

CAN METAPHYSICAL PRINCIPLES BE INTEGRATED INTO SECULAR  
SELF-ESTEEM COACHING REGARDLESS OF RELIGIOUS BELIEFS?

by

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## Introduction

In the ever-evolving world of personal development, it has been claimed by some, including our top media outlets that self-esteem, as a topic of focus, has lost its significance in the public eye. As a personal development coach myself, I have heard this reasoning used to justify why discussions around self-esteem have now been exhausted and are no longer relevant or newsworthy. In its place however, making top headlines, are a host of menial topics ranging from trendy beverage tumblers to claims that pet alligators are now being used as emotional support animals. Is this the new barometer of worthwhile information that our communities crave? Can it be that ‘we the people’ no longer have an interest in the true nature of people?

This topic continues to raise questions: is it truly possible that understanding the essence of who we really are, our True Selves, is no longer recognized as a vital aspect of our collective well-being? Is it conceivable that the fundamental nature of our existence, the very essence of how we perceive and value ourselves, is no longer considered to be important in the public eye? Perhaps these notions are simply a reflection of today’s misunderstanding of self-esteem - a misallocated and superficial emphasis on physical attractiveness, social standing, and dominance over others - that has contributed to its perceived devaluation. The evidence that I will present in this study, suggests that progress lies in exploring self-esteem from a different, and much deeper, perspective.

I am suggesting that when one begins to examine self-esteem with greater depth, through the lens of the Divine Self, society and the media at large may arrive at an entirely different conclusion. This more expansive perspective on self-esteem invites us to delve deeper into the truth and consider a more holistic approach that goes beyond the surface level. It is within this

context that we can explore the integration of metaphysical principles into self-esteem coaching. Here we can set our target on elevating the perceived value of self, while subtly nurturing the Divine within.

Taking this idea a step further, we may be prompted to ask whether or not metaphysical principles can be successfully incorporated into self-esteem coaching with minimal or no mention of religious beliefs? In fact, if the intention is to reinstate self-esteem as a valuable, relevant, and even newsworthy topic, there could be great benefits in presenting it without undue emphasis on religious ties. It is my experience, and many are apt to agree, that religion has been labeled as a topic of contention, and like recent self-esteem discussions, it too is most often kept out of the media's limelight. Therefore, as we are tasked with making the value of self newsworthy again, its omission may be critical.

After decades of personal development coaching with individuals across various age groups, it has become evident that not only is it possible to teach and nurture self-esteem without focus on religion, but it may, in fact, be necessary in order to expand public understanding of authentic self-esteem concepts.

Through in-depth analysis of real-world case studies from over a decade of my own work in the field of personal development, I hope to help expand the boundaries of self-esteem coaching - to take it beyond the superficial and into the depths of the Metaphysical. By integrating careful examination of relevant literature and thoughtful consideration of the broader implications of this work, my desire is to contribute more effective and expansive approaches to personal growth. Ultimately, the goal is to improve the overall understanding and receptivity the value of the True Self, from a metaphysically infused perspective, in the public eye.

Throughout this exploration, we will uncover a wealth of self-esteem-related principles, ideas, and teachings presented in secular context. We will unearth evidence that these concepts are in fact, subject to Metaphysical interpretations. By broadening the scope of self-esteem coaching to include the integration of these metaphysical origins, we challenge the notion that this topic has become stale and unimportant. Instead, we argue that this innovative approach not only breathes new life into the field of personal development but also has the potential to yield significant benefits for individuals seeking to enhance their self-esteem and tap into a deeper connection with their innermost selves.

Armed with detailed case studies and research, I will demonstrate that self-esteem, far from being a "dead topic," remains an essential aspect of human existence - and perhaps the most fundamental. By delving into the intersections of secular self-esteem concepts and metaphysical principles, we strive to reinvigorate the conversation surrounding self-esteem, personal growth, and well-being. This dissertation will demonstrate that Metaphysical Principles, not only can be, but are innately integrated into self-esteem coaching regardless of religious beliefs.

As we dive deeper into the exploration of integrating metaphysical principles into self-esteem coaching, it is crucial to consider the various perspectives surrounding the topic. As previously stated, one might argue that the separation of metaphysical principles from self-esteem coaching would be essential to avoid the conflict that is often inherent to public discussion around the nature of 'being,' where beingness is often a topic founded on specific religious beliefs and practices. However, this dissertation demonstrates that by extracting the wisdom found within the universal principles of metaphysics and applying them in a secular

context, we can create a bridge between diverse belief systems. Therefore, enabling individuals to benefit from these concepts without adhering to a particular religious doctrine or tradition.

Moreover, by examining the metaphysical underpinnings of various self-esteem-related teachings, we can uncover a rich mosaic of interconnected ideas that transcend the boundaries of individual belief systems. This interwoven network of wisdom highlights the common threads that unite us as human beings, and leads us to a more profound understanding of one's True Self.

In our quest to revitalize the conversation surrounding self-esteem and its enduring significance, we must also consider the broader societal implications of our findings. By demonstrating the efficacy of integrating metaphysical principles into self-esteem coaching, we challenge the prevailing narratives that perpetuate a limited understanding of self-esteem. We can finally expand beyond the limited beliefs that self-esteem is simply a matter of physical appearance, performance, and achievements. In doing so, we are able to effectively pave the way for a more dynamic and Metaphysically led approach to personal development.

Ultimately, this dissertation aspires to serve as a catalyst for change, inspiring a reassessment of the way we perceive, measure, cultivate, and discuss self-esteem in today's society. By illuminating the connections between secular self-esteem concepts and its metaphysical origins, we invite a deeper and more meaningful exploration of the inner self. Ultimately, significantly improving personal well-being and contributing to a world of more confident, compassionate, and interconnected human beings.

In addition to the literature presented, this dissertation will showcase a series of case studies that illustrate both the practical application and outcomes of integrating metaphysical principles into self-esteem coaching. Spanning diverse belief systems, genders, and ages, these

case studies exemplify the potential for this approach to transcend individual differences to successfully yield measurable, positive results in self-esteem development.

The coaching methods featured in the case studies included not only metaphysical principles, but also the use of a secular modality known as Neuro Linguistic Programming. In many cases, Neuro Linguistic Programming techniques were found to be quite similar to those found in metaphysical treatments. These tools address the mental aspects of self-esteem building, employing powerful visualization strategies to challenge limiting beliefs and reframe self-perception. While these techniques have proven to yield massively successful results, with outcomes such as conquering specific fears, for example, they also integrate the meditative and visualization principles inherent to Metaphysical Science. While utilizing Neuro Linguistic Programming aspect to reprogram negative beliefs systems was effective, those techniques were only amplified with metaphysical integration. With the added conscious awareness of their overlapping components, the intentional use of elements such as connecting with the breath, verbal affirmations, and tapping into elevated emotions, results were magnified. These subtle elements opened the subjects up to deeper dimensions of the True Self beyond the confines of the coaching session. This observation during my coaching career led to the organic integration of metaphysical principles in the forthcoming case studies.

This integrative approach has proven instrumental in nurturing the deeper levels of being and honoring the True Self in significant ways. The outcome of which has resulted in more well-rounded personal development outcomes. This has not only proven to be beneficial in specific areas of perceived difficulty, but is also evident in ones overall feeling of well-being, perception of self, and belief in personal value.

Merging the modalities of Neuro Linguistic Programming and Metaphysical Science is a mind, body, and soul approach which demonstrates the interconnected nature of the human experience. There is great importance and even greater benefits in integrating a well-rounded and holistic approach to self-esteem coaching. Both the literature and case studies featured in this research highlight the transformative power of this integrated approach. Together, the research and data showcase the potential for lasting change and personal empowerment across a variety of client demographics. Readers are encouraged to explore these success stories and consider the broader implications of this work. Envision the potential for further innovation as metaphysical principles are incorporated into the field of personal development, with an emphasis on self-esteem coaching. In turn, guiding humanity to hold themselves in higher esteem, while reviving the inherent and immutable value of the True Self.

## Review of Literature

### **What Is Self-Esteem?**

In order to begin this exploration, let us define what self-esteem means. Later, we will define metaphysics and explore the overlapping benefits of these concepts.

