

The little book of

Self-Development

A simple guide for personal development
and refreshing your soul



Dr. Salma

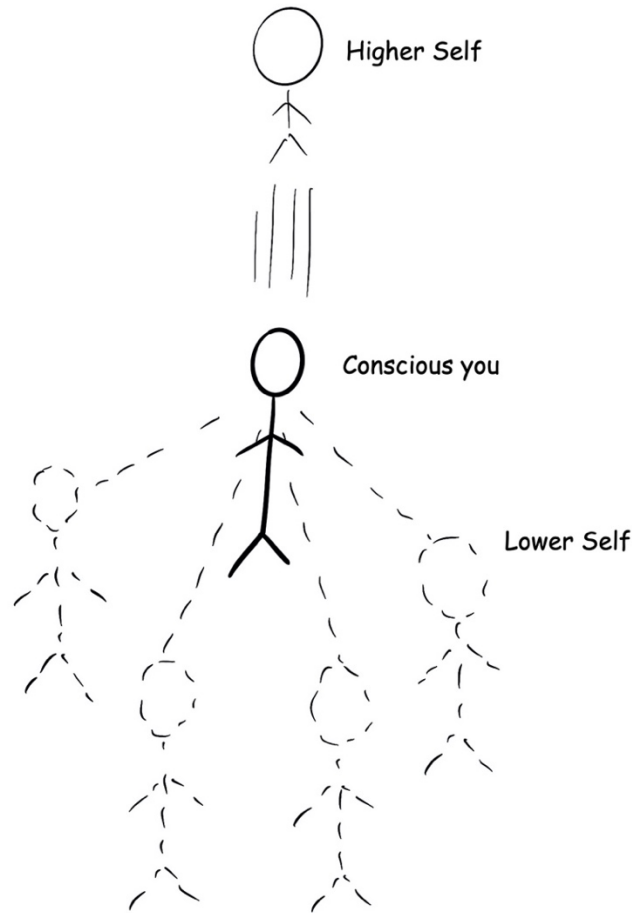
The Little Book of Self-Development

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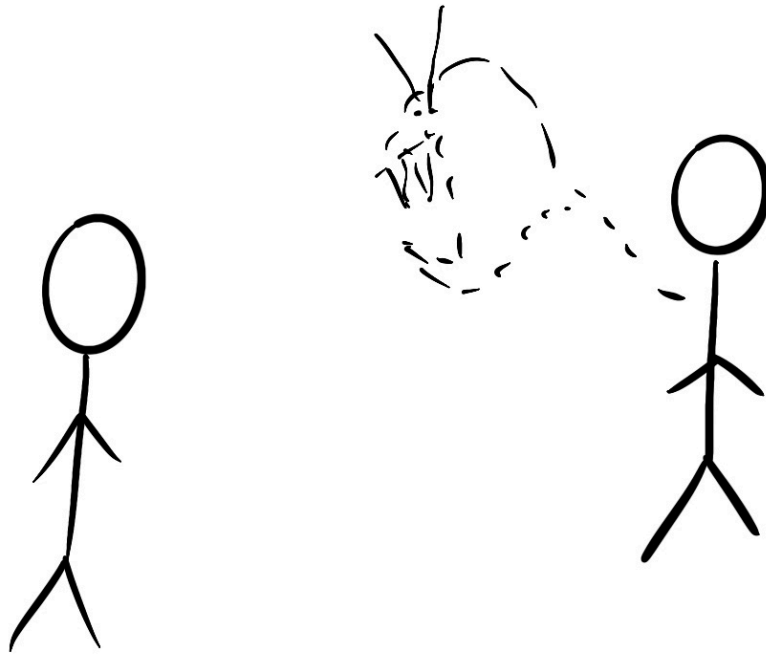
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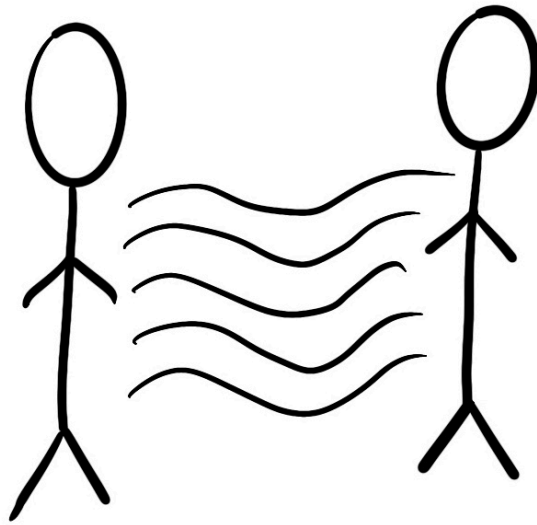
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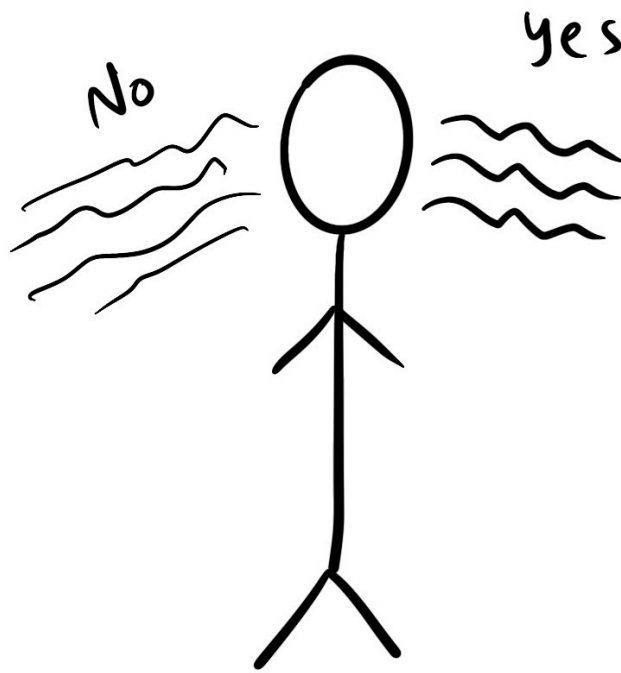
Self-development is when you realize that you are not the lower self and that you can dismantle it and let it go by seeing the illusion behind it. Your Conscious self has the ability to step outside of the lower self and observe what it is saying to you and the associated feelings it generates, and let it go. This is the process of self-transcendence, of clearing the lower selves, where one gradually connects more to their higher self. It is not about being perfect, but about realizing that you are not bound by any lower self and it does not define you and you can transcend it, and flow with the river, and with that new higher inner experiences.



