

In the many moments we are in through our day and night, our consciousness shifts and it is related at our subconscious level to our confidence. When we hear the word confidence, we relate it to our mental level or mind level. Since mind wavers from thought to thought in every moment, our confidence also shifts moment to moment.

There is one process through which you can have confidence on a larger or ongoing level. That is FEELINGS.

So, the next time you feel a shift in your confidence level, immediately shift your attention to your feelings and emotional body. Your emotional body is connected to the Earth through your feelings and your feelings is part of the Soul in its natural way. Your mental body is connected to an outside source - outside of yourself - the thoughts of yourself and the matrix. Try this exercise the next time you feel a shift in confidence. Bring your right thumb and gently touch your sternum area. Then visualize a happy scene - any happy scene - walking along a beach, riding a bicycle when you were small or any thing and observe the feelings of joy and happiness through the awakening of these memories coming into your thumb which is touching your sternum and then going into your body and slowly filling you up.

You may want to stay in that space for a few moments. You will start to feel good about yourself once again and when you shift this consciousness to a feeling level, it becomes a created and learned wisdom and your body will always hold it as a part of your living reality.

In future when you need a boost in confidence simply place your thumb on the sternum and immediately you will recollect this feeling consciousness and you start to feel better. So when you feel more confident and good about your selves naturally the energy you create and carry will also be of a higher nature.

Master Buddha ... Through Rae Chandran