Self-esteem can be understood as an inner compass of well-being, deeply rooted in our own feelings about our actions and behavior. Unlike many may believe, self-esteem is actually a measure of self-worth that exists independently of external validation or the approval of others. Both high self-esteem and low self-esteem are primarily reflections of how we perceive ourselves internally, rather than the external judgments of those around us (Bednar & Peterson, 10-11).

In fact, the topic of judgement around self-esteem not only releases us from relying on the opinions of others, it forces us, instead, to look inward at the internal dialogue of self-judgement in which we often engage. Our own negative self-judgments can significantly impact our relationship with ourselves and distort the way we perceive our True Selves. As Chopra aptly states in his work, these judgmental thoughts can create a sense of disconnection from our innermost selves, creating or exacerbating feelings of fear, guilt, and insecurity (Chopra, 11).

“Only Intimacy with the Self will bring about true healing [of these negative states]” (Chopra, 11). Chopra helps us with the essential realization that cultivating healthy self-esteem is not about navigating the external judgments that may be prevalent around us on the outside, but more importantly it’s about fostering non-self-judgement and nurturing a positive internal

dialogue. By acknowledging and challenging our own negative self-judgments, we can begin to bridge the gap between our self-perception and our true selves (Chopra, 11).

Wade Galt further supports Chopra's perspective in his book, *Divine Self-Esteem*. Galt explores the relationship between the external judgment of others and internal self-judgment, emphasizing that, "no matter how we slice it, self-judgement is self-judgement" (68).

In other words, the negative labels we adopt from others, and more importantly, the labels we assign to ourselves can be equally detrimental to our self-esteem. We might try to mitigate the impact of these negative labels by substituting them with seemingly less harsh terms, effectively sugarcoating our self-judgment. However, this practice often serves only as a temporary solution, as we continue to identify and align ourselves with our negative self-perception. Merely replacing one negative description with another does not address the underlying issue—which is the persistent habit of labeling ourselves in a manner that ultimately undermines our self-worth. To genuinely cultivate a healthy self-esteem, it is crucial to move beyond the trap of self-judgment and labels, whether imposed by others or ourselves (Galt, 68).

Expanding beyond self-judgment we find the idea of self-criticism. This is a key discussion point related to self-esteem in Power and Khmelkov's study, "Character Development and Self-Esteem." Their study revealed that in the process of self-evaluation, self-criticism is often increased. Essentially, this increase in self-criticism or self-judgement often leads to a lowering of self-esteem, initially. Ironically, however, this was not determined to be as debilitating an outcome as one might think. The researchers found that if the self-criticism was constructive in nature, it often served as a powerful impetus for personal growth and transformation. It appears that as we strive to meet higher standards through self-evaluation, we

can, in fact, be motivated by the challenges we encounter. This motivation can lead us to embarking on a dutiful journey of self-improvement (542).

Ultimately, these experiences can help us to nurture a healthier self-esteem, which is essential according to Power and Khmelkov who state that, “Building self-esteem is an important part of character development” (542).

Even greater, still, than the development of one’s character through self-esteem building, is the importance of self-esteem as a fundamental aspect of life itself, as highlighted in the book, *Spirituality and Self-Esteem*. Co-authors, Bednar and Peterson state that, “Self-esteem is a highly valued trait that directly and undeniably influences the quality of our lives” (10).

The two go on to say that high self-esteem is often associated with a range of positive attributes, from increased happiness and confidence to greater success in a variety of personal and professional endeavors. Individuals with high self-esteem are generally more adept at tackling life's challenges, demonstrating resilience, and possess better problem-solving and communication skills. Self-esteem is such an important part of life, that it ultimately serves as a significant determinant of our overall life satisfaction and personal growth (Bednar and Peterson, 10).

While high self-esteem creates positive states in one’s life, low self-esteem, conversely, is closely linked to various emotional difficulties. These difficulties include diminished confidence, a reduced ability to take initiative, and decreased anticipation of success. Those grappling with low self-esteem may find themselves caught in cycles of negative self-talk, which can impede personal development and limit their capacity to thrive in different aspects of life (Power and Khmelkov, 10).

## **Self-esteem, Self-confidence and Related Terminology**

While Power and Khmelkov offer an introduction to the link between self-esteem and confidence, Toronto Psychologists offer us a closer look. In their article, “What’s the Difference Between Self-Esteem and Confidence,” they explain that self-confidence involves trust in our capabilities to handle specific aspects of life, goals, challenges, etc. It is focused outward, and is generally more accessible and easier to cultivate than self-esteem. To nurture self-confidence, they suggest that we must believe in our ability to interact effectively with the world around us. Self-confidence often results from successful experiences, creating even greater assurance in those areas. Interestingly, it's possible for individuals to possess confidence in their abilities while still grappling with low self-esteem (Legere, n.p.).

Contrary to the outward facing aspect of confidence, Toronto Psychologists clarify that, “Self-esteem refers to how we feel about ourselves and helps to guide our thoughts, feelings, and behaviours. Self-esteem is inward facing and often dictates the way we engage with the world and others” (Legere, n.p.).

Although there are various interpretations and many terminologies used to explain self-esteem, scholars from The University of Queensland article, called, “Self-Esteem and Self-Confidence,” continue to confirm that there are interchangeable similarities in the verbiage, stating that, “self-esteem and confidence overlap” (n.p.).

The overlapping similarities, allow the use of similar approaches in mending both confidence and self-esteem simultaneously. The University of Queensland recommends

reprogramming your thinking, practicing self-acceptance, and getting to know yourself.

Ultimately these suggestions encourage greater levels of both acceptance and awareness of self (n.p.).

Further investigation reveals yet an even more expanded take on self-esteem and introduces us to additional, interrelated terminology. Rabbi Dr. Nachum Amsel, expands even further on the term self-esteem defining it as an assessment of one's own worth which includes beliefs of self as well as both positive and negative emotions. His article "Self-Esteem in Judaism," encourages us to view self-esteem as synonymous with, "self-worth, self-regard, self-respect, and self-integrity" (n.p.).

Amsel's expanded terminology of self-esteem as well as University of Queensland's urging toward self-awareness in self-esteem development, open the door for seamless metaphysical integration. As Dr. Masters states in his Master's Degree Course, "The "Self-Help" and "Awareness" labels [create] a comfortable doorway to metaphysics for the more skeptical, conservative souls among us" (Master's Degree Course 1: 7).

### **Bridging The Gap Between Self-Esteem and Metaphysics**

Shedding greater light on the bond between self-esteem and metaphysics we find Nathaniel Branden, author of *The Power of Self-Esteem*, who specifically uses metaphysical terms to define self-esteem. He describes self-esteem as our ability to perceive ourselves as competent individuals who are able to consistently cope with challenges that life presents, all while also feeling worthy and entitled to live a happy life (18).

This definition ties into metaphysical philosophies with Branden's strategic use of the word, 'competent.' He states, "The concept of "competence" used in my definition [of

self-esteem] is metaphysical, not Western. That is, it pertains to the very nature of things, to our fundamental relationship, to reality” (19).

Branden explains that his definition of self-esteem is contextual, not one-size-fits-all for every situation. With that, we understand that his definition is also flexible and subject to improvements as more knowledge is obtained through life experience and additional study. It can shift, change, and become even more precise over time, either by his own reassessment or through the contributions of others. Ultimately, however, the definition in any context and at any improved level of precision speaks truthfully into the heart of self-esteem (19).

By framing self-esteem in this metaphysical context, Branden encourages us to view the concept as fluid and adaptable, highlighting its significance within our relationship to the world around us. This perspective broadens our understanding of self-esteem and emphasizes the importance of considering its deeper metaphysical dimensions, the very nature of reality, when evaluating our ability to navigate life's challenges (18-19).

### **A Deeper Look At Metaphysics and Spirituality**

As we further bridge the gap between self-esteem and metaphysics, we recognize that at its core, metaphysics seeks to understand the fundamental nature or essence of life. It extends further into the spiritual reality that transcend our material world. Aligning with various disciplines including spirituality, philosophy, and mysticism, metaphysics forms part of a time-honored pursuit to uncover deeper truths of our existence. Thus, metaphysics can be defined as, “the spiritual root of life” (Spiritual Arts Institute, n.p.).

