

Building Spiritual Muscle

I'm 27 years old and growing into manhood. I know I'll be successful in my future, but I'm scared to step fully into it. What are some tools or advice to help me build my confidence? — R.M. in California

Dearest R.M.,

Stepping into adulthood is no small feat. I am a few years older than you (OK, maybe more than a few), but I remember similar feelings of trepidation at your age. Regarding fear - it is much easier to release it when we understand its purpose, even just a little.

So sit down and engage your fear in conversation. Ask it what it wants and what it's trying to protect you from. Let your thoughts flow freely. **Have pen and paper ready and don't edit!** As you listen compassionately, it will immediately begin to release its grip on you.

Confidence is defined as "the belief that one can rely on someone or something; firm trust." In what do you have firm trust? SO many of us are seduced by the false belief it is up to us entirely — our own intellect and willpower — to figure life out and get it right. Thank God we are more than our personalities and unexamined beliefs!

In her book "What's in the Way Is the Way," Mary O'Malley writes, "Most people don't have a clue that what is in charge of life is the Intelligence that has been orchestrating the dance for billions of years and that regulates their hormones and beats their hearts ... The suffering we create for ourselves by resisting life's flow is far greater than the pain we experience by being open to all of it."

Here's the raw truth R.M.: Your future will include pain, disappointment and even "failure." These experiences and your reactions to them are necessary ingredients for your growth and success. But of equal importance and inevitability is the joy, love, triumph and inspiration that lies ahead of you! Have firm trust that you are God-Stuff and therefore already more than enough to navigate the journey ahead. Remember, the way to build confidence is the same way you build muscles. Practice and nurture trust in yourself and Divine Life Intelligence. They are one and the same. ✨



STEF SWINK, RScP, has been a Practitioner and Licensed Heal Your Life® Teacher since 1999. As the personal assistant to Louise Hay, she was a frequent ghost writer for the "Dear Louise" column. She is also a "Deep Currents" facilitator and a Loving Life coach, assisting individuals and teams break through into deeply fulfilled living. Connect with her online at StefSwink.com.