

## **10 ways to more empowerment**

**1. What are you afraid of?** Admit and become an observer of it. This is to be aware of your suffering. Fear makes us suffer especially if we don't want to admit we are afraid. So ask yourself am I afraid of anything? Maybe there is a fear in your subconscious and to verbalize it IS IMPORTANT.

**2. Breath through the fear.** Sit in stillness and take 3 deep breaths into your heart, in through the nose and out of the mouth. Say to yourself "I ask and intend to know why I'm so afraid?" If it's a new situation you are facing - no wonder you are afraid – everyone is. Continue to breath and come more and more into stillness and relaxation. During this time - pictures, words or feelings may pop up as an answer to your question.

**3. Allow your emotions to be felt and expressed.** If you feel anger or sadness - relax and allow them to be felt. We often suppress these feelings as they hurt and/or become inconvenient to others. There is a lot to learn about emotions see my website, page 2. They are important as they give us a sense of who we are – what do we like or dislike and what makes us shrink or feel empowered?

**4. Guilt and shame wants to be acknowledged.** If you feel numb, shut down or closed emotionally there could be guilt and shame that wants to be acknowledged. Guilt is a feeling that usually is connected to Believes that we have carried since we were small kids. To reveal and transform these believes can be difficult to do by yourself in the beginning but just to acknowledge you feel guilt and shame over something is a step forward. Next step can be to feel what emotions are behind the guilt and shame. There are usually anger and/or sadness there. Speak to someone about how you feel and ask that person to support you while you are going into relaxation, stillness with the question "I ask and intend to find what feelings are behind my guilt and shame?"

**5. Pain in your physical body gives you information.** There is a message from your Soul that wants to be revealed. What is the message? Picture your pain as a "material thing" for example a black stone big as a tennis ball in your belly. Now imagine talking to this stone, ask it questions and listen for answers. "I ask and intend to hear what you want to tell me, I know there is a lesson for me in this". You will best here/see/feel the answer in a relaxed mood or you can use automatic writing or drawing. The Soul speak to us in many different ways.

**6. Come into contact with your inner wounded child.** When we have been traumatized as a small child we carry this wounded child within us. This phenomena is more common than we are aware of. The trauma doesn't have to be that obvious, a big event that happened once, it can be very subtle and have been going on every day since we were born. How to come in connection with our inner child is by

listening to how we feel in different situations and by listening to how we speak to ourselves. When we can see there is a pattern that seems to be repeating itself – here is a wounded child that wants to be seen, heard and understood.

**7. Rise your vibration/frequency.** Tell your higher self to rise your frequency up to 733 Hz in your whole being (both physical, emotional, mental, spiritual bodies). Sit still and feel into this new vibration for a while. Now you ask your higher self to rise your frequency up to 734 – 1000 Hz. Sit still and feel into this new vibration. Can you feel the difference? In this new vibration your fear, emotions and physical pain get less intense. Other ways of rising your vibration is of course Meditation, Yoga, QiGong etc

**8. Find your purpose** - that is also empowering! This will make your frequency rise and you will feel energized. You can start by asking yourself what do I love to do? If you have difficulties to find that of today – what did you love to do when you were a child. As the next step you can say to yourself “I ask and intend to know what my dreams and my deepest heart desire is!” And wait for answers as in earlier exercises. When that is done – go to action – and follow your dreams step by step. It can seem to be very small steps in the beginning but that doesn’t matter – as long as you feel you are following your path. That makes you energized and makes your heart sing.

**9. Manifesting what you want** is empowering. To know you are an extension of Source. To feel you are in charge of your life. That you matter and are worthy of a good life and worthy of love and appreciation for who you are! To be able to give and receive love – here is nature and animals a good start and often humans/people is the most difficult to incorporate into your life as both receivers and givers of love. And mostly it’s about going inwards to feel the self love – to open your heart to compassion for yourself and know that you are an extension of Source! This means you can manifest anything you want, easier said than done though. All possibilities are waiting for you! Let’s experience that!

**10. When it comes to physical exercise, eating good food**, reading good books – being creative in different ways – can be very empowering. Just a reminder, to avoid your mind and brain from negative information (that just lower your vibration and distract you) is a choice you can make. You can be in charge of your life so that you feel you are making conscious decisions and choices. Remember who you are - YOU are important and you are Worthy of a Good Life!

All these 10 ways of empowerment is included in the Two Month Program.