

Dignity

Our *inner dignity* is one of the primary motivators for self-empowered actions. Dignity lifts us to realms of new possibilities where things begin to transform, creating more stability in our lives. Undesirable patterns begin to disappear and new patterns emerge as a new way of life.

“When you strive to become your true self, by following your heart, you nurture and increase the available power of your inner dignity.”

—Doc Childre

Exercise: Achieving Inner Dignity Using Heart-Focused Breathing™

The Technique:

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

The Practice:

As you breathe, imagine you are increasing your inner dignity, inner strength and poise. This increases your power to maintain your higher principles through life's interactions.

When you practice breathing a sense of inner strength and inner poise, do so for at least a couple of minutes, with feeling. Our dignity is the foundational baseline of good character. It's a source of extra strength, especially at times when we are low on initiative.

Explore how increasing your inner dignity can encourage you to follow through on choices that are best for you, even though they are not always the most appealing. Dignity provides a strength that keeps us aligned with our higher principles. It strengthens with use.