Since metaphysics is being introduced to us in spiritual terms, it is important to separate the idea of spirituality from religion for utmost clarity in this exploration. For this we turn to

Sadhguru's teaching on spirituality versus religion, as explained in an interview entitled, "Sadhguru On The Difference Between Religion & Spirituality." In this discussion, we learn that whereas religion is steeped in the seeking of external guidance or rules from an expert, guru, or authority of sorts, spirituality is an inner seeking of the truth within. Spirituality is described as a natural human drive to know more, to seek truth as the only authority. The spiritual process as Sadhguru calls it, is likened to a scientific inquiry, rich with constant seeking, searching and asking. He insists that this digging is not in search of anything outside the self, but that in spirituality, we "dig deeper and deeper, not into something else, but into yourself. The nature of your existence" (n.p.).

With a firmer understanding of the essence and process of spirituality, we can now expand upon the connection between self-esteem and the spiritual element of metaphysics. WebMD tells us that spirituality has a positive impact on self-esteem and confidence. In their article, "How Spirituality Affects Mental Health," WebMD Editorial Contributors indicate that, "Spirituality is your belief or sense of purpose and meaning. It is what gives you a sense of value or worth in your life" (n.p.).

This medically reviewed source informs us that spirituality has an effect on our decisions, our ability to cope, our healing and recovery time, as well as our relationship with ourselves and others. It is evident that spirituality has a significant place in our physical, mental, and personal development (WebMD, n.p.).

Pausing for a moment to appreciate the health-related significance of self-esteem in not only mental, emotional and spiritual well-being, but in physical health as well, we find Barbara Levine. She provides additional support for the significance of self-esteem and confidence in a

medical capacity, in her book, *Your Body Believes Every Word You Say*. Levine states that, “The will to live, the capacity for joy, and self-confidence are important components of total health care, not alternatives to Orthodox Medicine” (17).

Whether related to physical, mental, or emotional well-being, we find that as individuals grapple with life's challenges and existential questions, both self-esteem and spirituality can provide solace, hope, and resilience. By fostering a sense of inner peace, purpose, and forgiveness, spirituality becomes a powerful resource for navigating emotional turmoil and fortifying many areas of well-being, including mental health. Traditional psycho-therapeutic methods, such as cognitive behavior therapy can integrate spiritual components including, identifying purpose, increasing hope, finding forgiveness, and improving self-acceptance. In the context of mental health treatment, incorporating spirituality can facilitate a more comprehensive approach that addresses the complex interplay between emotional well-being and existential concerns. (WebMD, n.p)

Returning specifically to the spiritual practice of metaphysics, we now understand it as a philosophy and a science that “seeks to understand the invisible, spiritual nature of all life which transcends the physical, material plane in which we now live” (UMS Church, n.p).

UMS Church helps us to explore metaphysical spirituality more deeply from the various perspectives of science, philosophy and religion. Philosophically, metaphysical spirituality analyzes human nature, cognition, and relationships, while exploring natural laws applicable to both visible and invisible facets of life. The emphasis of the philosophical view of metaphysical spirituality is placed on ethical living and personal responsibility (UMS Church, n.p.).

In the scientific context, metaphysical spirituality examines life's principles on Earth and in the spiritual realm. It seeks to uncover and categorize the workings of spiritual and psychic phenomena (UMS Church, n.p.).

Religiously, metaphysical spirituality offers an understanding of the universe's divine source and interconnection of spiritual and natural laws. Aligning with these laws enables harmonious collaboration and creation with the divine, leading to collective evolution and personal development (UMS Church, n.p.).

### **Spirituality, Religion, and Self**

These varying perspectives offer us a greater degree of understanding as to the overarching goal of spirituality, which is to cultivate connection, positivity, and unity among individuals. Nazeer Ahmed Kazi highlights the Divine elements of spirituality in his article, "Spirituality and Self Confidence," when he expresses that spirituality often entails seeking a meaningful connection with something greater than oneself, frequently leading to positive feelings and a sense of interconnectedness. It involves acknowledging or believing in a higher power beyond personal existence, allowing individuals to transcend their own limitations and to find more meaningful connections with others. He explains that spirituality encourages us to examine religious aspects that contribute to this goal. Ultimately for the purpose of demonstrating that the overarching aim across various religions is to promote spiritual unity and harmony among people (n.p.).

Kazi's article offers examples of this across various religions, stating that developing self-confidence involves the following: recognizing one's abilities, fostering positive relationships, and practicing self-kindness. Kazi points out the Gita, Hindu scripture, which

underscores self-confidence as a crucial element for a successful and fulfilling life. Similarly, the Quran, the sacred scripture of Islam, is used as an example to highlight self-confidence as a state of awareness of one's inherent strengths and the ability to use them effectively. While, moreover, Kazi states that, “in the Bible [self-confidence] is defined as a feeling or belief that one can have faith in or rely on someone or something” (n.p.).

Even in some cases of atheism, where New Atheists may “draw on science for recommended alternatives to religion” (Taylor, n.p.), others, such as the Spiritual Atheist, “often delve into existential questions without attributing them to a higher power. They explore the significance of life, the mysteries of existence and the interconnectedness of things without invoking the supernatural” (The Times of India, n.p.).

In fact, the Times of India article called, “Embracing spirituality as an Atheist,” explains that spiritual atheists find transcendence not in the divine, but in the marvels of nature. The awe-inspiring beauty of the cosmos, the complexity of ecosystems, and the intricacies of life itself evoke a deep sense of wonder and reverence. Mindfulness and meditation practices offer pathways to inner peace, self-awareness, and emotional well-being. Spiritual atheists often engage in these practices not for spiritual enlightenment, but as tools to cultivate mental clarity, emotional balance, and self-understanding (n.p.).

### **Metaphysical Tools For Raising Self-Esteem**

As we begin to explore the metaphysical tools and perspectives that create measurable changes in self-esteem, we turn to the book, *Living Buddha, Living Christ*. Here, Thich Nhat Hanh teaches us that by nurturing the self and finding peace within, we can deepen our capacity for empathy, compassion, and understanding. The outcome of which serves to enhance our

ability to create meaningful connections and obtain peace on a greater scale (10). “Our capacity to make peace with another person and with the world depends very much on our capacity to make peace with ourselves” (Hanh, 10).

A crucial aspect of this process involves initiating a dialogue, most importantly, with oneself. This introspection allows us to explore our inner selves, identify areas of personal growth, and address any barriers that may impede our ability to cultivate inner peace. As we engage in this internal conversation, we lay the foundation for improved sense of self and an improved ability to connect with others and the world around us. By recognizing the importance of self-dialogue as the starting point for personal transformation, we can embark on a journey toward greater self-awareness and, in turn, contribute to the creation of a more harmonious and compassionate society. We also uncover greater satisfaction within (Hanh, 9-10).

At this point in our exploration, we will observe specific ways in which, “metaphysics moves into concrete manifestation” (Church, xiv). In the introduction of *You Are The Placebo* by Dr. Joe Dispenza, Dawson Church offers a Forward that helps us to understand the real biological changes that occur as the end result of metaphysical work. Not merely suppositions, but a measurable cause-and-effect result of intentional thoughts directed at shifting limited beliefs and negative feelings, as well as “biological set points” (xiv) that have blocked the fulfillment of our highest potential. Integrating metaphysics into our self-development practices can lead to radical improvements in our functioning (Church, xi -xiv).

By acknowledging the capacity for biological changes as a real and quantifiable outcome of metaphysical work, we further our understanding of the value of our inner thoughts and beliefs, as they relate to physical experiences. We can initiate profound changes that reverberate

not only through our mental and emotional experiences but also affect our belief in our own abilities and impact our level of physical functioning. The enthusiastic integration of metaphysics into our lives can shift our belief systems if we truly recognize its transformative power (Church, xi -xiv).

Later in the same book, Dispenza himself highlights the role that awareness and intention have in influencing our well-being and overall life experiences. He insists that it is crucial to recognize that our consciousness and level of understanding have a tangible impact on our bodies and our health. By learning and utilizing specific language to shape our experiences and the meanings we assign to them, we can greatly influence our intentions and consequently, the outcomes we achieve (Dispenza, 41).

