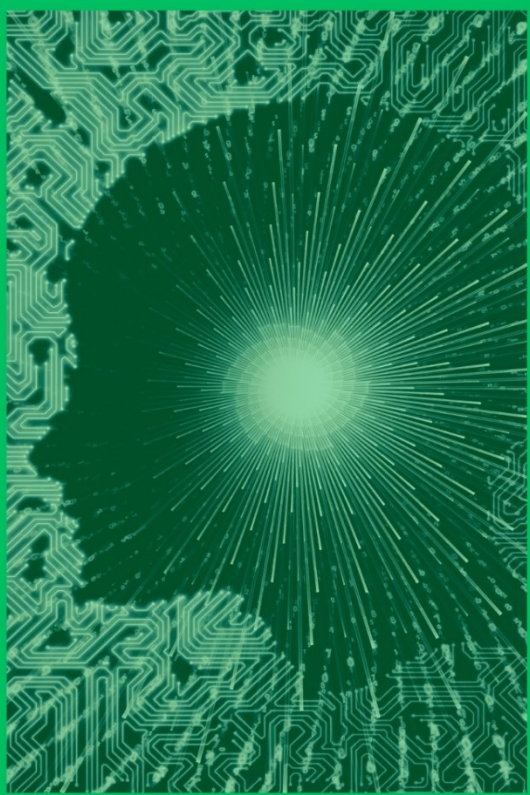


**SARA INNER
HEALING WAY**

Mini Course

**Inner
Healing
To
Boost
Your
Confidence**



**DR SHELAH HARRIS PH.D
AKA SARA AHAVAH**

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Published – October 2023

Sara Ahavah Publishing

61 Bridge Street,

Kington, HR5 3DJ, United Kingdom

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FIVE POWERFUL SPIRITUAL AFFIRMATIONS & PRACTICES

THAT WILL BOOST YOUR CONFIDENCE IN THE FUTURE

Often, people wonder what the tips and tricks for boosting self-confidence. Do you know confidence is an inside job? It begins with your perception of who you are. If you think you are a hopeless nobody, your confidence will be zero - possibly less than zero. Your confidence will skyrocket if you feel strong, healthy and well-supported. A confident person is aligned to a network that supports their vision and mission.

Spiritually, the connection is with the source of life.

This alignment is the root of the confidence. In short, we feel confident when we are supported and have access to the tools and resources required to serve others and ourselves. This is what I know for sure; my confidence booster is alignment to a higher consciousness.

ABOUT THE AUTHOR



Sara Ahavah P.hD

Her profound yet simple teachings have helped countless people around the globe learn the power of the Sages' Wisdom: how to unlock human potential for greater love, happiness, success and inner peace in our daily lives.

Her teachings focus on the significance and power of inner alignment with the source of life and the awakened state of consciousness, which transcends the ego and its discursive thinking and judgement of others. The misalignment with the source of life creates an imbalance within dysfunctional relationships and suffering.

As a young child and adult, she struggled with low self-esteem and self-confidence until she learned the tools shared in her program. She began winning one by one and is very grateful to teach others to have faith in the process.



Introduction

This introductory course is made up of an ebook and mini videos to guide you through the path that helped me cure low self-esteem and confidence.

This material is different from what you may have read about self-confidence-boosting tips. For a start, it takes a spiritual approach dovetailed with a practical approach.

Do you know low self-confidence can hinder all aspects of your life-creativity, productivity, income, relationships, etc.?

Yes, my income was limited at one point in my career when I could not overcome the lack of confidence in my communication. I could not apply for senior management roles because I needed to gain presentation skills and confidence and hated my voice. I will shy away from speaking publicly, but today, I have talked to millions through my social media platforms, public speaking engagements, radio and TV. I will share some photos with you as part of this program.

At another point in my life, I was so low in confidence I failed my driving test five times. This would have dented many people's confidence and prevented them from driving. However, I pressed on, and today, I have been driving for nearly thirty years now. None of my maternal relatives had driving skills at the time. I had no confidence I would go beyond their boundaries, but through my spiritual connection, I overcame the limitations of my five senses. Today, it is all history.

