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Self-Worth

PRESENT CHALLENGE
Ability to hold your inner balance and to respond to others from your own self-worth.

You have drawn this card to help you recognize the times and the ways in which you give away your inner power. This card suggests that you need to strengthen your feelings of inner confidence and self-worth so that others are not so easily able to break down or deflate your sense of well-being.

You are entering, or may already have entered, a series of experiences to help you test your own ability to hold or reclaim your power. This card is suggesting that you will do well to make sure you stay in your own power even when others have expectations of your fixing their lives.

ANGELIC MESSAGE
Self-Worth

Self-worth is the basis for spiritual advancement. When you accept your own natural capacity for love, compassion, and gratitude, you also unknowingly accept the same qualities in God. You are a mirror reflection of the divine Presence.

You may recognize that you often feel lost or deeply lonely



whether or not you are in a relationship or even when you are with other friends. You are feeling the pull of your spiritual roots, of us, your angelic teachers. We were with you before you were born and will again be with you when you leave life. We wish to remind you that your loneliness is your spirit's desire to grow in its capacity to know the sacred Presence. The Divine holds the ultimate capacity to preserve and increase love and self-worth in your life, and it is through this expanding capacity to know God that you come to know yourself.

Your search for self-worth is also humanity's search. As you are propelled through circumstances to help you claim your own goodness and ability to further goodness on the Earth, you move slowly toward the awareness that your life and your talents are best used in service to others. You and the Creator form a bond, and this bond is recognized by you as the means of loving yourself and honoring your own unique qualities.

When you feel alone and disconnected from your inner goodness and perhaps your inner assurance of a caring God, look up into the sky, or over to the mountains, or at the blossoming flowers in your garden. Assure yourself that you are not alone and that all of Nature seeks to find love. There is no need to struggle with life, only to begin to know your own value as a reflection of the sacred in all life.

SPIRITUAL OPPORTUNITY

The guidance coming to you through this flower image shows you most dramatically the contrast between the inner and the outer, between the beliefs you hold and those that are universally inspired that determine the ease with which you accept your life and are able to transcend physical difficulties.

Because self-worth is a steppingstone to self-love, you can continue to create your life in the image of love so that it reflects a deepening capacity to hold love for yourself, for other living things, and for the divine Presence. Relax your fears and spread your goodness for all to see. Explore what you believe. Look and listen to the inner vocabulary you use with

yourself and others. If you want to change an external part of your life, then you are first required to change the internal beliefs that hold these patterns in place. If you want others to respond to you or your work in different ways and with more appreciation, then examine your expectations for your work and your efforts. When you believe in yourself, chances are others will find your worth also.

You are becoming more capable of holding your own value while at the same time encouraging others. You may have felt competitive or jealous of others in the past, but you are increasingly striving to accept that your life has ample opportunities for success. You are responsible primarily for developing your own spiritual capacity, and yet along the way you have ample opportunity to help others who are also shifting their perspective to awaken their own self-worth.

APPLICATION

Use your spiritual beliefs and the tools of understanding that accompany these beliefs in your everyday life. Try this energy exercise in any circumstance in which you find it difficult to express your true feelings adequately or to capture the attention of others long enough to convey your meaning. Imagine a broad white band of energy surrounding you and the others in your gathering. In doing this you are drawing forth from each person their truest wisdom and intention. You are also maximizing each person's ability to absorb what is truly meant rather than what was only spoken. This exercise works in extraordinary ways with any number of people: you'll observe in the dynamics of the group that each person exhibits a greater sense of honesty, vulnerability, and sensitivity.