

-confidence-

what is belief? believe in what is real from sight. what you see is believing they say, and perhaps all of the other senses that comes along. is the belief based upon physical and tangible evidence? not that ufo sighting in the mist and the fog, the washed out light. but like a plant alone in a garden before autumn reckoning upon the lands. we see it and take pictures of it.

does my own confidence become deterred from a loose structure of belief? like the foundations were curated from lights on the windshield at night that move in odd patterns, as if i can't tell what the next move is. this is common among us. having to rebuild the architectural building because of its loose screws. is it a mistake we keep making that makes so many of us sensitive, insecure, or develop low esteem?

if this is something we can't change and is human nature to not feel adequate then it must be normal and necessary for means of life with who we are individually. we are meant to feel these ways regardless of our intuitive thinking to move past these trains of thought or move past these phases on a day to day life perhaps because it's what gives us the edge of facing FEAR, being BRAVE, and succumbing to DEFEAT all for humility purposes.

what then accounts for below average confidence? are you thinking daily about your body or if you're good enough for someone knowing how many times they've proven their love & affection to you? this is subjective i suppose. but for me, i begin to slip farther down to the abyss in a similar pattern when i start to compare other people's "uniqueness" to mine and when you have an abundance of the internet at your fingertips it's easy to find someone who is ultimately and entirely better than you at LIFE. this is part of the cycle. also, thinking about that aspect of me comparing myself to everyone to see if they're "inferior" per say to my aura is a bit selfish and portrays my own low self-esteem ego at times. it's gotten much better over time fortunately. its normal for it to slip out of reach. take care of your body and mind, be gentle to the information you take in.

now what about when u have an insurmountable amount of confidence? this is like back to back triples and feeling like you're floating, similar to that of a child who has no fear when jumping off a 3ft table because they don't know the consequences. this may be exhilarating for quite some time. hell it might be the best you've ever felt. however you know how people tend to do less of something once its legal? having this extreme level of confidence it can come to being...not boring but a lackluster of consistency that have driven some people to the edge of insanity with a steelhead complex. some may even say this is a facade also. nonetheless if you're gifted in a point in time with long periods of confidence in yourself you should definitely embrace it. cherish it and mold it to your greatest triumph. afterwards, purposely try to let it go.

this is an odd theory. by no means do you have to or should you listen to me. but could bring about your greatest secrets about yourself that maybe you didn't even know about yourself. letting go (intentionally) of something powerful can create a rarity of traits within your self-awareness. also if you have control of this and set an intention to not let it control you, but move you with energy to succeed, then let it be free, it's sure to come more often. an odd example but in greek stories or biblical ones, often times there are the hero or protagonist of the story that loses some of its power only to learn he/she never needed it to accomplish great deeds. then is rewarded with it eternally once again after the fact.

confidence is temporary and even for long periods of time it can start to drift with any mishap or situation that hits u in a spot of weak vulnerability. perhaps you were conditioned like that from childhood or just the way we are as humans.

regardless, it's a beautiful thing with a mind of its own at times. love it and appreciate it. it will come to you without you trying it to occasionally. just live with a purpose and have standards in your way of living. no one is worthy of incredible confidence off jump. they earn this from of thinking thru personal awareness and love of who they are without trying to be someone else.

takes time.