





The Empowerment Program

For You and for the Journey Called *YOUR LIFE*

Here  Now  This moment

The following is
Inspired by the work
of [Vianna Stibal](#)

What I Really Believe

Your beliefs generate your reality. Beliefs are magnetic forces that attract or repel things from us. The Law of Attraction is no secret. Like energies attract like energies.

If you subconsciously believe that you are happy, free, loving, and creative, these are the experiences that you will attract and make realities in your life.

Our subconscious mind puts out an enormous magnitude of energy. The limiting beliefs in the subconscious prevent us from manifesting what we consciously want.

The first thing you learn in the Empowerment Program is how to connect with your Guidance and how to receive accurate information.

To empower your beliefs, you connect with your Guidance and ask if you have subconscious beliefs associated with a specific issue.

Your Guidance knows exactly your subconscious beliefs and what they are about for every issue. These beliefs may or may not serve you. It's important to understand that knowing having subconscious belief isn't an indicator of the truth about the belief. It is simply telling you that you have the belief.

*Your subconscious does not know the
difference between a negative or positive and Program.*

~ Vianna Stibal, *ThetaHealing*

If there is anything in your life that is imperfect, then there is at least one limiting belief in your subconscious.

**You can change that belief.
and here's how...**

<http://eempowerment.com/beliefs2.pdf>