

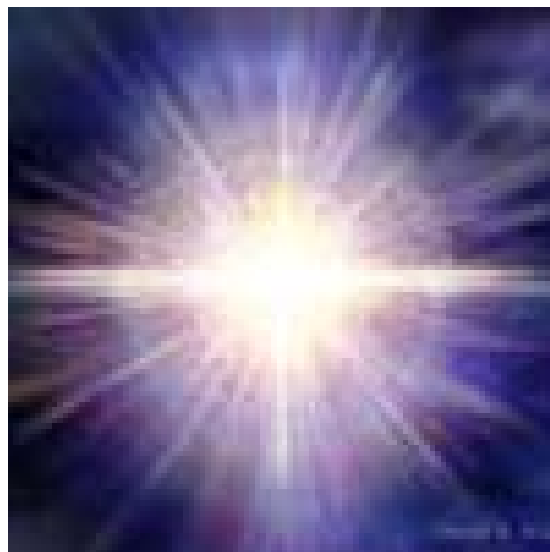




The Empowerment Program

For You and for the Journey Called *YOUR LIFE*

Here  Now  This moment



Accessing and feeling Source Energy

Introduction: The simplest and most direct way to access *Source energy* is through *Dropping and Sinking* ...falling into a source point. Enjoy the following...doing it your way...trusting yourself and your experience 1% more...

Step One: Begin your *Infinity Breathing*...extending the lines... anchoring into source points on the Godhead. Allow each inhale a little longer... you are accessing source energy ...continue ...with each exhale *Dropping and Sinking*...falling into your heart center.

Step Two: As you are *Dropping and Sinking* ...falling into your *Heart Center*., create a tiny ring of energy. On the inhale, allow it to expand to the edges of the

universe...and ... beyond all form... *Dropping and Sinking*...falling into this energy ...beyond all form... allow your awareness blend with that energy into One.

[The Essence Hug](#)

Step Three: That source energy automatically appears in around and through your body. Feel it...allow it to be...let it love you...notice it in around and through your body. **Thank You for that**



The greatest gift that you could ever give to another is your own happiness, for when you are in a state of joy, happiness, or appreciation, you are fully connected to the Stream of pure, positive Source Energy that is truly who you are.

~ [Esther Hicks](#)

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