

Welcome to Empower

After completing this Module, you will really start to see a change in the way you handle and the outcome of situations around you.

You will create a shift in the way you think about yourself. Instead of paying attention to those beliefs which hurt you, you replace them with ones which uplift and inspire you. You will project love to your emotions; instead of feeling drained, exhausted or hurt from other people's drama, you will be able to energetically cut and observe their pain in a neutral way. This protects how you feel, and being in a higher vibrational state, your influence, in an intuitive way, will make a positive difference to you and those around you.

Connecting with the future five year you is really helpful, especially in those times when you feel as if you are going off track and don't know which way to turn. Everyone experiences these times of doubt, so your highest, brightest, most radiant future five year you will help you feel confident with your next step and give you the courage to take action, when the time is right.

So your next meditation is Meditation 10 – New Belief. I'm intending for your book of beliefs to be full of great feeling ones from now on.

Meditation 10 - New Belief

A belief is just a thought you keep thinking. Are your thoughts nurturing you? Do your thoughts help you feel uplifted and good? Don't give your attention to any beliefs which hurt you!

Imagine right now that you have a book in front of you and it is filled with all your beliefs. Open it up to a page which has a belief that doesn't feel good to you. What self-belief is on that page? It's time now to remove this belief once and for all and replace it with one which feels good inside. What would you prefer your self-belief to be?

My experience:

I have to revisit my book of beliefs from time to time. Every now and again a sneaky one can come in which creates fear, but I'm mindful in rectifying them quick smart with this meditation.

Preparation:

Before you start your meditation, reflect on what you would love your brand new belief to be. Write it down to prepare, because you will be tearing out that old belief and burning it. And then opening your book up to another page to present to the world your brand new belief.



IMPORTANT: Write your new belief on little pieces of paper and place them where you see them regularly to remind yourself over and over, your brand new belief! Some ideas: On the bathroom mirror, laptop, printer, desk, fridge, printer, desk, and in your wallet.

In this meditation you will affirm “I am Master of My Mind and My Thoughts.”

I set my intention that my new belief is that I am... (state your new belief)

I wish to acknowledge and express my gratitude:

Music by Thaddius, ***Awaken your Heart Center***, Heart Radiance. Design by Donna Chapman. Images by Kelly Hammond and Heart Image by Julie Borsboom. The unknown source who channelled this information to me.

Meditation 11 – Project Light and Love

In the Project Light and Love meditation you will experience how it feels to project love in different ways.

Suppressing painful emotions creates dis-ease, so it’s important to uplift them and you do that by sending them love. The first step is to identify and name the emotion, for example for me ‘fear’ comes up from time to time. Projecting light and love to this feeling helps with uplifting it. Loving all parts of ourselves, including the parts which we perceive to be negative gives us permission to heal. You will also feel what it’s like to project light and love from different parts of your body to someone.

My experience:

Many years ago, when I was quite new to this process, I was asked by a dear friend of mine (who was living in another country) to please send love to her husband at a particular time, because at that very moment, she was going to tell him she was ending the marriage. She asked me to please help ease the pain for him. So at the time she told me, I imagined I was projecting love to him. I decided to imagine wrapping him up in a gold blanket in the hope that it would help with soothing him.

A few years later I received a phone call from him. He had returned back to Australia and wanted to thank me for sending him love, because he said he really felt it.

His wife would have told him that I was sending him healing energy, so I wasn’t at all surprised that he knew, but the part of the story which really blew me away was he then followed with ... “Robbie, I felt like you had wrapped me up in a gold blanket!”

No one knew that was exactly what I was doing. So, know that the light and love you project is very real.



Preparation:

Before you start the meditation, think of an emotion which triggers discomfort or pain and work with that one to transform it into its positive expression. Consider the below message from Sanaya Roman.

*Sanaya Roman in her Book Spiritual Growth expresses this process perfectly below:
"You can open your heart more by loving yourself. Love all the parts of yourself, even those thoughts and feelings you may have labelled as negative. If you feel anger or doubt, love those feelings as much as you love your feelings of joy and peace.
Love your humanity as well as your divinity. Love your insecurities and your negative feelings. If you feel unforgiving or unloving, love those feelings too. Love all of what you call your "imperfections." You don't change them by denying or hating them. You change them by loving them. As you love your negative feelings they can evolve into their positive expression".*

Sanaya Roman - Spiritual Growth

In this meditation you will affirm: "I love Myself, I truly Love Myself."

I set my intentions to allow light and love to transform my emotions and project love to (name person).

I wish to acknowledge and express my gratitude:

Music by Thaddius, **Angels**, Angels of Love. Design by Donna Chapman. Images by Kelly Hammond. Sanaya Roman who channels Orin for her help with this lesson.

Meditation 12 – Pain Body

The Meditation Pain Body changed my life in the most profound way. I learnt about the Pain Body through Eckhart Tolle's book called "A New Earth" I was reading this very chapter and the same time my beloved burst in with a barrage of aggression directed at me.

My experience:

In the past, I would have pretended to be calm. Pretended not to be hurt, but inside I would have crumbled.



The timing of reading that chapter was incredible, and I still had my finger on the page of that book, and acting on the words I had just read, I observed so clearly the pain body in him. The very act of observing his pain, protected me from being hurt. I saw him from a point of real compassion instead of withdrawing. So instead of me pretending I was calm, I WAS calm.

Energy may well be invisible, but it has a huge impact on us. When we understand the concept fully then we can then be wise in the way that we use it. Compassion takes strength and power and you can't be that when you feel drained and I found by 'observing the pain in others' stops me from feeling drained.

This meditation will take you through to a number of experiences to practice cutting the energy, observing the pain and sending love. No preparation required.

In this meditation you will affirm "I am Serene."

I set my intention to be detached from other people's drama.

I wish to acknowledge and express my gratitude:

Music by Thaddius, **Angels**, Angels of Healing. Design by Donna Chapman. Images by Kelly Hammond. Eckhart Tolle for his help with this lesson.

Meditation 13 - Future Five Year You

Using your imagination you can call upon your highest, brightest most radiant, future five year you. Your path is important and your future you is a great help when you are feeling like you need inspiration or a boost of confidence that you are heading in the right direction.

My experience:

This is what she does for me. I start with my intention to connect with the highest brightest most radiant future five year me, because I want to connect with the very best version of her. She calms my impatience, helps me relax, prioritise and shows me what to do next and helps me confidently take action when the time is right.

She is also my cheerleader and I can't help but chuckle when she responds with "whoop whoop – you got it girl!" Because that's not something I would normally say?!

Preparation:

Before you start the meditation, have a note pad and pen with you, because while you are connected to your Future Five Year You, it's the ideal time to receive answers to the questions you have.



This letter is very important, so be prepared with a pen and paper to go straight to your letter the moment you surface. Now if you can't think of any questions, these might be helpful to you.

- What actions would serve me most now?
- What beliefs do I need to change?
- What words are best to say to myself?
- What do I say to others?
- What can I do on a daily basis to help me on my path?

In this meditation you will affirm: "I am strong."

I set my intention to allow the highest, brightest most radiant, future five year me guide me now.

I wish to acknowledge and express my gratitude:

Music by Thaddius, *Temple of the Masters*, Temple Garden. Design by Donna Chapman. Images by Kelly Hammond. Sanaya Roman who channels Orin for her help with this lesson.

