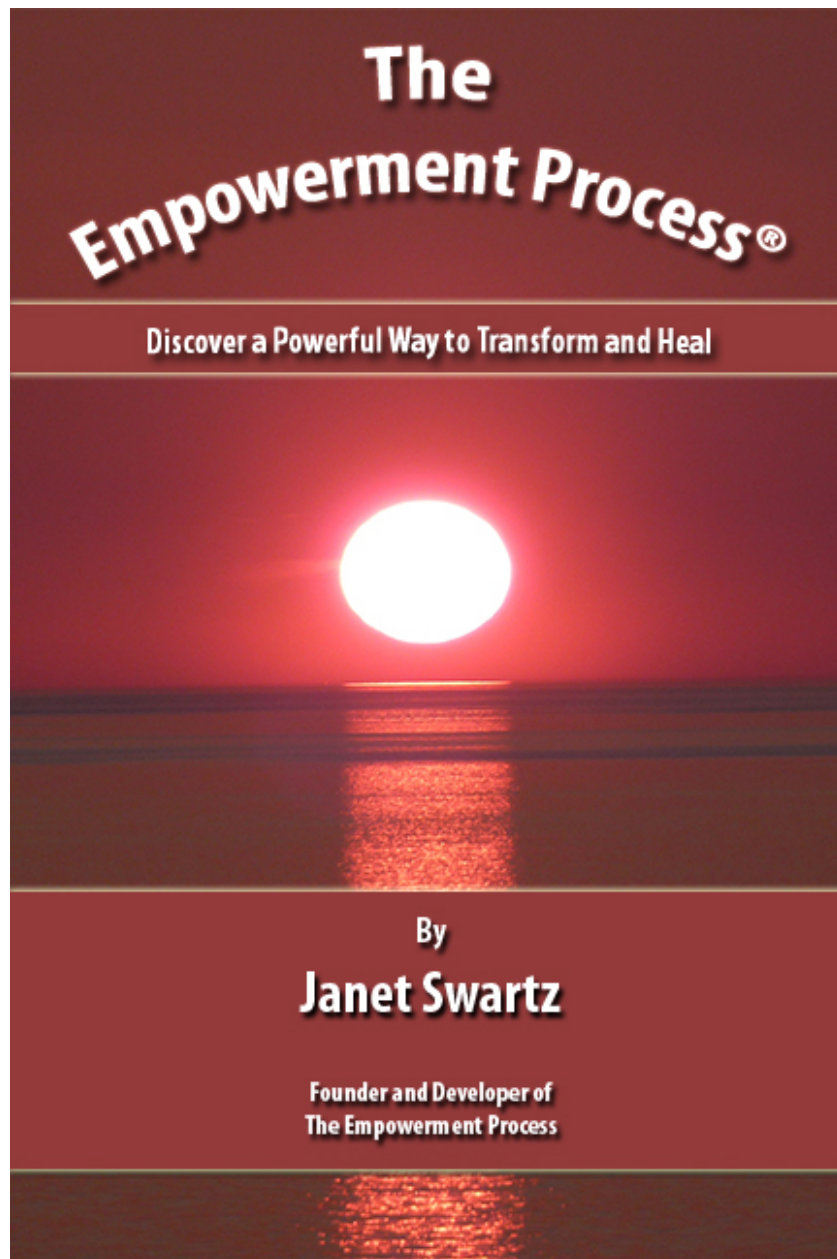


Become Your Own Healer

with The Empowerment Process®

Workshop #1



Developed and taught by Janet Swartz©2016

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Introduction

Become Your Own Healer with the Empowerment Process®

Probably our greatest gift in having a human body is that we are able to function as an integrated whole to progress toward our loftiest desires. By recognizing our innermost essence, connecting to it, and following our intuition, we can move with the flow of life without getting stuck. Anytime we get out of the flow and meet resistance, we can lose clarity of purpose, and meet suffering on some level.

The foundational Empowerment Process® course, **Become Your Own Healer with the Empowerment Process®**, gives you the opportunity to move beyond your resistances on all levels for positive transformation. You will identify your issues, stories, or any excuse you may have for not living your authentic self, deepen your understanding of what you need and want, and learn how to shift to higher levels of energetic functioning. You will learn a variety of healing tools that energize or pacify your mind/body system according to your needs. One of these healing tools is a powerful process to release energy constrictions held in the physiology whenever you need immediate relief.

