



INFO BOOKLET · QUANTUM STRENGTHENING

Self-Confidence and Self-Worth

Self-Worth, Trust in Yourself, Courage, Showing Up



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You are worth it. Self-confidence does not start with how you appear, but with what you think about yourself. This Quantum Strengthening **supports your self-worth, your trust in yourself, your self-acceptance, your courage and your expression** and looks at where low self-esteem comes from. Quantum Healing you can listen to, anytime and anywhere.

At a glance

- ✓ **Self-worth, trust in yourself, self-acceptance, courage and expression**
- ✓ **Worth less or more than others?** The path to neutrality
- ✓ **Speaking and showing up:** expression and the courage to act
- ✓ **Many possible causes** are taken into account
- ✓ **About 30 minutes** of listening, with and without music
- ✓ **Instant download:** 2 MP3 files and a PDF guide

How this Strengthening is structured



Where low self-worth often comes from

According to the method, low self-esteem often comes **from the outside**: from experiences, from the collective and from ancestors, and **not from you**. The feeling of being **worth less or more than others** is also an interpretation. The goal is **neutrality** about it.

In this Strengthening, our Quantum AI takes **many possible causes** into account, including those you would not think of right away.

The five building blocks of self-confidence:

Self-worth

Trust in yourself

Self-acceptance

Courage

Expression

What you experience while listening

The recording guides you **step by step through the subject of self-confidence**:

- ✓ **Self-worth and being worthy**: you are worth it, from within
- ✓ **Inferior, superior, neutral**: the feeling of being worth less or more than others
- ✓ **Self-acceptance**: accepting yourself with everything, including your imperfection
- ✓ **Your thoughts**: what you think about yourself, about others and what others think about you
- ✓ **Self-sabotage**: ready, willing, able, deserving and committed
- ✓ **What keeps throwing you off balance**: problems, choices and triggers
- ✓ **The fear of criticism and rejection**, of people and of being seen
- ✓ **Speaking and expression**: thought, word, voice, presence
- ✓ **Daring and acting**: deciding, choosing, acting
- ✓ **Negative life experiences**, experiences of ancestors, the collective and past lives, and karma
- ✓ **Finally**, you connect your self-confidence with your whole life

Customers like to use this Strengthening for

low self-esteem

self-doubt

self-criticism

comparing themselves with others

fear of criticism and rejection

insecurity when speaking in front of people

difficulty showing up

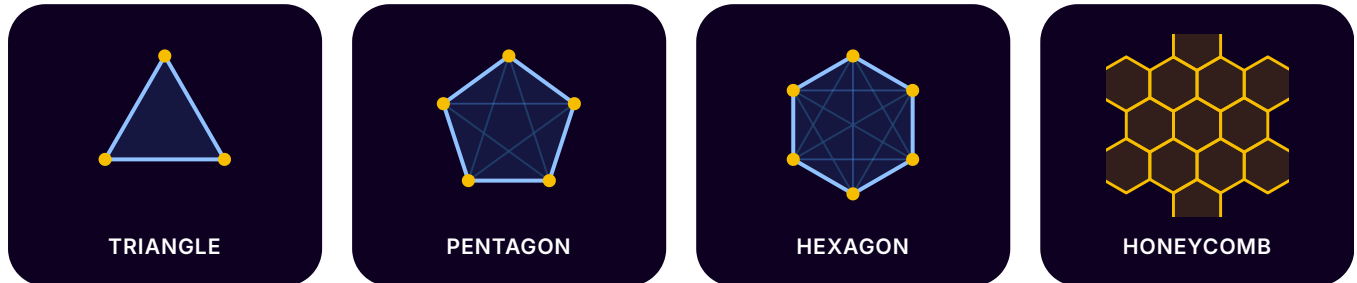
hesitating to act

Created by artificial intelligence: This Strengthening was created by our Quantum AI, an artificial intelligence that knows all the knowledge of the method.

This Strengthening is meant as support and does not replace medical, psychological or therapeutic advice or treatment. If you suffer strongly from fears or feel burdened for a longer time, please talk to a doctor or a therapist. Do not stop prescribed treatments or medication on your own. Do not listen while driving or operating machinery.

