

STAND NAKED **&** FEEL WORTHY

**7 STEPS**

TO YOUR

*Self Worth*

Karen Houston

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This book is dedicated to every living soul on this planet who has the courage to let go of their fears and face every aspect of themselves.

We come with nothing,

We leave with nothing,

Nothing belongs to us,

We only belong to ourselves,

Everyone has a life and everyone has a story,

Everyone in life has a choice,

to follow your heart or your head.

I believe that we are,  
to live with a continuous flow of positive energy, around us  
always,  
to live in complete love and joy of who we are,  
to be free of negative energy, sickness, disease, struggle or  
conflict,  
to live our lives from a place of completeness,  
to be true to ourselves and know how to take responsibility for  
ourselves, without fear or judgement,  
to live in our true essence.

**Stand Naked and Feel Worthy** has been designed with those in mind who wish to learn how breathework and chakra meditation can enhance their lives and increase their sense of wellbeing and effectiveness in the world. This course will give you meaningful insights as well as easy to understand and practical tools. You will learn to use colour visualisation, affirmations and your breath, as effective tools and experience their soothing effect on mind, body and soul. It will teach you to create a space of peace for yourself in a way which fits into your life.

**This book** is here to bring you to an understanding of you. To bring you to an awareness, physically and emotionally, that you are more than what you see. To open you up to your emotional aspect. To feel you. The course is flexible and adaptable and to be taken step by step, at a pace that works for you. It only takes a few minutes each day. If you skip a day or two, don't stress, this is about you allowing and feeling your power within.

No two people's lives are the same. We have all had different experiences, some wonderful and amazing, some tragic and horrific. We all have different challenges to face in our daily lives, some great, some small. Regardless of what has happened or is happening in our life, we all have hopes and dreams, and want to find a sense of peace, a sense of belonging, a sense of purpose, and to feel fulfilled.

We are all living in the process of our lives, on a timeless journey. It is not a race, there is no finish line. It is a quest, both on the conscious and subconscious level, to connect to our non-physical aspect, our emotional self and to feel that our self is worthy, whole, and complete.

We have 7 main chakras, there are 7 colours of the rainbow, there are 7 days in a week. This is a 7-step system, giving you 7 parts of self with 7 colours to visualise and focus on day by day.

Allow yourself to digest and feel your way through this book. Pick up the book, put it down, let yourself process, write what you feel. Breathe. There are no short cuts so take your time. The journey of self has no beginning and no end. It is about having respect for yourself. Let yourself flow in your life and remember how to feel and how to just be.

You may wish to consider writing in a journal. As you write, you acknowledge, you feel, you allow. Make time for you. Listen to your 'self'. It wants you to prosper.

Enjoy!

A handwritten signature in cursive script that reads "Karen". The signature is written in black ink on a light-colored background.

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# PROLOGUE

We are all just energy and energy should flow freely and easily. Our lives are often so defined by what happens in the physical reality, that we fail to acknowledge our emotional being, our souls. Our souls know.

## “ | **OUR SOULS ARE OUR GUIDE**

Before we are born we decide when we will be born, who we will be born to, and what path we will take. When we are born, the 'veil' is down so we don't remember that we have all been here before and have many layers of experience and emotion wrapped around our soul. We fear, or are not aware of our own power.

We all choose to come back to earth to transform the negative beliefs of abandonment, abuse, denial and betrayal. Our soul attracts situations into our life to help us feel, bringing us an awareness of our negative emotions. As we feel we acknowledge and we transform our fears to love. We just have to be in awareness and recognise the messages.

Within our physical body, we all have a center, a left side, and a right side. Our center is our trunk which holds us together. Our right side is our male, physical side, our left side is our female, spiritual side. Surrounding our body is the non-physical, emotional aspect of our being, our aura. The body is energetically divided into two parts. The right, male and the left, female dominated sides. This is not a new concept, it originated in eastern philosophies like Buddhism, Yoga, and you can even find evidence in their writings that the Mayan civilization was aware of the power of maintaining balance between these two opposite energies. Each human being has both a right and left hemisphere in the brain, the right being female, left being male. The left, or male side, is in charge of the right side of the body and the right brain or female side is in charge of the left side of the body.

Everything must be in balance, physically and emotionally, so that we can stand straight and strong from the roots of our being. From our foundation of self-love, we can grow and develop our self-worth, self-value, self-acceptance, and self-belief, self-trust, self-faith.