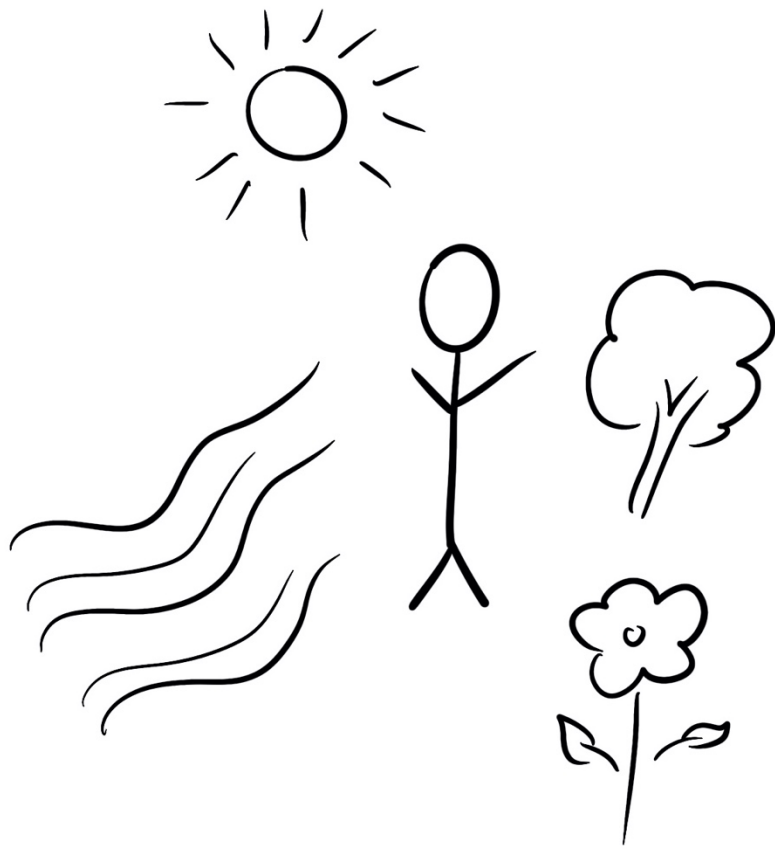
When someone attacks you, it is not their higher self that is attacking you, it is their lower self (the dotted line). Contrary to the Conscious you, the lower self has no self-awareness and it will mindlessly attack whatever it perceives as a threat. Knowing this you can see that it is never personal. At that moment, the other person cannot see their higher self, let alone see you. You can hold the vision for the other person to be free of this but also let go of any attachment to change them, forgive them and move on. We can sense when someone is lovingly pointing at something we need to look at in our psyche, and when it is done with an impure intent, we just know because energy never lies. This is the basis of discernment, of knowing things by vibration alone, instead of focusing on the outer form, words etc.



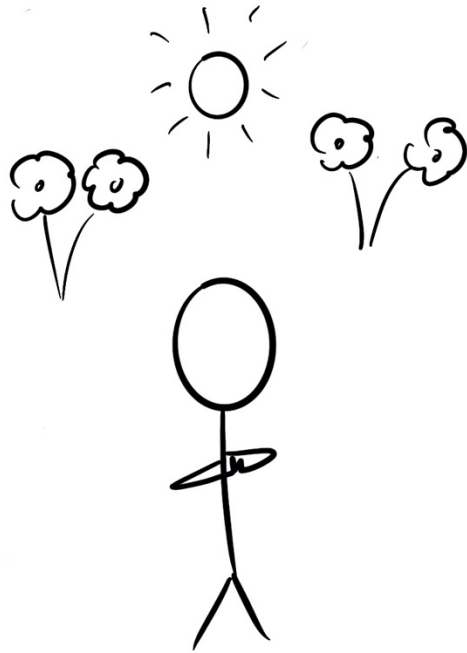
We are all energetically connected. It may seem like hurting another will not hurt oneself, but this is just an illusion.



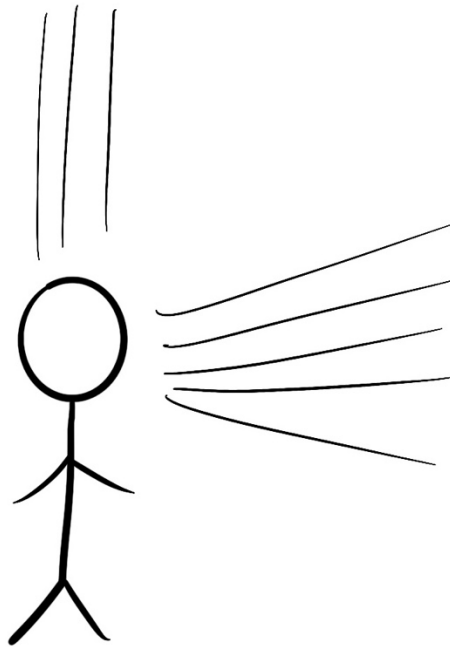
Being aware of thoughts during the day helps in keeping your consciousness clean. You can sense a thought by its energy if it is lifting your heart chakra energy up or down and then surrendering it.