The effects are permanent changes in the mind/body response to old, uncomfortable “holding on” patterns. The Empowerment Process, which is designed to activate and facilitate your transformation, allows you to explore your unique abilities, gifts and resources.

During the workshop you will

- use the power of your intention to promote energy shifts.
- key into your physiology to recognize where you hold your energy blocks.
- identify your disempowering beliefs and shift them for positive transformation.
- listen to your intuition in order to set a direction for change.

Embarking on this journey requires having love and compassion for yourself, and a willingness to be open to the transformation process. You will then enjoy a wonderful heart experience for greater well-being and happiness.

Course Overview

The Empowerment Process provides the guidance necessary to help you identify what is needed for positive transformation. In the 10-steps, you will address all levels of intelligence – body, mind, emotion and spirit – to facilitate energy shifts.

The Empowerment Process gives you the opportunity to...

1. **Set goals based on your desires and intentions.** How are you prevented from fulfilling them? What disempowering beliefs do you hold?
2. **Operate from a place of neutrality rather than expectation or judgment.**
The Empowerment Process creates a magnet for your issues to reveal themselves for healing. By following the 10-step process, your intuitive guidance will support you in facilitating positive transformation.
3. **Release energy constrictions.** In order to transform, you will learn how to release emotional charges and physiological blocks as they surface.
Then it is possible to move forward and be healed.
4. **Learn transformation tools and techniques** to ground, center, and open your heart, settle your mind, and energize your body. You want to be centered and open in order to shift your energy.

During the Empowerment Process, you will...

1. **Ask questions in a systematic way.** Answering the questions allows you to uncover and acknowledge discomforts or issues, inappropriate reactions, unmet needs and disempowering beliefs. Let the questions serve as magnets for what you need to learn for the transformation. You will discover the answers inside for all the issues you face on the outside.
2. **Recognize mental, emotional, spiritual, and physical challenges.**
Disempowering energies that manifest as fearful emotions or negative beliefs such as projection of failure, inability to move forward, feelings of low self-esteem, and lack of support, will surface for transformation and healing.
3. **Hold the healing space with acceptance and compassion.** As thoughts and feelings arise, acknowledge them with compassion and be willing to open your heart and mind for transformation. Patiently holding this neutral space will enable you to let go of resistances and reactions that keep your stories and excuses lively. These blockages have been there a long time and are ready to be released and free your energy for positive change.
4. **Determine what you want to change and what the change looks like.**
The 10-steps will guide you. It is important to recognize and acknowledge what you *want* to happen.
5. **Use your intuitive guidance to move forward.** You will be paying attention to your thoughts and feelings to discover what is being communicated to you. With practice you will know when to move on to the next question as you unfold new perspectives.
6. **Empower yourself and make the transformation.** By maintaining an attitude of positive expectation and trust, you will allow the healing to take place. You will recognize the shift in your energy as a sense of relief and contentment.

As you practice the Empowerment Process, you will continue to:

1. **Gain new perspectives as you shift old beliefs and release energy constrictions to unfold the power of self-healing.** You are establishing a powerful inner process which gets easier and more powerful over time. Through practice, you will continue to experience changes at more subtle levels to make shifts for further growth.
2. **Celebrate and enjoy your life.**

The Importance of Empowering Yourself

Empowerment is a continuous, self-initiated growth process. The self-discovery surfacing for transformation is perpetuated by questions that facilitate the deepening of self-knowledge in our ever-changing environment. Since the outer world is constantly changing, you need to maintain a steady, non-changing but flexible center in your mind/body system to continue your inner evolution.

Your self-identity, sense of self, will broaden and become more meaningful as you continue to practice the Empowerment Processes in your life. This automatic expansion is very freeing as you remove disempowering frequencies from your mind/body system. Disempowering thoughts simply disappear as you release their energetic hold.

Here are a few cornerstones for empowerment that result when you are willing to take responsibility for your own growth and development.

1. Having the ability to remove obstacles in life
2. Following your inner guidance, staying steadfast in your integrity and inner truth.
3. Forgiving, accepting and unconditionally loving yourself and others
4. Staying balanced in your perceptions
5. Being fully present in the here and now. Letting go of stories from the past and projections into the future.
6. Trusting yourself rather than giving others authority

As you go through the steps of the Empowerment Process, you will establish higher levels of energetic frequencies, and gain a more subtle and integrated understanding of your world.