As we develop a deeper understanding of our thoughts, emotions, and the narratives we construct around our experiences, we gain greater control over the direction of our lives. This heightened self-awareness enables us to make more conscious choices and set powerful intentions that align with our desired outcomes. Moreover, the act of assigning meaning to the explanations and events in our lives plays a pivotal role in shaping our experiences. When we approach these interpretations with an open and growth-oriented mindset, we can intentionally create a more positive and empowering narrative that propels us towards our goals. By harnessing the transformative potential of our awareness and inner intention, we can amplify the effectiveness of the tools and strategies we employ for self-improvement and well-being. As we deepen this understanding we unlock a profound ability to shape our reality and realize our fullest potential. In essence, our awareness and intention serve as potent catalysts for personal growth and lasting, positive change. (Dispenza, 41)

“Science and religion are now coming together” (Shinn, 323). This statement made by Florence Scovel Shinn in her Collection, *The Wisdom of Florence Scovel Shinn*, helps us to continue closing the gap between research-based scientific findings, as presented by Dispenza, and their metaphysical counterparts, specifically regarding their combined impact on self-esteem. Shinn reminds us that metaphysics teaches the power of our inner thoughts and the immense value our words have to help us heal. She draws attention to the scientific connection between words expressed verbally and the corresponding changes that occur at a chemical level within the physical body (323).

As a metaphysical teacher and writer, Florence Scovel Shinn references Isaiah in the bible when she says that our words, when spoken aloud, will not result in nothingness, instead they will bring back that which has been spoken. She goes on to elaborate on the idea that words and thoughts hold significant power as a ‘vibratory force,’ continuously shaping our physical selves and influencing the events in our lives. This concept reinforces the importance of cultivating a positive and empowering inner dialogue. In order to align ourselves with the ‘vibratory forces’ of positive experiences of self and life, we must choose to focus on uplifting and constructive thoughts (11).

Shinn insists that “we have the power to choose our thoughts. (234)” Yet, she acknowledges that where one may lack direction or focus in their thoughts, they can take greater control of the words that are spoken aloud in order to impress the deeper levels of self. The result of which greatly impacts how happy and successful life feels to you. This is because the thoughts you hold steadfast in your mind will inevitably manifest in your physical life, shaping and affecting the external world in which you live (235).

As we validate the fundamental role of thoughts and words as vital tools in both self-esteem and metaphysics, we uncover Napoleon Hill's "Confidence Formula" (74), which he outlines in the chapter titled "Faith" in his influential book, *Think and Grow Rich*. Hill's formula emphasizes the significance of focusing your dominant thoughts on our desires and utilizing what he calls 'autosuggestion' or 'self-suggestion' to enhance self-confidence. By concentrating on our dominant thoughts, we shape our inner perceptions and cultivate an environment conducive to success and personal growth. This practice helps us align our intentions with our desired outcomes, creating a stronger sense of self-belief (74).

Hill's Confidence Formula highlights the power of auto-suggestion in boosting what he calls our greatest weakness of all: the lack of self-confidence. Through deliberate, consistent, and repeatedly holding a clear desire in mind, we can reprogram our inner selves at deeper levels of mind. This will reinforce the belief in our abilities to achieve our goals, therefore, boosting our self-confidence and helping us to achieve our greatest inner desires (74-75).

Referring to the lack of self-confidence as a handicap, Hill emphatically states, "This handicap can be surmounted, and timidity translated into courage through the aid of the principle of auto-suggestion" (74). Hill goes on to conclusively describe self-suggestion as the single-most element of significance in developing one's character, reporting that it is indeed the foundational principle on which character is built. It all lies in recognizing the profound influence of our thoughts and beliefs on shaping who we are and the lives we lead (315).

When desired thoughts and beliefs are held in the mind's eye with the addition of enhanced visual imagery, Dr. Leon Masters refers to it as, 'self-hypnotic suggestion' (Masters, *Meditation Dynamics* 49).

In his *Meditation Dynamics* book, Masters explains that the goal of the visual imagery is to “see yourself in your mind as already obtained the goal of your suggestion” (49). Reminding us to repeat the desired suggestion, constantly and repeatedly, Masters reaffirms the ability we have to use this approach to think of ourselves, and picture our situation, in a more confident manner (49).

The exploration of self-esteem and metaphysics continues to point to the power of our thoughts as we turn to James Allen’s, *As a Man Thinketh*. The author creates the analogy of a seed never being separate and a part from the plant it creates - that being synonymous with our thought-seeds becoming our deliberate, resulting acts and then blossoming into our overall beingness. The discussion of character re-emerges here as being directly formed by the sum-total of the way we are continuously thinking (5).

The aphorism, “as a man thinketh in his heart, so is he,” can also be found quoted in Neville Goddard’s lecture, “Self-Talk Creates Reality.” Here, Goddard supports longstanding metaphysical conclusions that thoughts, or ‘inner conversations’ as he identifies them, are wholly responsible for the outcomes in our lives. He explains that talking or thinking to ourselves is an automatic process that cannot be stopped, any more than we could stop other natural processes of the body, like eating and digesting, for example (232).

Goddard says that, “speech is the image of mind; therefore, to change his mind, he must first change his speech. By ‘speech’ is meant those mental conversations we carry on with ourselves” (Goddard, 232).

Leaning on biblical scripture, he points to the need for cessation of previous limiting or negative conversation of the ‘old self,’ and in its place a need for more improved mental

conversations in order to renew the spirit of the mind. Thus, leading to the creation of the ‘new self.’ He concludes that any changes we wish to see in the world, must first be carried out within us, within the power of our inner conversations with and regarding ourselves (Goddard, 232).

The root cause of our struggles with self-esteem lies in our disconnection from our true essence and the boundless potential that resides within us. Consequently, the path to overcoming insecure thoughts and nurturing self-esteem involves turning our focus towards our spiritual nature. We have the freedom to choose the beliefs we hold about ourselves. We possess infinite potential, and the depth of our experiences are shaped by the thoughts and beliefs we cultivate. By recognizing the power of our thoughts to create our reality, we can harness this potential to redefine our self-concept and foster a deeper sense of self-worth. The act of embracing our spiritual essence and tapping into the limitless well of inner strength and resilience that lies within, allows us to transcend the limitations imposed by low self-esteem and take a new path defined by self-acceptance, confidence, and personal growth. Nurturing our spiritual connection paves the way for a more empowered and fulfilling life, anchored in the knowledge of our true, limitless potential (Adey-Jones, n.p).

“We are just One Thought away from a completely different experience.” (Adey-Jones, n.p)

## Methods

The data for this exploration was gathered through a retrospective analysis of case studies reflecting on my work in self-esteem coaching from 2013 to 2024. These case studies represent successful interventions aimed at enhancing self-esteem in my clients using strategies that echo the general principles of Metaphysics.

Notably, clients included in this case study reflection were not explicitly informed about the utilization of metaphysical principles during the coaching process, as the focus remained on addressing their self-esteem concerns primarily using a secular practice called Neuro Linguistic Programming.

“Neuro Linguistic Programming (NLP), is the study of excellent communication—both with yourself, and with others” (Empowerment, Inc, n.p.).

The case study samples consists of 25 clients, each identified in Figure 1 by a unique number to maintain confidentiality. Participants varied in age group, with representation across child, young adult, and adult demographics. Similarly, religious standing varied within the group and in some cases was unknown or unclear to either the participant or myself, such cases are listed as N/A in Figure 1. Gender distribution within the sample included clients who identified with their biological category of either male or female.

For each client case study, data was retrieved from my documented coaching records using the last recorded session date with the client. Additionally, information was documented regarding the specific self-esteem issue addressed during the coaching process. Also included, is the secular tool or approach employed in order to address the identified issue, as well as the corresponding metaphysical principle that was inferred to be at play.

The descriptions of each metaphysical integration applied has been expanded to reflect both Dr. Masters' teachings as well as the metaphysical language and processes discussed in this research.

The data collected from client case studies were analyzed qualitatively to identify patterns and themes related to the utilization of metaphysical principles within the coaching process. Each case study was examined individually to determine the effectiveness of integrating metaphysical principles into self-esteem coaching, irrespective of the client's religious beliefs.