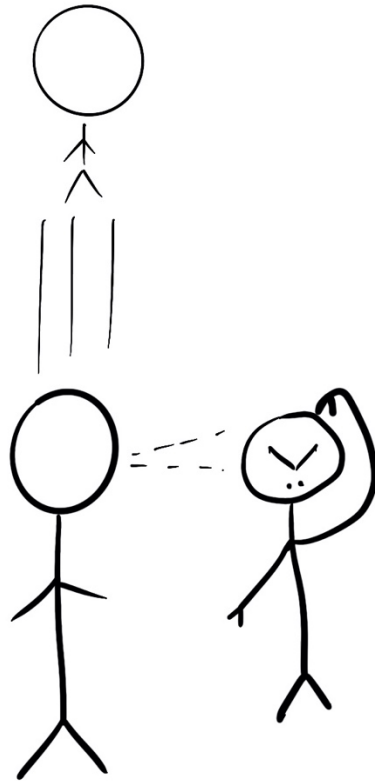
Nature has frequencies that facilitate healing. Because everything is energy, when we interact with nature, we tune in to these frequencies and also negative thoughts tend to disperse in the vastness of nature.



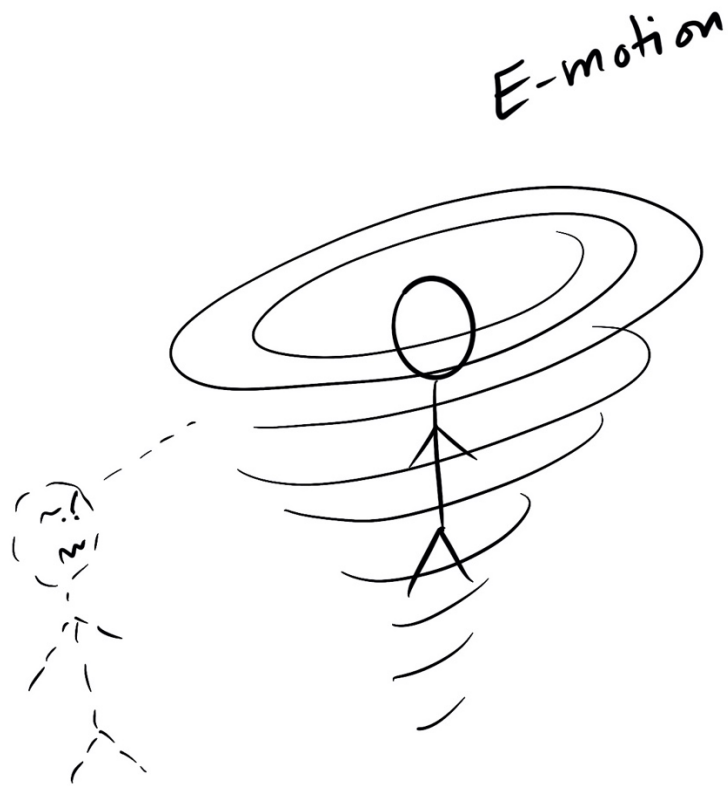
Gratitude is a high energy practice that enhances one's growth and well-being. Lower selves have a much lesser pull on the Conscious you's attention when the heart is filled with gratitude.