The more acute perceptions and comprehensive awareness which develop will allow you to live as freer, healthier beings. All of your thoughts and actions can then be of service to everyone in your environment and the universe as a whole.

Principles of Resonance

“There is no good or bad energy, only too much, too little, or misplaced.”

Master Chunyi Lin

1. **We attract what we resonate with.** Resonance is simply matching one vibration to another to amplify the energy frequency. Imagine a vibrating tuning fork held next to a still one. In a matter of seconds, the second tuning fork will start to vibrate without our physically activating it. We can say the forks are in tune with one another.
2. **Thought forms are energetic frequencies** which we are entertaining all the time. Sometimes they are silent in our awareness and sometimes we are expressing them in words and actions. When we hold a disempowering thought frequency, for example, “I can’t find a life partner,” then deep down we are bringing forth *no one*, because that’s what we are resonating with. What lies behind that disempowering thought frequency becomes our opportunity to transform that thought energy as we move through the steps of the Empowerment Process.
3. **We profit from the proper investment of our thought energy.** Since we have thoughts streaming by most of the time, we have the opportunity to put our attention on those that we find useful. It’s the choice of the moment. To belabor an event from the past, perhaps stimulated by fear or some other negative emotion, takes away our energy to participate fully in the present moment for positive results. Focusing on our life-supportive resonances draws to us what we need for growth and happiness.
4. **That which we put our attention on grows stronger.** If we ever feel compromised, are physically or emotionally in pain, or feel stuck and unable to move forward, we have an opportunity to transform our energy with the Empowerment Process. Once the transformation occurs, we will resonate with our positive intentions to draw forth what is needed for optimal growth.

Tuning In to Your Intuition

How do you receive information?

1. **There are many ways to tune in to the energy within and around you. Each person has their unique intuitive styles. Some examples include:**
 - a. **Organizational style** - you recognize logical patterns in abstract concepts.
 - b. **Visual style** - you remember what you see and can visualize things easily, even multi-dimensionally.
 - c. **Auditory style** - sounds stimulate your thinking and imagination.
 - d. **Empathic (kinesthetic) style** - you feel things physically such as a sensation in your gut in response to your physical and energetic environment.
 - e. **Olfactory style** - you are responsive to smells in your environment as well as in your imagination.
 - f. **Perceptual style** - you have a deep inner knowing before an event happens, before the obvious presents itself.
 - g. **Inner knowingness** - you have an instant, effortless knowing beyond individual experience.

To continue developing your intuitive style or styles, it is important to be willing to take the risk involved in trusting it. *(ask your boss for the raise you deserve; travel alone for the first time; call someone you had a disagreement with)*

2. **Pay attention** to the physical, emotional and mental sensations accompanying the intuitive information that is conveyed to you. Be awake to the subtleties around you. Ask for clarity. Allow for changes in intuitive reception.
3. **Allow yourself to receive information** even if you don't yet know why or how it may be useful. The better you get at recognizing and trusting your messages, the sooner nature will present the reason for it and an opportunity to use it or share it. Be patient. Results will come in perfect timing.
4. **Watch your thoughts and emotions come and go.** Notice the effect thoughts and emotions have on you. Transform any negativity by nourishing yourself, mentally and physically. You are the creator of your anatomy.
5. **Use your intellect to make sense out of the intuitive puzzle.**
6. **Use your intuitive information during the Empowerment Process to help you transform your energy and come to a new energetic reality.**

--Notice the changes as you use your intuition to answer all the questions.

--Use your reasoning faculty and integrative mind to assimilate and simplify the messages that your circled positive words and phrases imply.

--Once you've written the empowering statement, check to see if the statement is profound enough to energetically hold the transformation in place.

--Feel the results of the transformation. You may want to re-read your answers to the questions in the Empowerment Process and see if you feel a greater distance or even separateness from the issues. Ask yourself, "Do I feel the energetic shift? What else do I need? (another healing tool, positive action?)"

"I can't do anything about the thoughts that come into my head, but I can do something about those that stay there." Penney Peirce

Holding the Energetic Healing Space – the Place of Transformation

When facilitating the Empowerment Process or an Energy Constriction Release, the healing power is enlivened by holding the energetic healing space for yourself.