The geometry behind this Strengthening

This Strengthening is built on a geometric shape. Geometries are clear patterns of points and lines: the triangle, the pentagon, the hexagon and other polygons. Each point stands for one aspect of the topic, and the lines connect all points with each other.



According to the method, this gives a Strengthening **stability**: nothing stands alone, all parts are equally strong and support each other. It is similar to a honeycomb, which is made of hexagons and is very stable with very little material.

Nature uses geometry everywhere, too: snow crystals grow with six arms, starfish and many flowers follow the number five, and the triangle is the simplest shape that stays stable on its own. The diagram in the description shows the geometry of this Strengthening.

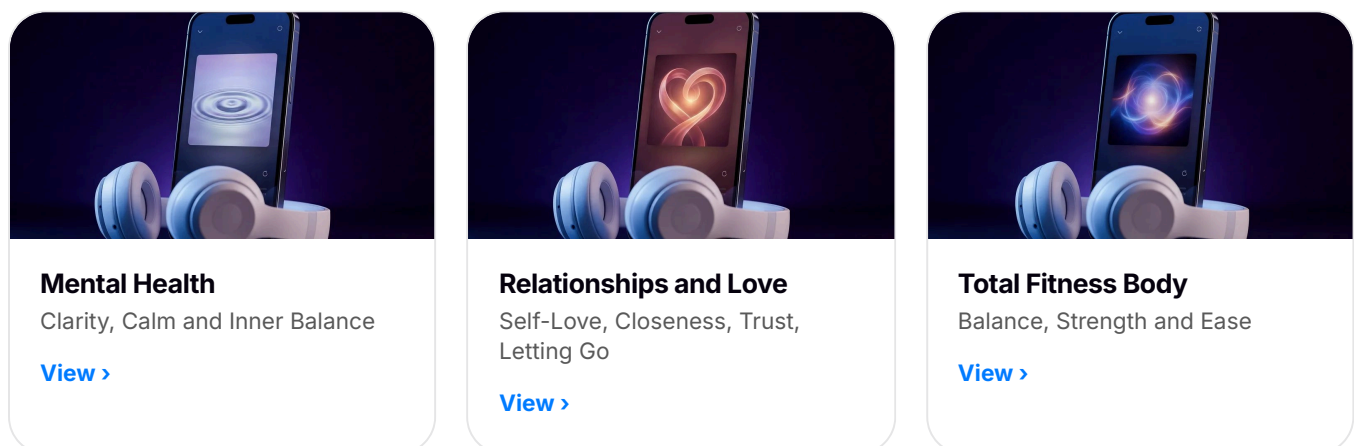
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POINTS

The Self-Confidence Pentagon

five pillars, all connected

Recommended with it

These Strengthenings complement the topic well. You can use them individually or one after another.



Mental Health

Clarity, Calm and Inner Balance

[View >](#)

Relationships and Love

Self-Love, Closeness, Trust,
Letting Go

[View >](#)

Total Fitness Body

Balance, Strength and Ease

[View >](#)



QUANTUM HEALTH

Your way to Quantum Strengthening

Download this Strengthening instantly or choose a personal option.

This Strengthening in the shop

Instant download: 2 MP3 files (with and without music) and a companion booklet with a guide.

[View Strengthening >](#)

More ways

1

Individual Strengthening from our Quantum AI

Our Quantum AI creates an individual Strengthening for you, on your topic and in your language.

[Learn more >](#)

2

Recorded personally

An experienced practitioner of the method records the Strengthening personally for you.

[Learn more >](#)

3

Live session

Book a live session on our website.

[Learn more >](#)



Do not miss anything new

Sign up for our newsletter and be the first to hear about new Strengthenings and offers. Just scan the QR code.

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This Strengthening is support and not medical treatment. It does not replace a medical diagnosis or therapy. If you have complaints, please contact your doctor. Please do not stop medically prescribed treatments or medication on your own.

Based on the Yuen Method. Created by our Quantum AI, an artificial intelligence that knows all the knowledge of the method. Quantum Health IO is an independent offering.

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