Given the retrospective nature of the case studies, no consent was sought or obtained from clients. However, measures were taken to ensure confidentiality and anonymity by omitting both names and any uniquely identifying details from the findings. I maintained ethical guidelines in conducting this case study reflection, prioritizing the protection of client privacy and well-being.

An additional variable worth noting, is the varying coaching settings employed for each sample in the study. Client coaching sessions from 2013 to 2018 were conducted in-person, most often in an office setting or outside in nature. From 2020 to 2022 sessions were also conducted in-person, but varied in location from client's home to virtual online coaching. Case studies from 2023 to 2024 were all conducted online. All but one of the sessions, were for a one hour duration. The exception was conducted for two hours. These variables did not appear to have an impact on the outcomes, but are worth noting for further studies and assessments.

It is important to acknowledge certain limitations of this case study reflection, including the retrospective nature of data collection and the potential for recall bias. Additionally, the sample size may restrict our ability to generalize these findings to broader populations. However,

efforts were made to mitigate these limitations through rigorous data analysis and interpretation in conjunction with the research revealed in the review of literature.

The overarching goal of this study is to present more than a decade of successful client coaching sessions, which demonstrate seamless integration and proof of efficacy in integrating metaphysical principles into self-esteem coaching. By systematically examining client case studies and documenting outcomes, this research aims to contribute valuable insights to the field of personal development, self-esteem coaching. And it's relationship to metaphysical practice.

## Findings

In analyzing the data of self-esteem coaching case studies spanning from 2013 to 2024, I examined the effects of integrating metaphysical principles into secular self-esteem coaching interventions, regardless of clients' religious beliefs. The data revealed a pattern of positive outcomes across various demographic groups and self-esteem issues addressed.

The 25 clients in the sample ranged from children to adults, with diverse religious affiliations such as Christian, Jewish, and those with other non-religious spiritual-based beliefs. First, it is evident that clients with varying religious beliefs, genders, and ages sought self-esteem coaching, with the majority being Christian at 40%, followed by Jewish clients at 32%, and those who identified themselves as Spiritual accounted for 8% of the data set. Notably, a significant portion of clients, 20%, made up a group of clients for which their religious or spiritual affiliation was unknown by me or uncertain for them, both listed as N/A.

The distribution of clients across different age groups was as follows: Adults, including those listed as young adults, represented the largest group in the sample size, at 40%. Followed by teens who represented 36% of the client sample and lastly, children, who made up 24%.

Regarding the biological categories, 80% of the sample identified as female and 20% identified as male. Thus, posing another question for future research regarding the ratio of males and females who seek seek personal development in the form of self-esteem coaching.

The diverse representation of religious beliefs, age group and gender, allowed for a relatively comprehensive exploration of the effectiveness of metaphysical principles in self-esteem coaching. The case studies revealed a wide range of self-esteem issues addressed

during coaching sessions. These issues included feelings of unworthiness, self-doubt, anxiety, fear, and struggles in the area of body image.

Each client presented unique challenges related to their self-esteem, demonstrating the complexity of this aspect of personal development. A variety of secular tools, including techniques from Neuro-Linguistic Programming (NLP), were utilized to address clients' self-esteem issues. These tools, when further analyzed and cross-referenced with the research emerge largely as metaphysical tools. From positive thinking and setting intentions to visualization and reframing self-talk and suggestion, we find that each secular tools used was underpinned by metaphysical principles. Further alignment with the work of Dr. Leon Masters revealed additional overlaps such as the power of aligning the positive thoughts of higher mind, recognizing spiritual self-image, and accessing higher consciousness to boost confidence.

Among the tools used, “reframing” was a recurring technique utilized in multiple cases. This process of ‘reframing thoughts’ is a traditional Neuro Linguistic Programming (NLP) tool which effectively mirrors the metaphysical processes of visualization and self-suggestion. Rather than ruminating on the same old thoughts, clients were encouraged, in the words of Neville Goddard, to shed the old self, (low-self-esteem) and visualize their desired situation to reframe their perspective to the new self (higher self esteem).

Repeated themes emerged in the tools that are aligned more with traditional Metaphysical practices. For example, self-hypnotic suggestions or affirmations were one of the most commonly linked approaches found in this study. Additionally, Mystical Self-Direction - in the form of following gut-instincts - was traced to multiple cases as well. Most interestingly, Spiritual Self-Image as taught by Dr. Masters as the spiritual power within, and interpreted here

as an inner seeking, with enhanced inner dialogue, was the most common metaphysical tool used in repeated cases in this study. This highlights its effectiveness in addressing self-esteem issues.

Across 100% of case studies presented, positive outcomes were reported with the integration of metaphysical principles into self-esteem coaching sessions. This may be largely due to the integrative nature of Neuro Linguistic Programming, NLP, as defined by the Association of Integrative Psychology.

NLP is a branch of Integrative Psychology which is a “study and practice that seeks to unite traditional medicine, psychology, and other alternative and complementary approaches” (“What is Integrative Psychology”, n.p.).

Although session quantity and frequency was not collected and poses as an unexplored variable in my outcomes, 100% of clients reported reduced stress, increased confidence, improved self-perception, and enhanced well-being by the conclusion of our coaching sessions.

Beyond simple generalizations of “feeling better,” clients demonstrated tangible behavioral changes, such as improvements in academic scores, award winning athletic performances, business expansion, confident social interactions and increased social circles, as well as becoming more decisive, sleeping better, symptom relief and more.

The findings of this study have significant implications for the field of personal development and coaching practice. They provide evidence of the possibilities of integrating metaphysical principles into self-esteem coaching, as a more holistic approach to addressing clients' deepest self-esteem concerns. Going forward, further research is warranted to explore the long-term effects of such interventions and their applicability to broader populations.

In conclusion, the findings of this study support the hypothesis that metaphysical principles can be effectively integrated into self-esteem coaching, irrespective of clients' religious beliefs. By harnessing the power of these principles, coaches can facilitate positive transformations in clients' self-perception and overall well-being. This in turn contributes to their personal growth and fulfillment as well as facilitating greater positivity radiating in their lives and into the lives of those around them.

## Discussion

When Nathaniel Branden defined self-esteem in Metaphysical terms, we learn *what* self-esteem is. When Church and Shinn individually highlighted the concrete biological and chemical changes brought about by Metaphysical practices, we get to understand *why* metaphysical practices work. Finally, when Dr. Masters encouraged us to take the self-help route when utilizing Metaphysics in our Western world and later Spiritual Arts Institute revealed that the Western World accepts Metaphysics as Spirituality, we see *how* to put it all together to help people make real improvements in their personal development practices.

Armed with the why, what, and how of metaphysical integration into secular self-esteem coaching in our Western world, it's time to have a newsworthy discussion about self-esteem, its metaphysical connections, and its value to individuals as well as society as a whole.

It all boils down to internal processes inherent to every human - our thoughts. Again and again the power of our thoughts, both internal and verbalized in speech are cited as critical factors in self-esteem building. Neville Goddard refers to these thoughts as inner conversations. Shinn emphasizes these conversations to be vibratory forces. When thoughts are verbalized into speech, both Hill and Masters refer to them as auto-suggestion and self-hypnotic-suggestion, respectively. The case study outcomes affirm the efficacy of these processes with self-suggestion being among the most used metaphysical tools.

It makes sense then, that self-esteem coaching should be steeped in the emphasis of reprogramming our thinking. This is a key suggestion presented by University of Queensland and the exact goal of using Neuro Linguistic programming in self-esteem development.

For additional clarity let's break down the literal meaning of Neuro Linguistic Programming. Neuro refers to the nervous system, dealing with the physical, emotional and mental elements. Linguistic refers to language, more specifically your inner communication with yourself. Programming refers to recorded information or beliefs within the mind, also referred to as your operating system (Empowerment, Inc, n.p.).

Therefore, for the purpose of this dissertation we can loosely define NLP as the process of using the language of the brain/mind to record or program new beliefs. This neuroscience tool and its definition used here align fully with Dr. Joe Dispenza's research which urges us to incorporate the use of more specific language in order to shape the meaning of our experiences. In doing so, we can positively impact our outcomes, which is in fact the goal of NLP, to program ourselves to have a more positive impact on achieving our desired outcomes. In this case, the outcome we seek is to help individuals to reprogram low self-esteem and replace it with high, healthy, self-esteem.