Holding this energy space means being fully present, compassionate and emotionally supportive for what is about to happen with no expectation or judgment. It is important that you feel safe in order to allow sensitive issues to surface for healing. Any past discomfort will be met with love and compassion and allowed to be released. The result of the transformation will be recognized when there is no longer an emotional charge or an energetic response to the issue, and there is a new sense of peace and wholeness.

Holding the Energetic Healing Space for Yourself during the Empowerment Process

1. Go into a neutral, silent space. Listen to your thoughts and feelings with “engaged indifference” and no expectation.
2. Open your heart as you receive information.
3. Write down what you are “hearing.”
4. Continue in a natural way and acknowledge what comes up by writing down the information. Continue asking questions of yourself to refine your understanding as necessary.
5. If at any point you feel emotional and distracted, and are unable to continue with the EP, you are given the cue to go through an *Energy Constriction Release and then continue with Empowerment Process as time allows.
6. When following the Empowerment Process, move from one question to the next without too much interpretation or extended investigation. Simply clarify your understanding and your ability to express it
7. You will know the transformation is happening when your responses are expressed with a
 - sense of clarity, relief, and sometimes wonderment.
 - sense of peace and relaxation.

*An Energy Constriction is when we encounter an overwhelming situation and we don’t have the ability to process the experience and release the energy. The energy is then stored in our body/mind system as a wound that may never heal.

When an energy constriction surfaces during the Empowerment Process, we facilitate an emotional release to unload past burdens while holding the healing space. The results are:

- Exhilaration and sense of freedom
- Immediate healing
 - Physical release – throat, heart, solar plexus, head, skin, etc.
 - Emotional release – feeling light, calm, blissful, free
 - Spiritual expansion – a new unboundedness that “absorbs” the small self and creates a feeling of unlimited potential, new perspectives and universal support.

10 - Step Guide to the Empowerment Process®

Change the "I" to "you" when facilitating someone else.

Refer to the following pages for detailed explanation of the Empowerment Process.

A. Am I (are you) Present for the Transformation? *(If you feel distracted or emotionally not present, you may want to Ground and Center, p.3-12)*

B. Now ask:

- 1. Do I have some confusion, discomfort, concern, spiritual issue, or a transformational pivotal point in my life that I would like to explore? What is it? Fill in the dots: "I am unable to...OR "I am unwilling to..."**
- 2. What emotions come up when I think about this statement? Do I feel it in my body? Where?**
- 3. How is that feeling response a problem for me and/or others?**
- 4. What beliefs am I holding on to that disempower me?**
- 5. What unresolved conflicts and unmet needs from the past are surfacing to be healed?**
- 6. What behavior or perspective would I like to change within me to bring about a positive result?**
- 7. What would life be like without the problem?**

Now, circle all the empowering words you wrote in the answers to questions 1-7. When facilitating a session for someone else, say the words slowly out loud as you circle them.

8. What statement can I create that empowers me?

Identify the patterns and concepts from your circled words to structure the empowering statement. Boil it down to the essential words that capture the essence of your intention. Continue to clarify and simplify the statement until you feel the energy shift.

9. Close your eyes and visualize the fulfillment of this empowering statement as a scene or symbol. Be sure to include yourself in the visualization.

- a. Receive and enjoy this new energy.**
- b. Can you describe what you are experiencing?**
- c. Open your eyes when you are ready.**
- d. How do you feel now?**

10. Do I feel complete? Am I ready to make the changes?

a. Do I need a healing tool to support my shift in awareness?

Use your intuition to choose or create one.

b. Do I need a positive action to help me move forward in my life?

If at any point during the process: you feel overwhelming emotions coming up or you feel stuck, go right to the Energy Constriction Release. Once cleared of the emotional response, you may go back and finish the Empowerment Process and/or your initial issue clarifies or changes, it may be beneficial to begin again with #1. You'll generally find that the process will then go more quickly and easily.

Explanation of the 10 - Steps of the Empowerment Process®

Note: When asking the following questions, change the “I” to “You” if you are facilitating someone else. Remember to write down the salient responses. (This keeps you focused and clear what needs to be addressed in the session. If you are facilitating someone else, they should NOT be taking notes.)