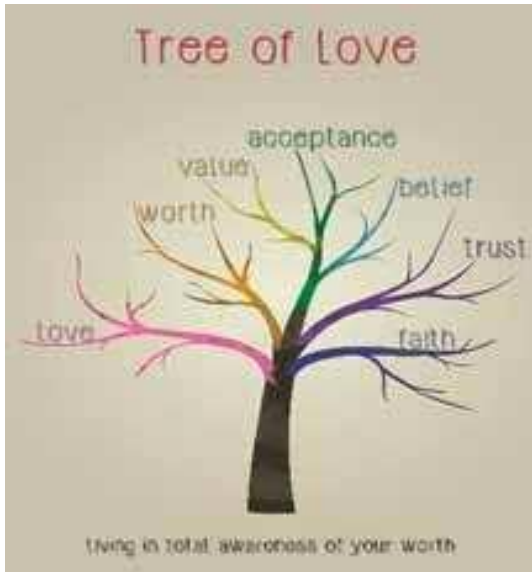
Imagine yourself like a tree. You have your roots and your foundation from which you grow your strength, your core. Your foundation must stand strong, otherwise it will crumble and fall. When you are aware you are in your own divine power, you can branch out, reach out and receive all that you need to nurture and support you from a place of love. The emotional support that lifts and creates you, your 'leaves' and 'blossom' will attract all that you need. We are all souls within our bodily temple.

Within our core we have 7 spinning, bright, colourful chakras positioned throughout our body from the base of our spine to our crown. These energy centers help to regulate all our processes, from organ function to the immune system and emotions. Each chakra has its own vibrational frequency, a specific chakra colour, each governing a specific function. The chakras reflect out from within, surrounding our physical body with our emotional purity, our aura.

When we are born, we just are perfect emotional beings of purity and love. Our soul is our perfect self, but as we grow we lose sight of that sense of a perfect 'self' in our everyday lives. Our chakras become dull and sluggish, causing a deficit, holes in our emotional aspect, manifesting as sickness and disease, or as self-doubt and the stagnation of our being.

We are here to connect and reignite our self from within and spin our energy centers freely to be our colour and our light to ourselves, radiating out to everyone and everything around us.

## ARE YOU STANDING STRONG IN YOUR FOUNDATION OF LOVE ...



## OR CRUMBLING IN YOUR ABANDONMENT OF YOU?



# OUR JOURNEY

Everyone is unique with unique journeys. We are all here in the circle of life, to rediscover our inner being. We just have to listen. There is no right or wrong, no good or bad. It just is. All we can do is trust in ourselves, feel our worth, listen to our intuition, and let our souls be our guide. Remember to breathe.

In the womb, we are surrounded, protected and safe. We are complete. We are perfect beings of pure love, untouched, just being. We have been cocooned. From the moment, we are born, we become exposed, we become vulnerable, and just want to be nurtured and loved. As babies, we are unconditional love and instinctively know that is what we are. Over time we become separate and conditioned in our being.

From a very young age we learn how to seek love and approval, reaching out to receive this from others, if we don't change and grow as adults, these behaviours can become self-defeating and in time we lose sight of our significance. We strive to do better, to achieve and to gain, often living by expectations of others and of ourselves. We learn how to live in the physical, constructed world and how to survive. Meanwhile denying ourselves of our emotional, non-physical aspect.

*If we continue to lose sight of ourselves and look to others for acceptance and a sense of purpose, our foundation can become one of struggle and conflict, rather than one of love.*

We are constantly bombarded with what to do, what not to do, what to eat, what not to eat, how to do this, how to do that, what to believe, what not to believe. In between all that, we are surrounded by social media, statistics, fear mongering, having to upskill, better ourselves and make more money. We are caught up in a system of control. We have to work to earn our right to live. We are not encouraged to think for ourselves and society dictates to us what we must do to get through one day to the next.

We are surrounded by solutions to every situation. Everything has a place and everything is relevant and there are many things in place to support us. If we get sick, we go to a doctor, the doctor will prescribe medication or tests for the physical symptom, which can act as a band aid. Although it helps you at the time, underneath there is an emotional aspect that does not always get attended to. So, although the tablet will take away the pain or the cough, the emotional aspect has to be addressed for the healing to take place, or the physical ailment may present itself again in different ways, for you to get the message. There are many things in place to protect society, but that should not relieve us of **responsibility for our emotional self.**

We have a soul and an ego. The ego is our body-mind self, our false self, how we identify ourselves. The soul is our existential self, our true self, our feeling-awareness self. Our soul is our perfection, our love, our inner being. Our ego is our fear; it is what we know keeping us believing we have to prove our worth. It is easier to live in our ego, that is what we are used to and keeps us in the game of life, serving us over many lifetimes.