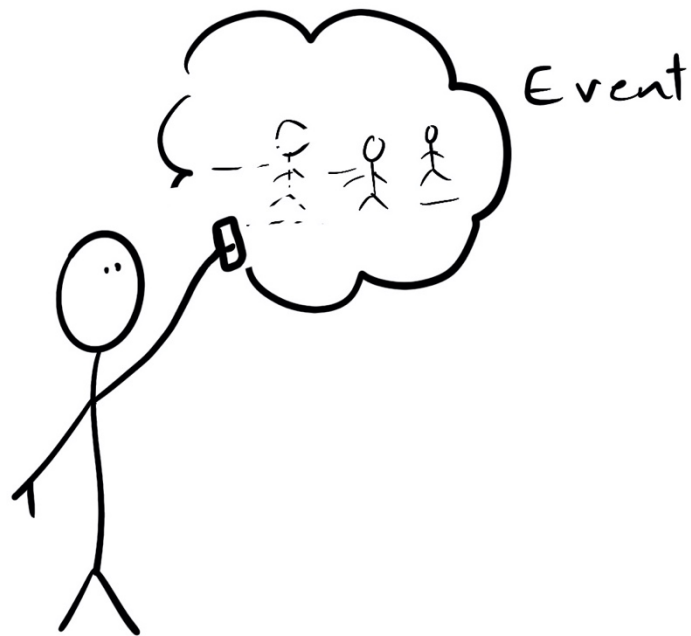
Happiness is a state of being rather than doing or having certain outer things. It is knowing who you are, and your intrinsic self-worth. With this knowledge you can do certain outer things that you enjoy so that you can feel God's blessings flowing through you, but not for anything or anyone to complete you or to fill a gap, because you are already full and complete by God's love to you, you need no one and nothing outside yourself to be whole and worthy, you just need to accept it.



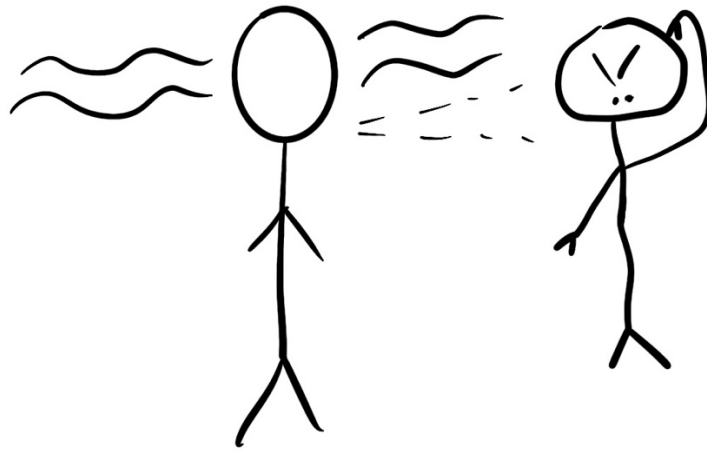
The ego is the sum of the lower selves (the figure with eyebrows), it perceives life only through outer appearances, it sees itself as a separate being, not as a connected being, and it is busy thinking about past and future. It is not possible or healthy to let go of the ego at once, and as long as one is still on earth, there is always an aspect of the ego that one needs to look at and surrender, but the ego will start to become less heavy and the path of self-development is to embrace a gradual path of dismantling the lower selves, where one can live more from the heart and be more present in the moment.



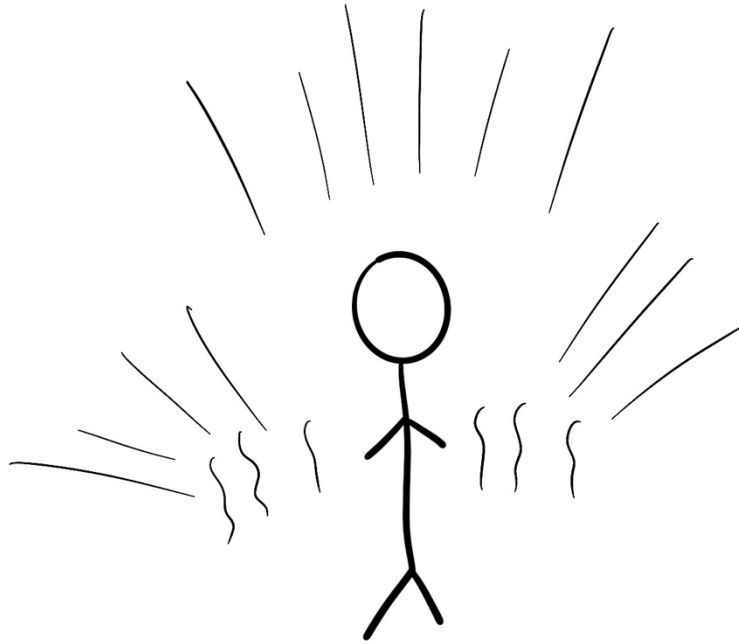
Emotion is energy in motion or E-motion. This energy is generated by a lower self when the Conscious you see life through that self. The energy in motion can be overwhelming, but the first step is to realize that it is an impersonal moving energy, and the Conscious you has the ability to position itself at the eye of the hurricane where there is calm, and observe this swirling energy, instead of getting lost in it, then identifying the lower self behind it (the dotted line) and see the illusion behind it and let it go. This can take time sometimes days and others years, there is no right time and one needs to be gentle with the self.