Both Dawson Church and the University of Queensland insist that a reprogramming of thoughts is in fact necessary for personal-development. Church emphasizes that a shift in limiting beliefs is necessary. In the case of self-esteem, the limiting belief is in ones own personal worth or value. Queensland emphasizes reprogramming for self-acceptance and greater self-awareness. It is fully within the scope of self-esteem coaching, Neuro Linguistic Programming, and Metaphysical Science practices to address these areas of concern.

The repeated theme continues to direct us to the power of thoughts as James Allen's simple, yet profound words echo throughout the self-development world: "As A Man Thinketh." While that book title alone seems to say it all, within its pages, Allen gives us valuable imagery

of thoughts as seeds which can never be separate from the plant it creates. I wish to borrow, transform, and expand upon his seed analogy to demonstrate with greater emphasis, the true significance of this self-esteem work.

We ourselves are like seeds - vessels of hidden potential waiting to blossom into the world. In order to become the fullest, greatest and most expanded version of ourselves, this seed-of-self must be nourished, but not just by anyone. Our unique seed-of-self must be nourished by us, internally, with our very own thoughts, words, mental pictures, and positive feelings of self-belief. We must water and illuminate our inner seed-of-self so consistently and steadily that we can grow, blossom, and fulfill our destiny.

While the fulfilling of our destiny may sound like the victorious end of the journey, it is in truth only a part of the self-development process. Self-esteem building begins within you, as an intimate relationship with yourself as Chopra advises, but it doesn't stop there. Instead, a new process begins.

When I take the stage to speak to my audiences about self-esteem, I unveil this new beginning. I explain that like any fully grown fruit tree bears fruit, not for itself, but to feed others, so shall you, at your highest expression of self, grow 'fruit' from the seed-of-yourself, to contribute to our society in positive ways. You too will 'feed the people' with the fruit of you. You are that valuable individually, and equally valuable to the whole of humanity. Building self-esteem, particularly with the influence of metaphysical practices, helps you to know this, or perhaps we can say recognize and remember this, innately.

Is it odd, however, that a study on self-esteem for the individual should lead us to an appreciation for the relationship of humanity on a whole? No, not at all. On the contrary, as

illustrated in my modified seed analogy, self-esteem is a journey that begins with self, but ultimately serves all of mankind. During the research we saw references from both Thich Nhat Hanh and Nazeer Ahmed Kazi pointing to this interconnectedness of humanity through metaphysical self-esteem work.

Perhaps this is due to the expanded view of self-esteem, not just through a physical lens of self, but through the eyes of the True Self found in Metaphysical teachings. In the context of self-esteem, we see that cultivating a healthy relationship with oneself can significantly influence our interactions with others and our environment. As we recognize our interconnectedness on a metaphysical level, we begin to understand that the way we perceive and treat ourselves impacts the world around us.

In my coaching practice, I have defined self-esteem as “The way one thinks and feels about oneself and one’s life.” With that definition, a natural integration into the world of metaphysics became evident. Soon, I was asking myself if it was even possible to improve self-esteem, personal value, and deservingness in life - without discussing the metaphysical components.

My personal conclusion was no, and the evidence of my work offers validation for that conclusion. It is relatively impossible to truly address the value and potential of self, without integrating human nature, cognition, natural laws, personal responsibility, and both the invisible and visible facets of life. These are elements that UMS Church highlighted to us as philosophical elements of Metaphysics.

Along with this taking this philosophical perspective on metaphysics, perhaps the necessary integration of this work is executed even more effectively as we utilize the title of

‘self-help’ in this metaphysical work as Dr. Masters recommends. In this way, we can integrate metaphysics without obvious reference to the spiritual nature of this practice, and certainly without any need for religious connections. Metaphysics provides a valuable lens through which we can explore these concepts, enabling us to develop a more profound appreciation for the significance of self-esteem in our relationships and our overall well-being. The advantages of its inclusion are increasingly difficult to ignore.

In fact, the union of the self and spiritual foundations is continuously gaining traction and emerging across many disciplines. For example, with Neuro Linguistic Programming, the more overt practice employed in the case studies of this research, we find an expanded description of NLP referring to it an integrative practice that “addresses the intrapsychic, interpersonal, and spiritual functioning of the individual” (“What is Integrative Psychology” n.p.).

This understanding facilitates the exploration of self-esteem by addressing individual spiritual functioning without explicitly referencing its spiritual nature. Metaphysics, in this context, acts as a valuable framework to investigate these concepts and foster a deeper understanding of the importance of self-esteem in relationships and overall well-being.

Both the case study and the review of literature emphasize the effectiveness of incorporating metaphysical tools in self-esteem improvements, and suggest that there may not have been any separation in the two concepts to begin with. The research illuminates a clear connection and consistent overlapping of spirituality, metaphysics, and self-esteem. In analyzing that data of self-esteem coaching case studies spanning from 2013 to 2024, I examined the effects of integrating metaphysical principles into secular self-esteem coaching interventions,

regardless of clients' religious beliefs. The data revealed a pattern of positive outcomes across various demographic groups and self-esteem issues addressed.

Among the 25 clients studied, the 72% who did identify with a specific religion still reaped the benefits of metaphysically infused coaching even though neither religion or spirituality was explicitly discussed during the coaching sessions. The data also indicated that the 20% for whom religion was unknown to me or unclear to them, coaching imbued with metaphysical practices still had a profoundly positive impact. For the 8% of clients who aligned with themselves with a more spiritual belief system, the results were the same.

The first takeaway from these findings is that that a broad and diverse category of individuals sought self-esteem coaching. An additional conclusion based on the data, is that regardless of one's spiritual or religious affiliations, embracing the metaphysical components of self while navigating the personal development space, knowingly or unknowingly, can lead to profound personal growth. As Dr. Masters has suggested this self-help approach to metaphysical teachings can now begin to open the door for deeper exploration within each client. An even more noteworthy interpretation of the data points back to Dawson Church's assertion that "metaphysics moves into concrete manifestation" (Church, xiv) which is evident by the positive outcomes in each of the cases.

As stated in the findings, the results reported by clients exceeded simple generalizations of "feeling better," the clients demonstrated concrete and measurable behavioral changes as mentioned previously, such as grade improvements in school, athletic performances that resulted in wins and awards, physical and financial advances in business endeavors, increased friendships and social interactions, reduction in recurring stress-related symptoms and more. This provided

clear evidence of the ‘concrete manifestation’ Church discusses and highlights as the practical benefits of integrating metaphysical principles into personal development work.

Each self-esteem coaching session cited, had the identical goal of helping the client to nurture a more positive relationship with themselves, in order to improve various outcomes in their lives. In a word, improvement. With the evidence presented we are encouraged more than ever to appreciate the power of these invisible elements of metaphysics; thoughts, spoken words, spirituality, beliefs, and their physical impact on our self-perception, including self-esteem and our outcomes in life.

The integration of metaphysics in self-esteem work appears to be a natural progression when considering its underlying principles. Self-esteem has a notable influence on all aspects of life, therefore acknowledging our metaphysical interconnectedness can significantly affect our interactions with ourselves, others, and even our environment.

Every human being thinks and every human being has a ‘self.’ In that, there is much exploration to be done as to the relationship between thinking and the self. It is here that we see metaphysics, spirituality, and self-esteem converge. We learn the power of invisible elements, like our thoughts. We learn that they can be molded and shaped into physical outcomes in many areas of life, including shifts in self-perception, life outcomes and our overall self-esteem.

## Conclusion

Dialogue must first begin within ourselves (Hanh, 10). Inner-dialogue, thoughts, auto-suggestions, affirmations, self-hypnotic suggestions, inner conversations, self-talk, visual imagery, mental conversations, vibratory forces, spoken words - all crucial foundations of both self-esteem principles and metaphysical teachings.

We find, therefore, upon this deep examination, that the topic of self-esteem can be regarded not only as related to metaphysics, but as a metaphysical topic in and of itself. The fundamental essence of which comes down to the invisible element called thought.

