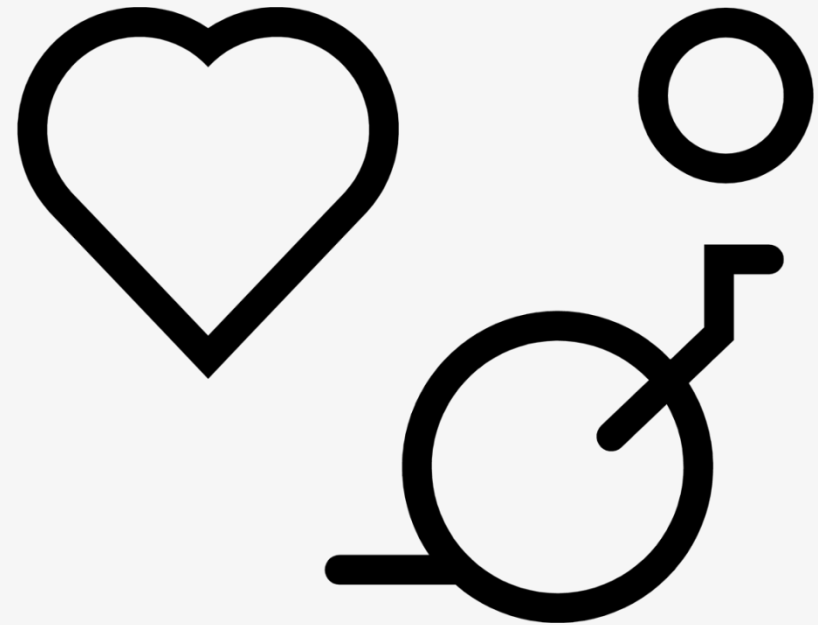


*“There is no exercise better for the **heart** than reaching down and **lifting** people **up**.”*

John Holmes



When you have people that love you, believe in you and appreciate you for your help and support, you will surely feel good about yourself.

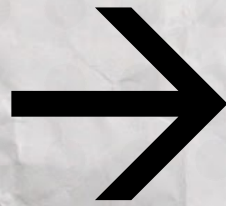


REMEMBER

“We only **have** what we **give**.”

Isabel Allende

12



Do What You Love

If you want to achieve success you need to do what you love. When you do what you enjoy and love to do, your creativity blooms, you get motivated and you work harder and with more care.

Having this **attitude** in doing any project, leads to **success**.

*“Have the courage to follow your **heart** and **intuition**.”*

Steve Jobs

When you achieve success instead of seeing yourself as a loser, you look at you as a winner, a champion. This builds your confidence.

“Each person has their own vocation; a special talent, a specific calling. There is one direction in which all space is open to those that seek it.”

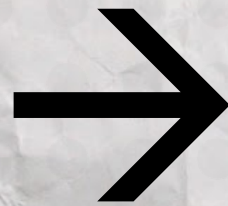
Ralph Waldo Emerson

ONE MORE THING

You also need to **start** with smaller tasks. **Start** small but **think big**.

Accomplish smaller tasks before going for a big one. This not only helps you gain **experience** and **knowledge**, but also gives you enough **confidence** to start a big project and finish it **successfully**.

13



Face Your Fears

Your fears and insecurities need to be **addressed** and **treated** in order to vanish.

If you just cover them and do not solve them they will get bigger and bigger. So face your fears and failures and learn from them.

*"Fear defeats more people than any other one thing in the **world**."*

Ralph Waldo Emerson

Don't focus so much on being perfect. No one is perfect. We are all in the process of evolving and we all make mistake. But you must know how many mistakes you make in one day and try to work on them one by one. No one can break many arrows together. Focus on one arrow at a time. Focus on one weakness at a time.

Do not also compare yourself so much with others.



*Compare yourself with **you** and see your **progress**.*

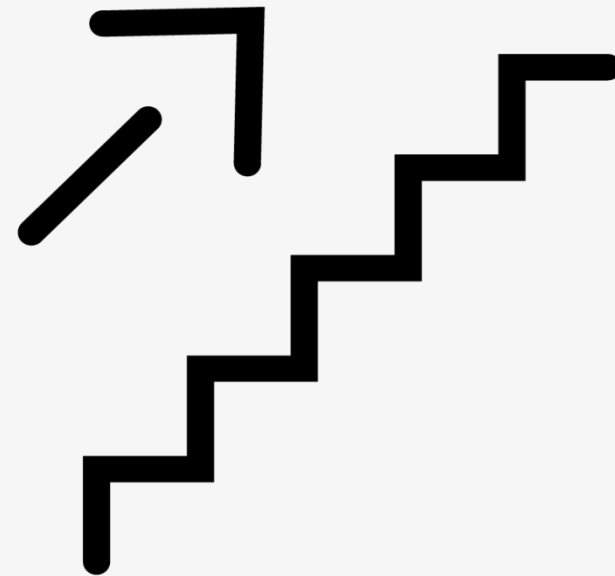
*Do not focus too much on your fears, failures and weaknesses, but also **appreciate** yourself for your **improvements**.*



“The moment you doubt whether you can fly, you cease for ever to be able to do it.”

J.M. Barrie

Whenever you see the fear is building up and you think you cannot do something because you are not good enough, think about the worst thing that can happen. Once you look at the situation from its worst possibility, you will be able to let go. Once you let go and do not really think about the outcome and instead on every moment of it, you will do it well.



BOTTOM LINE

*“Fear? What has a man to do with fear? **Chance** rules our lives, and the **future** is all unknown. Best **live** as we may, from day to day.”*

Sophocles

14



Be Grateful

Be **thankful** for what you **have**.

Most of the times at the root of insecurities and dissatisfactions is a feeling of not having enough of something. It can be emotional appreciation, money, luck, etc.

When you admit and appreciate what you do have, it helps you combat the feeling of incompleteness and dissatisfaction.

*“Do not spoil what you **have** by desiring what you have not; **remember** that what you now have was once among the things you only **hoped** for.”*

Epicurus



The feeling of **gratefulness** and **gratitude** will make wonders. It not only helps you feel **confident** and **satisfied**, but also brings **happiness** and **joy** to your life.



Furthermore the attitude of being grateful will make you think positive. Instead of focusing on negative points and incidents,

it exercises your mind to think and act positive. When this shift happens, your feeling towards you and others will change to a more positive feeling that brings a better self-image.

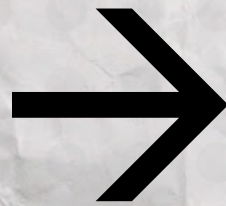


REMEMBER

*“If the only prayer you said was
thank you, that would be
enough.”*

Meister Eckhart

15



Accept Compliments

When someone is appreciating you and giving complements, do not nod your head and say no.

Accept it!

Accepting complements does not bring you pride, but it helps you build a good self-image. Pride only comes from low self-esteem.

You need to know your weaknesses as well as your strengths. So when someone is appreciating your deeds, just say thank you!



REMEMBER

*“When we **give** cheerfully and
accept gratefully, everyone is
blessed.”*

Maya Angelou

• SO ALWAYS REMEMBER •

You are **amazing!**

You are **incredible!**

You are **awesome!**



• SUMMARY •

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