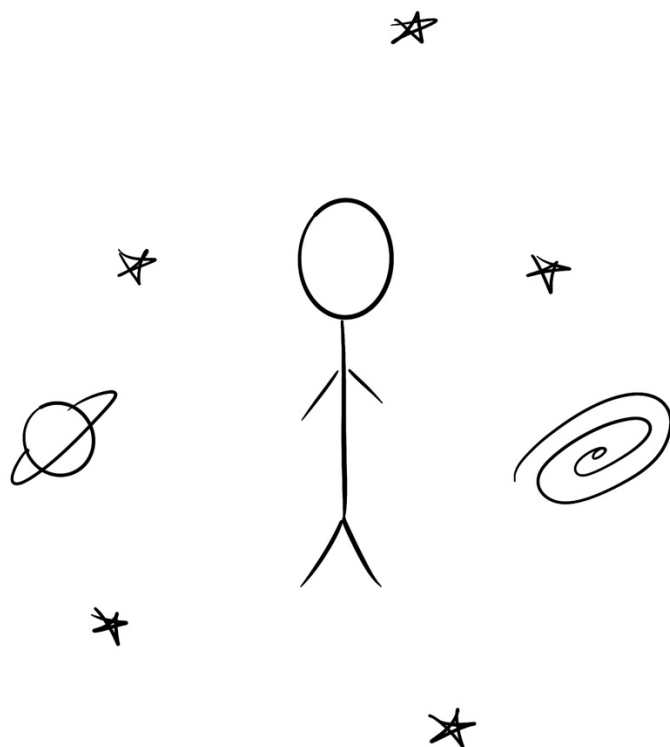
When looking at the past in a neutral way, one can learn the lesson, but then there comes the point where it is time to consciously erase the memory, after the lower self is dissolved and lower energies transmuted, so one can be totally free from the past. This requires a conscious effort to look with gratitude at the lessons learned, and with forgiveness for one's own self and all involved, and then consciously erasing the mental images. Because of time, the past is no longer there, it does not exist in the physical plane, but only as an image in one's mind. By letting it go, you can free up the frozen energy to move on and embrace the new.



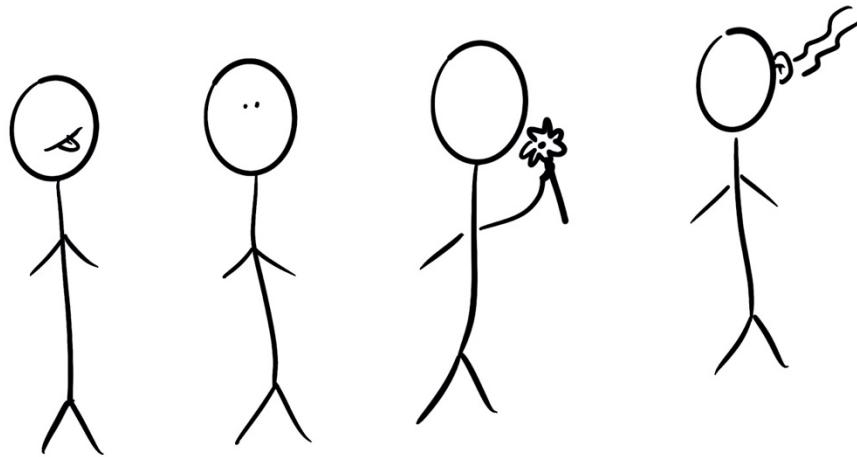
Intuition is a kind of energy sensing and is a higher form of knowing. It is tricky because energy signals can be colored by one's own perception filters and lower selves, but the more one can be neutral and open, the more accurate insights one can get. The analytical linear mind tries to know based on outer appearances, and it desperately wants to calculate things to feel in control, as if things follow a mathematical formula and are predictable but it's not. An intuitive insight accelerates one's growth, so it is not about achieving certain outer results, but what promotes growth and a better inner experience.