I allowed people to define the boundaries of my life. I was discouraged from authoring my books and, at one point, told I was not good enough for a master's degree. My then-employer declined to sponsor me. I used my savings to start the MBA course because I trust that the higher power will make a way out of the challenge. Today, I hold two master's degrees and a PhD, aside from my

professional chartered accountancy qualification. The process I am going to teach you worked for me.

I needed a man in my life to validate me. I allowed bad relationships to abuse me emotionally, mentally and physically until I could not handle it anymore. I am now liberated from this thinking and regained my confidence without a man. My confidence did not come from a man but from the source of all supplies. The failure I experienced in these relationships helped me find myself. They do not define me; they show me that I should grow higher and better to reach my final destination.

I hope it works for you.

So let's look at what you will learn:

- 1) The vices of low self-confidence; why it should be healed.
- 2) The five fundamental principles and affirmations for inner alignment for self-confidence boosting.
- 3) A detailed description of each principle and how to implement them for good results.
- 4) A collection of spiritual treatments for inner healing to boost self-esteem and confidence
- 5) The importance of a supportive environment and setting clear boundaries to develop healthy habits to strengthen self-confidence.

Chapter One- Setting the scene for an intention to develop self-confidence

I want you to pause and take a deep breath in full assurance that you will overcome your current predicament.

I am confident about this, but you must take action. Before we start, grab a pen and paper and answer these questions:

1. Where do I want to be in my career, relationship with people, income, spirituality, emotional, mental and physical health and life in the next five years? In other words, what is the vision for your life?
2. Where am I now in all these areas? Write as many details as you can on a separate sheet of paper.

What are the three most important areas I would like to demonstrate more confidence?

1. Write them very clearly after careful attention to your intentions.
2. How committed are you to changing your life on a scale of one to ten, with ten being the highest? Describe the reason for your score.
3. How much will you invest in this change- body, mind, spirit, money, time, etc.?
4. What would you look, act, or think like when you achieve your goals? Sit quietly for a few minutes to visualise your change. Do this several times during the day for at least a month. It is very important you see yourself today the way you want to be in the future. If you want to overcome low self-confidence, start envisioning yourself speaking publicly. If

you'll speak out your truth confidently, envision yourself doing so.

Refrain from negating this exercise.

The sheet of paper you use to complete questions one and two should be pasted on a wall where you can see them daily.

With that out of the way, let's move on. Boosting self-confidence can be daunting for people suffering from this defective emotion for a prolonged period. A chronic lack of self-confidence can limit a person's creativity, productivity and earning capacity. In extreme cases, it can drive a person into chronic distress, anxiety, and loneliness. I know this because I have been there. So, let's look at the deeper root of this predicament.

The Spiritual Root

Whenever we deal with the truth of who we are at our core, we experience self-doubt, low self-esteem and low self-confidence. Spiritual misalignment means the inner program operating a person is defective in spiritual truth. Usually, the defective program devalues the person's self-worth relative to others. You look for the worst in you and see others as superior. You focus on your limitations and block seeing or speaking about your strengths. In extreme cases, the world is so dark you cannot see anything good about you. Metaphysically, this is a negative, repetitive thought of self that is very unhealthy for the one who

practices it and those they are in contact with regularly.

Very often, if a person looks back in time, they can locate when they first encountered an event that started the chain reaction. Now, do you remember when you first felt a lack of confidence? Do you remember when you first thought you were not good enough? If you go back in time and ask the higher power that knows everything, you will be shown or directed accordingly. When I did this process, a flashback

took me to my childhood, when I first experienced mistreatment by a family member.

Sometimes, repeated negative words spoken to us and about us during childhood can profoundly hurt a person's soul and cripple self-confidence. No matter the circumstance, a negative inner programme always needs fixing.

Chapter Two- Five powerful spiritual principles and affirmations

My secret to overcoming low self-esteem is spiritual alignment using five powerful miraculous affirmations. It was not until I studied higher spirituality courses that I realised I have consistently used these affirmations to overcome low self – confidence. Now that I am conscious about this process, I can share it with you so that you can replicate it.