Our greatest fear is ourselves. As children, we just play and dream and live in our imaginary world. As we grow up, our imagination fades and we have to become conscious, losing sight of our significance, of **being**, and focus instead on **doing**. We may have younger siblings and may have felt, in our innocence, that we are not important when our brother or sister comes along. When we go to school, we learn about competition, fear, justification, and develop feelings of not being enough. We begin to look outside ourselves for approval and acceptance from others, rather than nurturing acceptance of ourselves. As we grow up, we are surrounded by the expectations, especially those of our parents - in relation to careers, marriage and carrying on of family traditions. This constant striving can be painful and self-defeating. Our internal chatter can change with one thought from one of fun and laughter, to one of judgement and fear.

No one can escape the denial of self. It doesn't matter how much money you have or how famous you are. Nothing is guaranteed outside of our self. Nothing can give us what we can't give to ourselves. We must all feel our way to our hearts. Often, the mechanisms that we develop to try and help us cope, addiction, disordered eating and ineffective relationship patterns, provide a quick fix, but cannot provide us with long term peace.

We have all chosen to come and be here at this time, to bring heaven to earth, to know our perfection and how to be our love in human form and to raise the love of mother earth, one at a time. We are all energy in physical form. We can see, we can touch, we can do. We also have a non-physical aspect to ourselves, our emotional, and spiritual body. Within our non-physical aspect, we are carrying negative beliefs of abuse, abandonment, denial and betrayal of our inner being.

**Our external reality mirrors our internal world**, but if we are not aware of what we are attracting or why, then we will continue to attract the same things and situations into our lives. These things become familiar, our comfort zone, and what we expect. We become complacent and, hence justify our limitations. Awareness of who we are, is beneficial to how we live our life and what we are surrounded by.

### **Take action**

Put your ego in the backseat and ask from your heart. Write down what you want – anything – be specific – make a dream board - a bucket list. If you want a partner – make room in your house. Make space in your wardrobe, in your bathroom. Have two towels hanging in the bathroom. Make a cup of tea for him/her at night and put it on the bedside table. Make a list of what you are looking for. Draw a picture of him/her and draw him/her looking at you.

*At every moment of everyday, we must be in awareness, listen, have patience and trust in the process of life*



# WE CHOOSE OUR OWN LESSONS

Before we are born, our soul chooses the time in which we will live, our specific date of birth, our parents, the people we will meet in our lifetime and many other situations, to assist us on our journey. Our lives follow a certain path, depending on where we are born, our family upbringing and traditions, yet many of us continue to seek approval and acceptance, especially from our parents; sometimes to the detriment of our own lives.

**We inherit certain patterns of behaviour and ways of being, often taking on the fears of those who were our caregivers when we were very young.**

Our dysfunctional emotional patterns sometimes manifest as illness and disease in the body and mind. As our lives progress, clamouring fears drown out our inner voice and knowing. When we are born, the 'veil' is down. There is a 'curtain' to close our mind, our memories, so we don't remember what we have come for or that we have been here before in previous lifetimes.

We come here this lifetime to heal ourselves. Many people tell themselves, "I am not good enough; I feel a failure; I disappoint everyone; I could do better; I should do more; I am not important; I am hopeless." The only way people know to overcome these beliefs is to seek approval from others, please others, work harder/longer, go without, drink alcohol, smoke, over eat; and thus people get sick, stressed, obese and cranky.

We have a fear of being judged, reprimanded, and persecuted. That is because we live in judgement of ourselves. Abusive and ineffective relationships are a reflection of our abandonment and abuse of our self. We are brought up to put others first and give to others or be deemed selfish. In the denial of self, we cause blockages in our energy field, that manifest in our body and/or our physical reality. Sickness and disease is a message that is brought to our attention so that we can address the build-up of the negative energy in our system, our suppressed emotions. There have been many references made by authors such as Louise Hay, Annette Noontil and others about the link between our emotional state and the presence of sickness and disease.