A. Am I (Are you) present for making a transformation? In my (your) body?

Transformation begins when you are centered and ready for change. If you are not feeling “present,” that is, your thoughts are elsewhere, and/or you are carrying an uncomfortable emotional charge, then you need to ground and center yourself so that your system is capable of making a shift. What you can do at this point is to:

- Ground yourself (3-12)
- Center yourself (3-12)
- Release an Energy Constriction (2-13)

B. What questions do I need to ask? (Steps 1 - 7 on the following pages.)

Inquiring into the nature of the problem or discomfort is a here and now activity which requires you to face the issue and its ramifications on your thoughts and behavior. Sometimes you are so intimate with your own experience that you need to take a step back to witness what is happening. In order to transform your energy, you'll need to remove all of your “stories” by

- Letting go of blame and excuses for uncomfortable reactions and be willing to take full responsibility for them. We don't try to change others, only ourselves.
- Discarding the ownership of issues if they are not yours, even if they somehow seem to affect you. Take responsibility for yourself. The behavior and reactions of others are their responsibility.
- Understanding, to the best of your ability, what the opportunity for growth is in the situation. Be compassionate.
- Completely accepting what has happened. You can't change the outside events in your life, only your reactions to them.
- Establishing an openness to receive the knowledge coming toward you and flowing with the power from within.
- Surrendering your control to a higher energy, and allowing the healing to take place.

1. Do I have some confusion, discomfort, concern, spiritual issue, or pivotal transformation point in my life that I would like to explore? What is it?

Once you uncover the issues that take you out of the “present,” it is easier to see what the issues really are. Any resistance to growth, due to a lack of flexibility in the mind/body system, will result in discomfort, confusion or pain. Sometimes your life is moving along perfectly, but the pace of transformation feels uncomfortable and you’ll need a clear perspective.

2. How do I feel when the thoughts or feelings arise in regard to my issue?

By paying attention to your thoughts, feelings and physical sensations, you will be able to detect an uncomfortable emotional charge usurping your energy.

3. How is this feeling response a problem for me and/or others?

Anger and fear that is stored in the physiology may be activated and translated from your thoughts to your words, and released into the environment. Any stress response closes off your heart and others’ hearts, and prevents a higher energy exchange for your own growth and well-being. The results in your life may feel like some type of tension that prevents you from feeling relaxed and at home in your body. Self-sabotage, even self-abuse, or a general feeling of disempowerment will result. Once the discomfort or confusion is resolved inside of you, others will automatically know how to respond appropriately.

4. What beliefs am I holding on to that disempower me?

Each of us lives in our own subjective world with our own web of beliefs and belief systems. Disempowering beliefs are damaging to your growth and well-being, and are often unrecognized because they are so ingrained in a complex mind/body system. Identifying them is a step in the right direction for transformation and self-empowerment.

5. What unresolved conflicts and unmet needs are surfacing to be healed?

Unresolved conflicts will surface in your investigation that may have been operative throughout your entire life. The unmet needs for unconditional love, nurturing, security, protection, appreciation, and so forth, are basic life needs that serve everyone for maximum growth and freedom. As the needs are energetically fulfilled from within, you will no longer be seeking.

6. What behavior or perspective would I like to change inside to bring about positive results for growth?

Once you have identified what you want to change, the positive, growth-oriented energy that is within you and in your environment can support the transformation. Knowing what you want and need gives you the impetus to go forward for positive change.

7. What would life be like without the problem?

It may be difficult to “let go” of issues if you don’t have a picture of what life would be like without the old problem. Holding on to any issue, any thought or belief about it, causes constrictions in the mind/body system. It keeps you in the small self with no place to expand. By opening up and releasing the old energies, a whole new world of possibilities, set of beliefs, emotions, and behaviors become available.

Now, circle all the empowering words you wrote in answer to questions #1-#7. Use the meanings or concepts to structure your intention in step #8. You don’t have to rewrite anything. Boil it all down to the essential words that capture the essence of your intention. When facilitating a session, say the words out loud as you circle them. You may assist your client in coming to the statement, but it’s best that it comes from him/her.

8. Can I come up with an Empowering Statement? What is it?

Create an empowering statement, a positive, present tense intention, that creates a clear vision of what you want for yourself and brings you to a place of peace. You are aiming for a statement that answers all your questions without repeating or rehashing the content. It may be specific such as, “*I find my perfect life partner,*” or more general and abstract like, “*I honor myself.*” You want to go beyond the problem to a place of inner-settledness and satisfaction. Simple and straight forward is best so that you avoid missing the power of the transformation. When the statement is clear enough to allow for transformation, you will feel settled and relaxed inside.