Let's get started.

1. I trust in the oneness of the divine that governs everything.
2. I live from my soul, which is connected and ruled by this single Divine force.
3. I live with an open heart, ready to love everyone regardless of the external form and qualities.
4. I choose where I put my attention and intentions.
5. I take responsibility for my life, and I am willing to change.

I recommend you record the affirmations and listen to them daily. Your subconscious knows your voice and will accept it from you rather than others.

These affirmations are little programs that will introduce new rules for seeing and responding to the world. They set the scene to shift from a lack to an abundance mindset. They set the stage for raising consciousness – harmony, love and kindness.

Watch This Video

<https://www.youtube.com/watch?v=zOsiL5Lm6Q&feature=youtu.be>

Chapter Three- Affirmation That there is only one force governing the universe

This affirmation states there is only one force managing this universe, and that force is all-knowing, omnipresent, omnipotent and omniscient. How would you like to be in the circle of a force with such power? It sounds like finding the ultimate best friend. Hang on a few seconds because it is important you know that you cannot manipulate this force for your personal gain. You see, it is selfless and loving to everyone.

Therefore, to build a bond with this force, we must let go of the old program that was selfish and disconnected from others. We need to strive for love and unity with others to become full of energy that will infuse us with the confidence we currently lack. It is the presence of this energy that leads to confidence. It makes the person feel a sense of security, wholeness and harmony. Its language is a universal love for everyone.

Quit thinking about negativity and past hurt and embrace the current positive mindset for good health and wealth for everyone. When space is created for the energy of light through our intention to love bountifully, we are infused with strengths and knowledge. When we complain and bicker about each other, we lack the space for the energy of light to reside and pass through to others. When we slander and speak repetitive negative words, we block the light energy that is the source of our vitality and confidence.

You must trust that this single force knows everything and is the source of everything and quite entertaining thoughts that your limitations in social circles define your destiny- with this, your mindset will begin to expand. Some people need help with this new thinking. They will ask – if only one force is ruling, why do we have bad experiences? This is a valid question. We do because our inner program is limited. It does not think about others' needs. Therefore,

our thoughts are not directed to do good to everyone, which makes us
experience
negativity.

Chapter Four- Affirmation of connection to the divine through the soul

The second affirmation states we live from the soul. The soul is the divine spark in us that needs developing. The quality of unconditional love and kindness makes us think well of others. We must strive to love and connect healthily with others to live from our souls. We must live under the governance of one single force, energising others and ourselves with pure love and kindness. We must rise in faith when those doubters and dream-killer thoughts turn up in the mind to inflict self-doubt. This affirmation focuses the mind towards our spiritual correction to boost confidence through the power of love, peace and harmony.

You shift from egoism to altruism consciousness as you set a goal to build a foundation for self-confidence.

The general spiritual treatments to achieve this are provided later.

Chapter Five - Living with an open heart to connect with other souls and the divine

This affirmation encourages you to live with an open heart. The heart is our desire, which must be loving and kind towards others. It must be willing to learn from everyone and build healthy connections with others.

It is recommended to find a small circle of people that you will agree to have a mastermind or covenant relationship with to learn how to master love and kindness- it sets your life towards a higher consciousness and confidence.

As you spend time with this circle of friends practising love and kindness, you will notice an internal shift and confidence. The key here is to create an inner space for the light energy to penetrate and flow through you towards others.

Confidence increases when we have more light within and are connected healthily with others. Until our heart is opened in love, we will feel insecure and unsupported. Love must flow towards others for us to experience our full potential.

Opening the heart does not mean we allow crazy ideas and thoughts to enter our minds- far from it.

Instead, it is a willingness to embrace others as part of our soul and the interconnectedness of life. We let go of our egoism, which is full of prejudices. We let go of thoughts that we are superior to others and prefer to hang out with people who look and think like us.

With this in mind, the first two affirmations can be enabled as we open our hearts to love others. We must live with an open

heart to connect in love with others to live from the soul. When we do so, we connect to the divine force that governs the universe. The more connection with the light of the divine, the more we experience

confidence. Of course, this will only happen with the investment of time to do the work. But sure enough, you will begin to experience changes. You would have noticed that I have created several Facebook communities offering spiritual food weekly. They are an environment to inspire you to open your hearts gently to others.

