

# Channeling Column©

## Viviana Geurten

### "Self Esteem"

#### What is "Self Esteem" ?

Self Esteem is a core part of your Inner Being. Your Individuality. It is all about your **True Value**.

#### Do You Value Yourself ?

##### What does that mean "Value"?

What are the first 3 words that pop up to you ? Is it Loving Your Self, Self Love ? Is it being centered in your Being ? Or believing and trusting yourself so you can depend on yourself ?

What do you Value in others who you admire ? Isn't it a part of Your Value ? Or a value you did not cherish as much as you realize right now ?

#### Values are related to the Soul.

The Soul as a Divine Consciousness is like a **Diamond**. So how do You Appreciate Your Self ? Did you ever look at your Diamond ...before ? The layers around your Diamond contain your negative thinking and beliefs which are waiting to be accepted. To be transformed in new supportive thinking. How does that 'self-love' belief feel for you ? Look and feel how your body reacts on that question.

#### All those layers cover up your shining Diamond.

They hold your True Self behind a veil of illusion. Acknowledge it and find the power to dissolve this veil.

#### What do you need to expose and show your Diamond ?

- Do you recognise Your Veil ?
- Is it still working for you ?
- How does the outside world respond on your beliefs ?
- Acknowledge your "veil", negative belief.
- Choose a belief that suits more to the person you are now. Feel it ! Say it ! Believe it ! Why ? Write down the old and new belief and see how the new belief fits to you now.
- Instead being triggered by old beliefs you choose to empower yourself.

Your **Self Esteem** grows by valuing yourself as a **Unique Human Being** who wants to shine from the inside out. **From Your True Self**.

Self Esteem is so much worthwhile to focus on...daily.

**Do I love my Self ?** Just to remember and focus on You. See the Diamond that already is there.

**Do I believe in My Self ?** Remember Your Uniqueness. Focus on Your Talent. Your Passion to make a difference in your life and that of others.

Once you feel this **amazing Inner Diamond**, a light of love, compassion, power...trust.... You will feel Self Esteem. So you know your **Value** definitely!

To **visualize** your Inner Diamond daily and to focus on it guides you to an empowered Human Being that makes his or her life worthwhile. An Individuality who does not depend on others but shows **self mastery** in Life. Takes good care, has compassion to others. Judges less and Allows more to be as it is.

It is all about taking the space that you need to build up your **Inner Temple** where your **Divine Light** resides. It is the Place where Your Diamond shines. A Place of SELF ESTEEM built from inside out and supporting thinking and beliefs. Love to you All.

With love and gratitude,  
Viviana



#### Viviana Geurten is a Medium and Channels with the Lords of the Akashic Records. Keepers of the spoken word and language.

The Akashic Records are governed and protected by a group of nonphysical Light Beings called the **Lords of the Records**. They determine not only **who** can access the Records but what **information** they can receive. The Lords of the Records work with the Masters, Teachers, and Loved Ones -- who **serve** as the interface between the Akashic and earthly realms -- by "**downloading**" to the Masters, Teachers, and Loved Ones the information that they will relay during each Akashic reading.

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