

## **Spirit Level Success™ System - Six Secrets of Self-Esteem**

### **Secret #1 SELF – Week 6**

#### **S.T.A.I.R.™ - Raise your Energy**

The **R** in S.T.A.I.R.™ stands for **Raise your Energy**. At times when you feel 'less than', you no doubt feel completely out of sorts, and your energy is focused somewhere in your body that isn't conducive to you living your best life and feeling balanced in your sense of Self.

Take a moment now to stop whatever it is you are doing, close your eyes, pay attention and notice where your energy is focused in your body. You might be in your head, over thinking things, replaying things, processing, working things out – maybe a little bit of analysis paralysis?

Or you could be down in the pit of your stomach, feeling anxious about nothing specific, you may just have accepted low level anxiety as so normal that you simply take it for granted.

**Take a few moments to connect with your body and notice whatever you notice about how *it* feels right now. How do *you* feel right now? Scan over your whole body until you have a strong sense of where you are currently. Where are 'you' in your body right now? Your head? Your stomach? Somewhere else? What is it like being there?**

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**Now close your eyes and imagine that the 'you' in your body is a ball of energy which has a shape that you can visualise and almost touch whilst it sits there in your body. You might call this energy your spirit or your essence, and whatever name works for you is fine. This shape might have a colour connected to it and it probably has some movement around it because it's a living force.**

**Wherever that shape is right now in your body, you are in control of it. I'd like you to close your eyes and see yourself in your imagination placing your hands gently and loosely around your moving shape of energy and slowly but steadily raising it up through your body until it reaches a higher place than where it started. Keep raising it slowly and steadily until you *feel* the shift of energy. Even the slightest movement can make a huge difference to how you feel.**

**It doesn't matter where you place your hands, or whether you are pushing your shape of energy upwards from beneath, or pulling it upwards from above. Whichever way you prefer is fine.**

**And wherever it needs to rise to in your body (or beyond, towards your higher Self) to make an impact is also fine.**

**You can stop wherever feels right for you.**

**You could think of this process like the gentle lapping of an incoming tide - with each in-breath, your shape of energy is raised just that little bit further and with each out-breath your shape of energy rests in that slightly higher place.**

**This may be a technique that you need to practise before you can just switch it on at will, but when you can do it, you will understand how very powerful it is.**

**Take a few moments to pause and reflect on what just happened. What did you notice as you went through this process?**

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**How do you feel when you consciously raise your energy?**

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It feels good, doesn't it? And really makes a difference.

Climb your **S.T.A.I.R.™ of Self-Confidence** whenever you need it.

## **Self-Compassion**

**I am loveable and capable  
I am whole, I am unique  
I am strong, I am resourceful  
I matter. I am enough.**

**Time - to Pause, Breathe, Assess**

**Appreciation – of everything, no matter how small**

**Intention – how do you want to be feeling?**

**Raise your Energy – lift up through your body**

**Learn it and use it any time self-doubt kicks in, or your self-esteem temporarily deserts you. It is guaranteed to re-balance your self-esteem and sense of self-worth any time, *every time*.**

**Congratulations – you have now successfully completed Secret #1 of the Spirit Level Success™ System – Six Secrets of Self-Esteem.**