





# The Empowerment Program

*For You and for the Journey Called **YOUR LIFE***

*Here  Now  This moment*

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Shifting from the usual to  
something new and alive

*Even when fear energy comes up...  
the trick is to feel it... notice it...and sink into it.*

**The way we absorb information:** After you see or hear something, it goes into your brain. It's processed and depending on what the info is, it goes into different parts of your physical body.

Your physical body is more complicated than you normally think of it. Let's say you just heard about the accident that just happened yesterday in NY when the crane fell over on the east side and people got killed. This information may automatically trigger a fear for your own survival. Specific pathways would be triggered and activated.

This information would activate the organs and the charkas. It might also activate a sadness, a feeling of loss because it could have been you harmed; it might also activate the sadness because your family would feel sad if something harmful happened to you.

**Summary:** Again, one piece of news could connect with a different organ and a different part of your physical body. If you held this in your body and couldn't let go of it, it would create not just a little path like when you walk and trample down the grass; you could activate a trodden path...somewhere where we've been before. It would activate that energy of the past as well.

Receiving just one piece of new information creates known passage ways in your body that automatically activate. Even though you're not thinking 'disaster', your body goes there almost without you knowing.

**Applications:** Where we are now, and what's so difficult about manifesting right now, is that these pathways have been used not just by you, but by all your ancestors. If we are out in the woods today, there would be pathways...pathways from people, pathways from the squirrels...pathways from bugs. We might not see them, but they'd be there. This is the same thing.

There are pathways there. What happens is that your body takes the path of least resistance. So if you have a problem, for instance with your liver, then anything that creates fear and anger would automatically be channeled into that pathway. Even if you blew it off, it would automatically go down that path. It would be like water going down hill. It runs in the same pathways because that's the way it's used to going.

**Step One:** Now we need to do is open new pathways, open new transmitters, new lines, allowing you to move into a new way of looking at things. This is a full time job. Retraining your mind and your body in every way to look at the world differently. Especially the things you don't think about. Most of you function from habit. In everything you do. You just don't realize it. A series of habits... everything. For example where you go, how often you're there, what you do there, what you don't do there.

You have an unspoken agreement with yourself on practically everything. How much is comfortable? What is acceptable and what is not. Habits control your life. Even if you think, “Oh, no, not me, I’m free.” That’s a habit. A habit is to act in a freeform manner because something about structure makes you nervous. Perhaps, it makes you feel left out. It’s the belief...and there is a belief under the belief.

### “What I really Believe”

**Step Two:** A powerful way you can get through all these beliefs is to constantly redirect yourself. By redirecting yourself means to look at your day... to structure your day in the morning it. Look at it. “I don’t structure me day” is a structure. You want to look at that. See if you can allow yourself to walk out of that box.

Normally if you would go downtown, allow yourself to be in a different position. We are normally walking in the same well worn paths. Each of you is a little different but you do the same thing. After a while it’s very well worn path. You don’t have to think about this. You have not been allowing yourself to move into a different territory.

What we’re saying now is if you see yourself as a burst of light...that burst of light moves out – right, left, up, down. You have that ability now to change how you live your life. So many of you say “well, my life is ok.” It is ok. But if the Divinity is within you, then create for yourself something more than you have created now.

It’s not about buying new things. It’s about allowing yourself to open up to a totally new world for you.... minute by minute... bursts of enthusiasm. Look at every thought that’s in your heart. The way to get there is to be in your heart, to allow yourself to feel. At the same time you have to bring your thought process into your heart. Feel how it is you want your life to be. How it is you feel when you’ve created this moment, this way.

The parts of your life that you gloss over... that you don’t pay attention to because you’re so used to that avenue...it can be about a relationship... to a different place to live... to having more fun, being out more...anything that appeals to you that you’ve brushed of or... being a terrific artist.

**Step Three:** Look at it differently. Give yourself an opportunity to move down a different road. So many places you’re in a trench, entrenched. There are some people who are manifesting wonderful things. They’re open. like Oprah Winfrey. They’re manifesting wonderful things because they have a different head set than the rest of you. They’re headset is open.

Even when fear energy comes up...the trick is to feel it... notice it...and sink into it. People like Oprah just walk through it. For the rest of you, begin to question what you do. It doesn't mean that you have to change everything today. Just note how many things you do by rote. Without thinking about it.



### **Dropping & Sinking**

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