

Danburite: Self Esteem

by John and Micki Baumann

Named after the first find in Danbury, Connecticut, **Danburite** is a clear or white, transparent or translucent lustrous mineral with slightly raised lines that run on the outside of the crystal along its length. It is as hard as quartz, but its diamond shaped cross-section and wedge like point is a contrast to quartz's hexagonal shape and pyramid angled points. In addition to being mined in Connecticut, danburite is also found in Burma, Japan, Switzerland and Mexico.



Danburite acts on the Inner Being to strengthen **Self Esteem**. Self esteem comes from feeling that you as a Being have value, that you are important, and that your rights and needs are important. Self esteem is the core of who you believe yourself to be, the essence of your perception of self. It is an inner strength that lets you feel strong and courageous, and helps you act with self-confidence. Self esteem comes from the value that you, at a deep level, place on yourself. This is a value you know within yourself that you have really and truly earned. Placing a high value on yourself affects your whole being and helps you feel strong and confident in operating your life.



Like all the energies or characteristics of the Inner Being, self esteem could be thought of as being on a scale from high to low. Strength is at the top end of this scale, whereas weakness is at the bottom end. A person with high self esteem has a great deal of inner strength and courage, whereas a person with little self esteem is weak and timid. If you have high self esteem, you are in charge of your own life because you are internally controlled. You tend to look people in the eye. You stand straight, and you usually command attention when you walk into a room, whether you say anything or not.

Self esteem has a huge effect on how you feel, how you operate your life, how you care about yourself and others, and how you accomplish things in life. It could be said that self esteem acts as an "energy well" for many of the other characteristics that define who you are as a person.

Courage is closely connected to self esteem. If you have a high level of self esteem, you can usually find the courage and inner strength you need to take charge of your own life, to stand up for your rights, and to do what is right. This is what allows you to claim your basic human rights as a person. Claiming your rights includes being able to stand up to people who try to take away your rights, either by force or intimidation, or by manipulation, or by trying to hinder you in choosing your own direction in life. A high level of self esteem also gives you the courage to act on your convictions to take risks when appropriate, to be decisive when necessary, and to focus or concentrate in order to get something done.

In addition, self esteem helps you figure out how to accomplish the things necessary to make your life work the way you want. It makes you better able to figure out how to operate your life in a responsible manner, how to reason without distorting reality and without fooling yourself, and how to accurately weigh probabilities so that you know the most likely outcome to expect in different situations you come across. These things all contribute to being able to live your life with more satisfaction and joy.

At the other end of the scale, if you have a low level of self esteem, you have a lot of doubts. You doubt yourself, and you doubt your ability to achieve things. Many things intimidate you and you don't move forward well. You are afraid to put yourself out there because you just know you are going to fail, so you never try anything extraordinary.

If you have low self esteem, you often feel the need to show off your attributes and accomplishments, because that somehow makes you feel a little better about yourself for a short time. In contrast, if you have a high level of self esteem, you are self-confident and feel no need to show off. You are proud of who you are and how you operate your life, and you don't feel you need to convince others of anything by showing off. You know they will eventually see who you are and be proud of you as well.

Improving Self Esteem

Being able to operate with confidence can really turn your life around. You can start to build your self esteem through progress and small wins in whatever you do in life, through positive reinforcement, by practicing, and by doing things and generally taking an active part in operating your life.

To increase your level of self esteem, look in particular to the areas that affect self esteem and are closely connected to it. Some of the characteristics that strongly affect self esteem are feeling free, belonging, being able to stand up for your rights, risk, decisiveness, focusing, responsibility, thinking clearly, foresight and knowing what to expect in different situations. If you work on growing in these areas, your self esteem will blossom automatically.

