

CONFIDENCE

The modern working world demands that we have a lot of confidence. Whether it be constant performance reviews or the common 'restructure', we are frequently faced with insecure times.

Through Sahaja Yoga we can learn that confidence and security come from the heart. As we meditate we begin to benefit from a growing strength as our heart becomes nourished. Confidence and fearlessness become ever more established as part of our personality.

Without a strong heart we cannot make the important decisions necessary to further our growth as a person.

Without an open heart we cannot recognise the beauty of family and nature.

Without a loving heart we cannot give to others, instead we continue to demand and grab everything we can in an insecure fervour of mis-understanding.

Without love and a good heart there can be no peace, and without peace there can be no Joy in our lives.

Confidence not to be confused with ego

When we begin to tell ourselves that we are fearless and can 'take on the world', we increase our ego and manufacture confidence. We actually develop arrogance.

True confidence is a strength that comes not from the mind but the heart.

Problems of fear

A lot of problems arise from fear. If we live in fear, then our natural immune system is weakened and we become vulnerable to allergies and disease. When we weaken, we become trapped in the cage of fear, afraid to venture out and experience the joy and wonders of the kaleidoscope of life.

If we have self-confidence, our personality grows and shines when our heart is strong, and we approach life with a will to win like a warrior but without the ego.

NELSON ROLIHLEHLA MANDELA INAUGURATION SPEECH, SOUTH AFRICA MAY 10TH 1994

The following extract illustrates the achievements of people if they have fearlessness in their hearts:

" Out of the experience of an extraordinary human disaster that lasted too long, must be born a society of which all humanity will be proud...

...We dedicate this day to all the heroes and heroines in this country and the rest of the world who sacrificed in many ways and surrendered their lives so that we could be free.

Their dreams have become reality. Freedom is their reward.

Let there be justice for all.

Let there be peace for all.

Never, never and never again shall it be that this beautiful land will again experience the oppression of one by another and suffer the indignity of being the skunk of the world.

The sun shall never set on so glorious a human achievement! "

Activity - clearing the heart

Through these simple exercises we are able to strengthen our hearts, thus giving us the confidence and security in our lives.

Breathing technique to clear heart

Deep and relaxed slow breathing in and out for a while can be very effective. Take a deep breath and hold it in for a while, then release. Be careful to not strain. Repeat a few times.

With the left hand on the lap, palm facing up, and the right hand on the heart, ask 'Mother nature, please make me a fearless person.'

Candle treatment

The use of a candle around the heart area can also be very effective.

