





# The Empowerment Program

For You and for the Journey Called *YOUR LIFE*

Here  Now  this moment

## How to Access Your Guidance

Based on channeled information  
by Suzy Morgan, <http://www.AngelVisionInfo.com>

**Guidance is available to all of us.** The software is already in the body. Since ancient times, early man has been able to access *Guidance*. Most of us however have not been aware of its existence, and haven't had a clue on how to access it. For some, *Guidance* shows up in emergencies.

In the past, religion has influenced an ordinary individual's connection to *Guidance*. Now, it has become possible for more people to receive *Guidance* directly.

*Guidance* is receiving information other than through the analyzing mind. What you feel in your belly when you sense something is wrong is your *Guidance*. When you feel the smoothness of things going well, is also your *Guidance*. The moment after a storm when you feel clear as the sun appears, that is *Guidance*.

Sometimes you go through periods of your life with problems, and when the storm continues, it feels like you are alone...like there is no *Guidance*. Yet, even during troubled times, there are ways to access *Guidance*

**Foot Prints:** <http://eempowrment.com/footprints.pdf>

Mediation has been popular for thousands of years because as the mind becomes quiet, a space is cleared away to hear *Guidance*. Some receive *Guidance* during quieter moments upon going to sleep or upon waking up. During these times, when the mind is clear from the day's storm of thoughts, *Guidance* is available.

Your daily constant streams of thoughts are like an endless ticker tape machine. What it's producing are thoughts influenced by your past and your imagined future.

**Meet Mr. Wizard:** <http://eempowerment.com/wizard.pdf>

Meditation and The Empowerment Program's tools can move thoughts aside...can clear the mind... like shoveling snow.

There is another ticker tape that many miss, located at the third eye. By concentration on the third eye, *Guidance* becomes available and useful information can be provided. This takes practice, and like playing tennis... lessons will help.

Also, as you learn to access your *Guidance*, you can learn how to ask for what you want...learn how to create and release intentions. Learning how to surrender can also be useful.

**How to Surrender:** <http://eempowerment.com/surrender.pdf>

Ask and then trust. This is a practice. Begin with small things like which food is best for me... this one or that one? Is it best to call now or latter? As a way to begin, chose small things. Ask and feel. See if the information feels smooth and peaceful or if it feels erratic and unbalanced.

The trick is to be present while you ask. The practice is to be present and then ask.

**How to connect with your *Guidance*:** <http://eempowerment.com>

Most of you ask for *Guidance* when something big appears wrong. At that moment you feel scabbled. It feels like connecting to your *Guidance* is blocked with an impenetrable wall. It can be penetrated and a connection can be made almost instantly. Again, surrender can be useful.

**How to return to the state of Surrender:** <http://eempowerment.com/surrender3.pdf>

**To review**, start with small things. Pay attention to what you receive. Listen. Feel. It is a game. At first pick things that don't matter... notice what feels right for you. Listen. Feel. You will begin to get used to receiving when you are tuned-in. You will get clearer and stronger as you practice. You are now wired to do this. Now it is up to you to use it.



**Permission Granted to forward to anyone...**

Copyright 2007 Richard Alan All Rights Reserved <http://www.eempowermen.com>

You may make and distribute copies of this document in any media so long as you do not charge for it, do not alter its content, and include this copyright notice.