A WAY TO BUILD SELF-CONFIDENCE

If you should have your real strength of character marred by a lack of self-confidence, use this technique to build yourself up again.

First find the spots in your aura or personal atmosphere that are self-conscious, shy, timid, or overly sensitive. These tend to attract people who impose upon your weakness. With a mental command, ask those people to move out of your way. Mentally demand respectful attention.

Next build up the opposite qualities of mind and character to replace these self-conscious qualities. Fill yourself with positive courage so that the positive force you generate can actually be felt when you pass through a room.

Adopt the mental attitude and personal atmosphere of a person with great confidence. Always be direct and positive in your approach to all things. Put all your spiritual force behind your smile, your replies, and your thoughts.

—Sri Harold Klemp

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