Across religious, spiritual, and non-faith-based beliefs alike we find ‘confidence,’ and ‘self-understanding’ emphasized as an equally crucial components of life. This seamlessness resonated in both Kazi’s research on multiple religions, and in an investigation on atheism. These ideas further connect the topics of metaphysics and personal self-esteem development - without the need to align to specific religious perspectives at all.

This dissertation has explored the intricate relationship between metaphysical principles and the enhancement of self-esteem within the framework of secular coaching practices, like Neuro Linguistic Programming. Through a comprehensive review of literature and case studies, we have dissected the what, why, and how of integrating metaphysics into self-esteem coaching.

Nathaniel Branden's foundational definition of self-esteem provide us with a clear understanding of its essence, while insights from Church, Shinn, Masters, and the Spiritual Arts Institute punctuate the biological, chemical, and spiritual mechanisms through which metaphysical practices facilitate personal growth. Dr. Masters' advocacy for a self-help approach highlights the practical application of these principles in contemporary Western contexts.

Central to this exploration is the recognition that thoughts, both internal and externalized through speech, play a pivotal role in shaping self-esteem. Authors such as Neville Goddard, Florence Scovel Shinn, Napoleon Hill, and Dr. Masters emphasized the transformative power of thoughts, highlighting techniques like auto-suggestion and self-hypnotic suggestion as effective tools in this process.

Moreover, the integration of Neuro Linguistic Programming (NLP) into self-esteem coaching further emphasizes the importance of reprogramming one's thinking patterns. By leveraging the brain's linguistic capabilities to encode new beliefs, NLP aligns with Dr. Joe Dispenza's research on the role of language in shaping personal experiences and outcomes. The need and benefit of reprogramming is a concept we saw supported by Hill and Queensland as well.

Throughout this dissertation, we have observed a consistent theme: the necessity of reprogramming limiting beliefs to foster greater self-acceptance and awareness. Whether through NLP techniques or metaphysical practices, the goal remains consistent—to empower individuals to nurture positive relationships with themselves, thereby enhancing overall well-being and personal fulfillment with desired outcomes. The importance of addressing limiting beliefs is a topic covered extensively by both Neville Goddard and Dr. Dawson Church.

Furthermore, the exploration of metaphysical principles in secular contexts has demonstrated their universal applicability, transcending religious affiliations. The positive outcomes observed among diverse demographic groups demonstrate the effectiveness of metaphysically infused coaching in fostering tangible improvements in various facets of life, from academic and professional achievements to social interactions and of course self-esteem.

The data suggests that neither religious affiliation, age, gender or even coaching environment or format presents contradictory impact on the outcome of metaphysically integrated self-esteem coaching.

In essence, this dissertation advocates for a more holistic approach to self-esteem coaching that incorporates metaphysical principles alongside secular methodologies. By acknowledging that the power of our thoughts is the ‘vibratory force’ that forms the connection between metaphysics, spirituality, and self-esteem, we can deepen our understanding of human potential and facilitate profound personal transformations.

As we look forward, the integration of metaphysics into self-esteem coaching represents not only a theoretical advancement but also a practical tool for empowering individuals to lead more fulfilling lives. By harnessing the power of thoughts and beliefs, we can pave the way for a future where self-esteem is cultivated through a deeper connection to one's inner self and the metaphysical forces that shape our reality. The outcome of which include, greater confidence, accomplishing goal,s and increased satisfaction in overall mental, emotional, physical and even spiritual well-being.

In conclusion, the journey towards building healthy self-esteem is intrinsically linked to our ability to understand and harness the metaphysical dimensions of our existence, the invisible, the intangible thoughts within our Higher Mind. The two elements of self-esteem and metaphysics to commingle into one, appearing as interconnected concepts that can hardly be separated - and thus serve together for the improvement of self-understanding, self-awareness, and self-perception.

This dissertation serves as a catalyst for further exploration and discussion on the profound impact of metaphysical integration in personal development practices, urging us to rethink conventional approaches and embrace a more holistic understanding of the self through the power of self-esteem.

We have seen as Church's words come to life as we integrated metaphysics into our self-development practice and witnessed radical improvements in the functioning of my clients' self-esteem outcomes. Not only conceptually, or in verbal reflections, but outcomes in the form of measurable, physical changes. Through the recognition and intentional integration of metaphysical practices, I have effectively helped each and every one of my clients to improve their self-esteem, increase their sense of self-worth, and achieve their goals.

Most of all, we've discovered the topic of self to be of vital importance. From coping with challenges and taking initiative to managing relationships with others and navigating the world, it is perhaps the most important element of character development in all human beings.

In a word, in highlighting, utilizing, and maximizing the relationship between metaphysics and self-esteem coaching, I postulate that we can help an extraordinary amount of people, even beyond the scope of this study, to improve the overall quality of their lives. Regardless of factors that often separate us, like religion, gender and age, I have found the unifying force of self-development, specifically in the form of metaphysically-infused self-esteem coaching to be a unifying force, connecting individuals to themselves and to all of humanity.

It is my hope that this research continues to open the door for fellow self-help teachers and metaphysical practitioners to integrate this work, with greater confidence than ever before, in

various fields of personal development. As a metaphysical community, we can illuminate the Western world with deep understanding of the power of self on a cosmic scale, without the undue argument regarding religion. Instead, through the philosophical application and natural integration of metaphysics, we can emphasize the power of constructing our inner thinking, visualizations, and spoken work to rewrite our self-esteem programming. In doing so, we pave the way for others to live a truly fulfilled life of joy, positive possibilities and realized dreams, where inner self-love permeates outwardly, into the environment, and into our world. This is how we can influence all human beings to overcome what Napoleon Hill has called our greatest weakness of all, the lack of self-confidence - a truly newsworthy cause indeed.

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## Appendix

| Client No. | Last/End Coaching Date: | Age               | Religious/Spiritual Beliefs | Self-Esteem Topic addressed                                                                                                                                                                             | Secular and/or NLP Tool Used                                                                                                                 | Metaphysical Underpinnings                                                                                 | Self-Esteem Coaching Outcome                                                                                                               |
|------------|-------------------------|-------------------|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| 1          | 3/18/13                 | Adult Woman       | N/A                         | Her partner ended the relationship and asked her to leave his home. She felt irrelevant and alone                                                                                                       | Emotional Freedom Tapping to remove those stuck emotions                                                                                     | Laying on of Hands: Percussion Technique (tapping) to increase prana energy flow                           | During tapping / laying hands, she immediately stopped crying and stated, "I don't think that's the problem." Her energy was flowing again |
| 2          | 9/4/15                  | Adult Woman       | N/A                         | Scared at aerobic workouts felt judged and scared to perform                                                                                                                                            | NLP Swish Pattern                                                                                                                            | A winning spirit / winning mentality                                                                       | Performed workouts with confidence and received compliments from the instructor                                                            |
| 3          | 3/6/17                  | Young Adult Woman | Christian                   | Thought she was too ugly and unlovable was suicidal                                                                                                                                                     | Chunk up                                                                                                                                     | Spiritual Self-Image. Visualization                                                                        | Began to see her beauty differently and take charge of her life in other ways                                                              |
| 4          | 4/19/17                 | Male Child        | Christian                   | Athlete experiencing self-doubt after baseball injury. Was no longer performing well due to fear                                                                                                        | Remove fear of the ball by talking to it. Rebuild your courage and then step up to the plate to take confident, inspired, action.            | Argumentative Method/ Power of positive speech                                                             | He regained his faith himself, and went on to get MVP of his team that season                                                              |
| 5          | 2/27/18                 | Adult Woman       | N/A                         | Stuck on solving a problem - sell my company or keep it                                                                                                                                                 | Chunking up to the higher purpose                                                                                                            | Bringing forth creative thinking to find solutions                                                         | She sold and moved to France                                                                                                               |
| 6          | 9/22/18                 | Teen Girl         | N/A                         | Had a nose job and regretted it. Wanted her old nose back. Realized she was pretty enough before                                                                                                        | Affirm what can you still appreciate about your new nose. What other qualities can you celebrate about who you really are beyond that?       | A new consciousness of oneself with self-aware living. Spiritual Self-Image. Beauty is true nature of life | Client released guilt about her past choice. She embraced her nose and the bigger essence of who she is inside                             |
| 7          | 10/7/20                 | Teen Girl         | Christian                   | Told she had learning disabilities. Had no friends and would not get to college                                                                                                                         | Journal about your wins and successes and give thanks                                                                                        | Strengthening positive thoughts through Divine appreciation                                                | She excelled in school, got into college and found a big group of friends                                                                  |
| 8          | 1/25/21                 | Female Child      | Jewish                      | Child would not leave her mother's side during play dates. She was afraid and stuck                                                                                                                     | Mental Imagery along with writing out a story book of a girl who always had fun at play dates                                                | Visualization Treatment to access higher mind and the possibilities of having fun                          | She began running away from her mom and joining children at playdates. The mother was shocked                                              |
| 9          | 10/27/21                | Teen Boy          | Christian                   | After diagnosis and successful treatment of Irritable Bowel Syndrome. Client remained fearful that the intense pain could return, so he would not sleep and performed poorly in his athletic activities | Subconscious reprogramming with NLP. Visualizations, analogies and elevated emotions to emphasize his subconscious acceptance of his healing | Clearing Psychic Blockage / Visualization Mental Imagery                                                   | Client began eating normally, sleeping and returned to peak athletic performance as a valuable player on his team                          |