Remember, the sun shines on everyone. There is an excellent lesson for us to learn from nature. Nature loves everyone, and its core quality is unconditional love and kindness. This quality gives us strengths. **Thinking good thoughts about others is your source of confidence.** It is better to be silent if you cannot speak well of others. Thinking evil thoughts of others weakens us and distances us from others- creating a lack of confidence, insecurity and low self-esteem. We often do not see the emotional effects of our thoughts, speech and actions. We think life is causing us harm, and yet it is the opposite. For this reason, parents can pass on emotional defects to their children unconsciously if not treated from the spiritual root. The good news is, you can correct it. You do so by taking responsibility for your life and being willing to change.

Chapter Six – I choose where my attention goes to align with higher consciousness

Your mind is a divine centre that connects you to the divine force that rules the world you experience. It is the house of your thoughts, and it is for you to manage.

When we feel low self-confidence, we must pay close attention to the seed of thoughts in our minds. We must examine the qualities of the thoughts we entertain in the mind. Unsurprisingly, when experiencing low self-confidence, we are entertaining self-deprecating, judgemental, accusative, disharmonious, resentful and unforgiving thoughts. If you master the art of only entertaining good thoughts no matter what life presents, I guarantee you will experience a significant boost in your self-confidence.

There is a secret to this result. The divine thought towards creation is intended to do good. If you are religiously inclined, the thought of G-D, when the world was created, is to do good to all the creation. Therefore, anyone who practices good thinking towards others (not towards self exclusively) will experience a boost in confidence.

Watch this video

<https://www.youtube.com/watch?v=4lp0yoxjFFc>

Chapter Seven – I take full responsibility for my life, and I am willing to change

The first think you have to change is your thought. Thought creates things. Thought is spiritual. The quality of your thought determines your life circumstances.

I have to tell you this is my most precious affirmation that made a significant difference in my life. Most people want to see a change they are unprepared to invest in. Life does not land us a ticket to move higher in life without any investment. For a start, we must become what we want to realise. We must have the roots of what we want to experience.

Knowing what to do does not lead to a change. Rather, putting into action what you know and doing so correctly and consistently is what leverages the change. So far, the importance of thinking good thoughts and speaking good words have been emphasised and opening your heart to live from the soul. How are you going to achieve this goal? By taking the driving seat of your life.

You cannot drive towards the new destination of self-confidence hanging around people who speak negatively about life. It is best to stay well away from such people and most definitely not share your goals and aspirations with them. If you go against this guidance, you will slow your development and growth. You cannot sow good seeds in bad soil or thorny gardens. It bears repeating: you will not move fast in your development if you are not supported and dragged down in negativity.

So why do we experience negative thoughts? Well, contrary to what you may have been told, these are your spiritual hurdles to overcome through focusing on good thoughts. They are uninvited guests you can send home by choosing good thoughts and intending good ones above them. It is not the thoughts you get that make you who you are but the thoughts you accept and verbalise.

Through ignorance we verbalise negative thoughts and weaken our confidence, creating more insecurity and conflict. Be very careful how you describe yourself to others. Telling people you are not good enough and reinforcing self-doubt kills self-confidence.

I published the 52-week mental cleansing journal as a supporting tool to help you learn and master positive affirmation with a spiritual healing focus. I personally began seeing significant inner shifts with this practice.

To conclude, one cannot build self-confidence sowing seeds of disharmonious thoughts in themselves and others. Fruit is known by the seed planted. If you sow positive thoughts, you will connect positively with others and reap the fruits you desire. It is a magical system, but it works.

Watch this video – Introducing the 52 Weeks Mental Cleansing Gym

<https://www.youtube.com/watch?v=SIF-JBCxMMU>

Learn how it works so that you can start reversing unhelpful thoughts.

