

## **Quality #6: Self-Esteem**

### **Improve Self-Esteem: Mental Creation**

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# Intentional Creation

OG MANDINO FOR THE 21<sup>ST</sup> CENTURY

## Mental Creation

As we consciously choose to use our mind constructively and shun escape and avoid fantasy, catastrophe and other forms of counterfeit pleasure and focus on serving others, our partner will manifest ideas, impressions and solutions to problems. These insights will ignite our passion and drive our focus, discipline, effort and action.

Over time as these ideas, impressions and solutions are passionately acted on, we become increasingly aware of our partner and the process of Intentional Creation. We feel and then know that we are being trusted. We have an ever-increasing trust for our partner. As a result of trusting and being trusted, we are entrusted with greater and greater opportunity.

We discover that this power knows our name. We discover that this power knows when someone else is in need. We discover that we can be this power's hands in meeting those needs. We discover that we have an unconditional cheerleader. We discover that people matter so we matter. We make one of the greatest discoveries that can heal self-esteem. We know that we are known.

We no longer seek or need the approval of others to be valuable. We no longer need things to be valuable. We are in and of ourselves intrinsically valuable. We discover ever-increasing levels of connection with our partner. We become active partners in a joint effort to bring abundance to the lives of others. We serve and are served. We have found our mission and purpose.

Start each day by committing, "If there is anyone I can serve, put them on my path and I will serve them." Instead of engaging in fantasy, catastrophe and negative self-talk, focus on identifying someone in need. Listen to subtle promptings. When an idea or impression is manifest, pay attention. Act to serve. Test this principle. Test the efficacy of the prompting. Test your partner. This Power is worthy of it. So you will discover that you are worthy of the promptings.

I said this early and I will end this practice with this truth. Abundance is not something we win. Abundance is not something we seek to receive. Abundance is a sacred process in which actively participate and eventually become.