| Client No. | Last/End Coaching Date: | Age               | Religious/Spiritual Beliefs | Self-Esteem Topic addressed                                                                                                                                                             | Secular and/or NLP Tool Used                                                                                                                                                           | Metaphysical Underpinnings                                                              | Self-Esteem Coaching Outcome                                                                                                                           |
|------------|-------------------------|-------------------|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10         | 11/3/22                 | Adult Woman       | Jewish                      | Wanted to have a baby, but filled with fear, doubt, guilt and anxiety                                                                                                                   | Speak what you want and act as if. Then transcend this mental imagery to actually hold the belief/ expectation that it will actually happen - like your actions are a genuine preview. | Spiritual Science<br>Prayer<br><br>Speak desires aloud<br>Expect prayers to be answered | She successfully conceived & gave birth to a healthy baby and continues to use the tools in motherhood                                                 |
| 11         | 1/4/23                  | Adult Woman       | N/A                         | Overwhelmed with stress, which manifested in sleeplessness and other symptoms                                                                                                           | Gratitude<br>Journaling to help shift her focus from things not working out, to gratitude for the positive possibilities that things can work out in her favor                         | Spiritual Science<br>Prayer<br>Give thanks<br>Visualize success                         | Client began sleeping and reported feeling more calm and at ease.                                                                                      |
| 12         | 4/5/23                  | Teen Girl         | Jewish                      | Struggling with friendships and constantly changing schools to find a kinder environment                                                                                                | Imagine pressing a delete button on thoughts you don't want. Stop replaying the thoughts of what you used to go through and open the door for improvement                              | Cancel negative thoughts as part of the old self                                        | She began to find stability in her current school and understood that the required changes were inside first and perhaps environment second if needed. |
| 13         | 4/12/23                 | Teen Girl         | Jewish                      | Felt that she couldn't maintain friendships at her school                                                                                                                               | Picture the outcomes you want and take inspired action to make and keep new friends                                                                                                    | Mental Imagery/<br>Action is Faith in your True Self                                    | She began approaching her peers and made new friends. She had companionship in school during classes, breaks, and lunch                                |
| 14         | 6/7/23                  | Young Adult Woman | Spiritual                   | Stuck in sadness after abusive relationship. Can't move on, doubting self                                                                                                               | Positive Thinking & Intentions/ Goals                                                                                                                                                  | Psychic Mystical Principles of the power of thoughts                                    | Refocused to see her value, began to achieve massive success in school and professional aspirations                                                    |
| 15         | 12/5/23                 | Teen Boy          | Jewish                      | Undecided about the various sports he is in, and his teammates, friends and rumors. The experiences are making him doubt himself and not know if he wants to do sports but he loves it. | Coaching him to trust his gut and use his instincts to drive his next steps, instead of using fear, doubt and rumors.                                                                  | Mystical Power & Intuitive Guidance                                                     | He decided to stay on his team, rejoin an additional sport and stay focused on the successes he is having in sports, school and life.                  |

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|------------|-------------------------|-------------------|-----------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| 16         | 1/25/24                 | Teen Girl         | Christian                   | Injured on gymnastics equipment and began under-performing. Coaches were disappointed and pressuring her to do better      | Rewrite your story focusing on your inner power to grow and change. Cancel the story of injury. Erase it when it come up and replace it with your success stories and wins instead | Metaphysical Science<br>Confrontation<br>Technique<br>Verbalize<br>Positive Words                | She notably improved her performance at the following tournament and received accolades from the coach who previously criticized her poor performance |
| 17         | 2/15/24                 | Young Adult Woman | Christian                   | Totally overwhelmed by to-do list. Wants to do everything, but no time.                                                    | Deep Breathing & Chunking up                                                                                                                                                       | Breathing in Prana for balance and energy while allowing creative thinking about greater purpose | No longer overwhelmed. Loves the restorative balance of deep breathing. Shorter lists & less stress                                                   |
| 18         | 3/12/24                 | Child: Boy        | Spiritual                   | Uncontrolled thoughts and fears about failing and disappointing family. Anxious and crying often                           | Pretend to be a Divine pond of love. Imagine negative thoughts as fish swimming by not able to change you                                                                          | Connecting with higher-Mind through stillness, imagination and meditation                        | Used the pond visualization technique and focus his thoughts and reduce crying and anxious responses                                                  |
| 19         | 3/26/24                 | Teen Girl         | Christian                   | Believes she is unable to make decisions for fear of making the wrong one.                                                 | Pretend to access the most powerful part of you<br>-Imagine it was a powerful, Divine being, what would that part of you say/do?                                                   | Mystical Self Direction<br>Mental Imagery                                                        | Client instantly gave an account for the decision/steps she would take in specific situations & took action                                           |
| 20         | 3/27/24                 | Adult Woman       | Christian                   | Betrayed by Colleague and friend. Feeling unworthy and stuck                                                               | Heart-Centered Breathing                                                                                                                                                           | Breathing in Prana. Chakra Breathing                                                             | Reduced Stress/fear Hiring employees. Taking time for self                                                                                            |
| 21         | 3/27/24                 | Female Child      | Jewish                      | Always speaking badly about herself, saying she is dumb and having problems with friends                                   | Reframing using more positive words                                                                                                                                                | Programming affirmative suggestions in light state of meditation                                 | She drifted away from drama, and stopped judging her intelligence negatively                                                                          |
| 22         | 3/27/24                 | Teen Girl         | Christian                   | Closing herself off to joy because of her family history, she was sarcastic and rude in her responses to authority figures | Heart & Mind Coherence Techniques                                                                                                                                                  | Positive Spiritual Magnetism                                                                     | She began to soften her behaviors, bond with her mother and take steps to lead with love, magnetizing better opportunities in her life.               |
| 23         | 4/4/24                  | Male Child        | Christian                   | Felt betrayed by friends, bullied, alone, sad, crying, complaining                                                         | Focus on what you DO want, not what you DON'T want                                                                                                                                 | Spiritual Science<br>Prayer<br>Pray in affirmative / positive way                                | No longer complains has new friends and more play dates                                                                                               |
| 24         | 4/4/24                  | Adult Woman       | Jewish                      | Always overwhelmed with stuck energy of lethargy and loneliness                                                            | Think and Feel your target emotions                                                                                                                                                | Visualize the end in mind (higher mind is guiding you)                                           | Increased Friendships, going out more and generally feeling better                                                                                    |

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|------------|-------------------------|--------------|-----------------------------|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| 25         | 4/4/24                  | Female Child | Jewish                      | Feeling fear of going away on a 21 day camping trip. | Focus on positivity. Separate bingo chips into two piles. One for positive reasons you do want to go and another for what you're afraid of. Focus on filling the positive pile | Positive Transcendent Attitude Visualizations | Client began reporting pure excitement and joy about the trip - eventually went on the trip, used the techniques and had a great time. |