Another Technique: THIS IS GOOD STATEMENT

Practice saying this is good when you experience life. It is a reminder that we turn the worst situation into good when we think good thoughts. This shows you how far or near you are in your goals to stay positive no matter what you experience.

Let me share my self-confidence battle with you; you will understand how important this is. I had a great opportunity to master self-confidence when I found myself repeatedly failing my driving test. Well, at the time, it was disempowering, frustrating, painful and

left me feeling very inferior. Talk about persistent;

I failed five times and never gave up. The driving school instructor banned me from paying for lessons as they concluded I can drive and

my problem was not driving but something else. I had to go deeper to find out why I was failing these tests. What is wrong with me?

I began to notice something about my experience. While I was doing driving lessons with a particular person (a family member), my confidence dissipated. He thought little about me, and his words were disempowering. I did not realise his constant criticism and cynical comments were drowning my confidence. Sadly, I will take a few personal lessons with him before my driving tests and then fail. On the other hand, whilst I was with the driving instructors who had positive vibes about my skills, I was empowered and drive confidently.

On the sixth attempt, I determined it was time I change the preparation before the test. I kept well away from the disempowering contact. I went to the driving test with someone else, and I passed my test.

We do not know what people think about us when we are with them. However, we have the responsibility to evict friendships and change our environment they are hostile to our aspirations. Thoughts are infectious. Negative ones kill confidence and dreams. Positive ones empower and grow dreams and visions.

I then made the classic mistake of sharing my dreams of writing a book with this hostile

person and was met with derision that I am incapable. I mentioned I was planning to take a master's degree and had the same response, and by this time, I knew better than to keep my aspirations private.

When you set goals to increase your self-confidence, you are setting goals to break free from your old mindset and patterns. Your decision will set you in collision with those not moving in the same direction. If you are not willing to open your hearts to new friends and spiritual families, to take the driving seat of your life, set clear intentions and direct your thoughts to the positive outcomes you desire, nothing you do will shift the inner world to develop self-confidence. To develop

your self-confidence, you must take responsibility for your life and choose where you hang out.

Now that we have covered the emotional defects that hinder confidence, we can now move on to review the technical skills to boost your confidence. Before we do so, let's recap by watching the video.

Chapter Eight – How I Use This Process To Break Free From Public Speaking Phobia

Taking practical steps to improve your skillset

Now that you have covered the spiritual foundations to developing your inner self-confidence, you must take action to improve technical skills in the area you want to build self-confidence.

Ask yourself the question: what skillset must I develop for public speaking if this was an area in which I lacked confidence. What skillset should I develop to communicate effectively with others if this was an area I needed more confidence? What skillset must I develop if I lack confidence swimming, dancing, cooking, singing, acting etc? Clearly map out the skillset and, after doing so, put a plan in place to acquire the skills.

Until you take action to address the shortfall in your skillset, your confidence will be low. You cannot sing a song to wow the audience if you are a confident person lacking singing skills. However, if you learn how to sing professionally and possess a healthy consciousness, you will sing confidently to wow the audience. The human being is a wonderful masterpiece.

They possess the capacity to appreciate with age , learning from past mistakes. The human being can learn what the heart desires and for which their soul supports. In short, you need to learn technical skills to support your self-confidence goal.

You must be persistent, patient and persevering to reach your goal.

I spoke to thousands of people worldwide and millions through social media video reach. I remembered when this event happened. I stood on the stage and in my heart said WOW. I am grateful.

Watch this video.

https://www.youtube.com/watch?v=K5gG_lEhoBs

This is what happens when we align to our spiritual DNA

Chapter Nine –Spiritual Treatments Using One Of The 72 Names Of God & Flower Essence

I use spiritual treatments and ancient wisdom for healing emotional defects. I will summarise them here for you to use as you see fit. They have helped me greatly. Psalms heal the soul and bring us back to wholeness. The most powerful psalm you can meditate on is Psalms 120:2

Blessing to heal all situations.
Finding the power to lift oneself up- confidence.
Psalm 120:2: יהוה הצילה נפשי משפת שקר מלשון רמיה:
O LORD, save me from treacherous lips,
from a deceitful tongue!