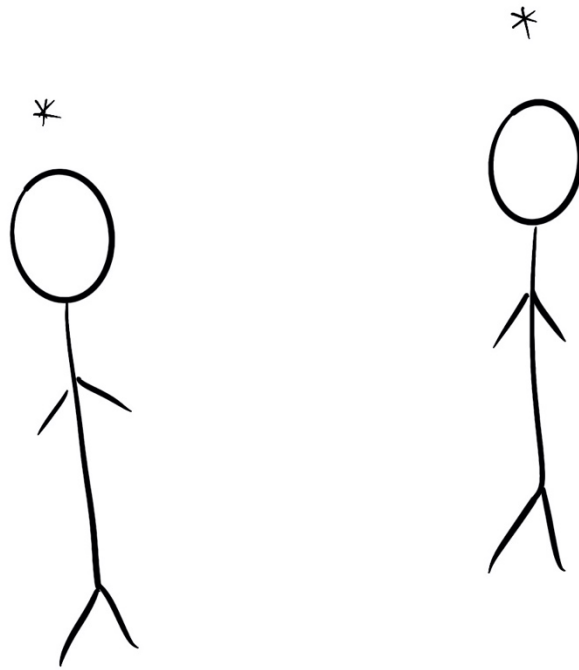
Being aware, transcending oneself and tuning in to higher frequency energies can transmute the lower energies generated by the lower selves and disperse it, which leads to more inner peace, love and joy.



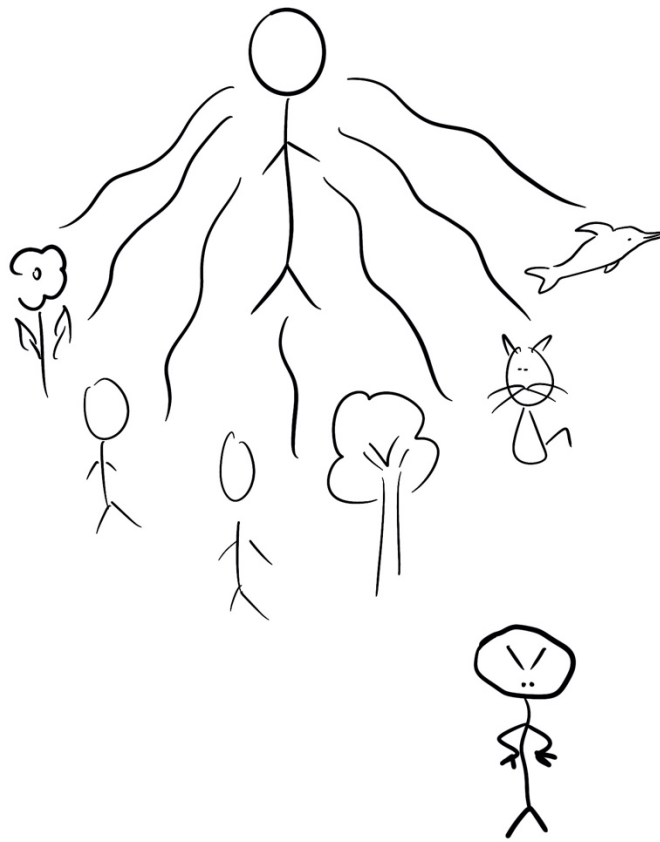
By quieting the linear mind through any outer activity that brings you joy such as meditation, walking or painting for example, you can feel calm beyond the outer chatter of the mind.