INSIGHT

When the souls of humanity were created, they inherited the DNA of their Creator. According to the sages, this God gene in our soul remains dormant until we activate it through the technology of Kabbalah. It then becomes unleashed in direct proportion to our personal transformation and ascension up the spiritual ladder.

Scan the 72 Names Of God – Return To Unconditional Love & Connect To The Divine The Source Of Confidence

כהת	אכא	ללה	מהש	עלם	סיט	ילי	והו
הקם	הרי	מבה	יזל	ההע	לאו	אלד	הזי
חהו	מלה	ייי	נלך	פהל	לוו	כלי	לאו
ושר	לכב	אום	ריי	שאה	ירת	האא	נתה
ייו	רהע	חעם	אני	מנד	כוק	להח	יחו
מיה	עשל	ערי	סאל	ילה	וול	מיכ	ההה
פוי	מבה	נית	ננא	עמם	החש	דני	והו
מחי	ענו	יהה	ומב	מצר	הרח	ייל	נמם
מום	היי	יבמ	ראה	חבו	איע	מנק	דמב

Other Psalms

Psalm 27:3, “Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

Psalm 88:14 As for me unto thee O Lord do I cry and in the morning doth my prayer come to meet thee.

Bach Flower Essence Treatment For Self Confidence

Larch

Larch is for a lack of confidence, specifically in a person's confidence in their ability to do something or to achieve, so much so that they often don't end up trying in the first place. They feel convinced that they will not succeed and therefore don't try. They constantly compare themselves to others, feel they don't match up and feel like second class citizens. This can coexist alongside anxiety depending on the reason why the person feels anxious, and may be helpful for social anxiety.

You can get this remedy online. It easy to use. To get more information go to <https://www.bachcentre.com/en/>

Essential Oils For Self Confidence

- **Jasmine Oil**

The top of our list is Jasmine which is a strong anti-depressant and one of the best oils to boost confidence! When you are feeling blue and need your harmony and hope restored, pop a few drops of Jasmine in the diffuser or drop into the jasmine-infused tub to get back on the confidence train. Jasmine also improves sleep quality and cuts down on restless sleeping, as well as increases daytime alertness

- **Bergamot Oil**

Following the Jasmine oil essence, Bergamot helps those feeling depressed. If you are doing through one of the days when you just don't feel like you are enough and the negativity in your head is overpowering you, using Bergamot is the way to go. Caution: Do not leave on skin exposed to the sun or it might cause skin issues.

- **Patchouli Oil**

Usually, it is our thoughts that create exaggerated scenarios and plunge us into depression or insulate anxious fears in us. To snub that negative chatter in its tracks and to ground yourself into the wellness of nature and its love, Patchouli is a wonderful oil to try out. On the physical health side, it eases headaches, colds, and controls appetite as well!

- **Rose Oil**

There is a natural affinity humans have with roses due to their symbolism with love and romantic adoration. Smelling a rose makes one feel loved and calm. Those two feelings are essential building blocks for self-esteem. Moreover, rose oil is great for skincare troubles. It hydrates dry skin, clear acne, reduces signs of aging,

minimizes the appearance of scars, and helps with conditions such as eczema and rosacea.

- **Rosemary Oil**

Confidence is accompanied by firm stances and focused decisions. The antioxidants in rosemary oil enhance focus, contribute to better decision making, and even help with hair growth! You are bound to feel confident with a set of luxurious locks on your temple.

- **Cedarwood Oil**

Cedarwood improves concentration, reduces stress, eases sleep onset, and is prominently used as a home scent to create a soothing living space. Just like rosemary, it has proven benefits for hair growth and additionally improves scalp health against dandruff as well! Prim and proper headspace, both inside out!

Chapter Ten - Conclusion & Miracle Meditation For Inner Correction Of The Soul

You have now completed this course. I wish you all the best in your self- improvement journey.

This is a gift to humanity by a great Kabbalist. Use it to begin healing that which blocks you within that man made tools can never resolve.

Miracle healing prayer and meditation – the 42 names of G-D

Watch this video

<https://www.youtube.com/watch?v=tFJmmHPpnlo>