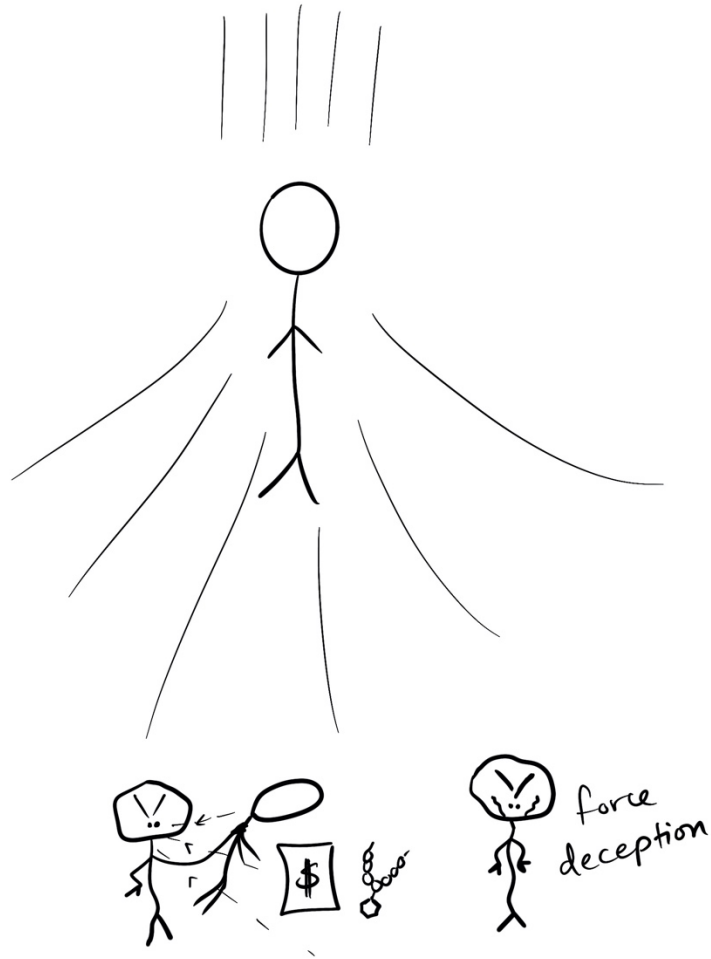
Because everything is energy, all senses are energy inputs translated by our Conscious awareness into meaningful experiences. There are signals that have a high vibration and are harmonious, enhancing a person's well-being, while others are fear-based and disharmonious. This can be sensed through intuition, and it cannot be explained by the linear mind.



Quantum physics showed that information travels faster than light. This is revealed by quantum entanglement. People can sense each other even if separated by thousands of miles.



The higher self sees the oneness of all life, and it seeks to raise up all life, because it knows it is part of the whole. The ego seeks to raise only itself by putting others down. The ego can never be fulfilled because as it does this, more negative energies and feelings would be generated, and the more the Conscious you lose its connection to the higher self. The ego then tries to fill this gap by doing more outer things to feel more superior which creates an even larger hole that becomes a bottomless pit that can never be fulfilled. This depletes one's own energy and light. The higher self knows its intrinsic worth and knows that it needs no one and nothing outside itself to be whole and worthy, it just needs to accept it and be present in the moment.



One can only be fulfilled by connecting to his/her higher self. The ego cannot be fulfilled and it seeks to fill itself up from other people or by having more possessions, sometimes it uses direct obvious force and other times deception. Through discernment one can see through ego games whether from its own ego or from the ego of others. This empowers one to not fall prey to such games.



Also read by Salma Alrasheed