If the intention is not complete and you still feel unsettled, you may need to:

- a.) re-word the statement; simplicity is always best
- b.) allow time to integrate the changes
- c.) release an energy constriction
- d.) address further issues (or the “real” issue) that you have uncovered.

9. With eyes closed, I visualize the fulfillment of this empowering statement.

When you create visualizations, even in symbolic form, you bring in all the senses to manifest its reality. Your imagination will serve to bring in the images or scenes, and they will continue to grow and change. Follow your intuitive guidance until you feel complete.

10. Do I feel the process is complete? Am I ready to make the changes?

a. Is a transformation tool needed to support the energetic shift?

Generally, you will have made the shift after the visualization which serves to integrate the empowering statement. If you still feel unsettled or unsure if the

transformation has occurred, sometimes just giving yourself some time and space, an hour or two, or a good night's sleep, is enough.

If you feel you are on the brink of change and completion, there are a number of healing or transformational tools available to help support the energetic system. Some are as simple as breathing awareness, movement, or an energetic contact. Choose what you need based on what feels right. You can devise a tool for yourself or choose from a list. The result will be a change in your energy field.

b. Is a positive action needed to help me move forward in my life?

If there is an obvious positive action necessary to carry out the intention, then take the action to follow through. For example, make an appointment for a job interview, call someone on the phone to re-establish a relationship, research information for your next report, or leave a disempowering relationship. This positive action is for the purpose of solidifying the growth process that has just been transformed. It has the effect of integrating and stabilizing the new state of life.

Each progressive step requires practice and patience.

It is important to trust your new level of evolution.

Using your intuitive guidance is a skill that develops over time and becomes automatic.

Once the old is gone, it's gone for good. You will be able to fill the new space with light, love, compassion, and a new boundlessness that carries no energetic charge.

Determining the Issue for Transformation (B-1)

A. Where to “look” for the issue?

1. Listen to your mind-talk.

Pay attention to what recent situation or old thought pattern is continuing. You'll be surprised at how much is being revealed. If you find yourself doing one of the following, you'll be given a clue as to what you might want to transform for a better energetic stance in life.

- comparing yourself with others
- saying that something will “never change”
- feeling impatient for results
- making excuses for your own or other's behavior
- saying that you feel ok with something when you've actually buried some deep feelings.

2. Recognize an emotional imbalance.

Often your issues surface as an emotional discomfort. You mostly likely will be reacting to a past incident that continues to cause stressful feelings. You often will turn the response into a “story” and hold on to the disempowering energy that “explains” it.

For example, “My boss doesn't appreciate the work I do for him, and gives credit to my co-worker who is actually my subordinate and follows my ideas.”

This specific issue might actually be a theme in your life where you don't feel appreciated in general for what you do. The source, which you are still holding on to, can be located in the past. For example, when you were a kid, no matter what you did to please your Mom, you were never acknowledged or appreciated for it. You will most likely find many other examples in your life as you investigate this story. The specific issue, then, is indicative of a broader, older event from childhood, birth, or past life. Once you recognize the pattern, you will be able to transform it from its inception so you don't need to re-enliven and live through it again.

3. Determine what your body is trying to tell you.

Although you may not be clear why you “hurt” or have a physical complaint, the body is messaging you all the time. If we don't listen right away, the issue will get stronger and eventually create havoc in our physiology. Dis-ease is so common that it is almost taken for granted in our society. Putting our attention on a discomfort or physical issue for transformation and healing is paramount, and you'll usually find emotional or spiritual issues at the bottom of it all.

In each case, the Empowerment Process can take you through the steps to uncover what is keeping your energy from opening up for transformation and healing.

B. How do you State Your Issue?

A rule of thumb for being successful in transforming your concern or issue is to avoid being too complex or convoluted. It is important that you have enough clarity to answer the specific questions in the Empowerment Process. State one issue simply and clearly. Confusion itself can be an issue to work on.

Here are a few ways you can consider as an opening to your statement:

--I am unable to....

--I am unwilling to...

--I feel disempowered (be specific as to how) when...

--I am confused about..

--What keeps me from being "perfect" (in your own eyes) in handling a specific situation or in handling your life in general is...

Once you have a clear statement, you can then follow the steps of the Empowerment Process. Chances are, if the "real" issue hasn't been identified in step #1, it will show up later and you can then make the progress you want for transformation. The beauty of transforming a single issue is that the positive energy will have its impact on all aspects of your life.

C. What can you expect after the transformation?

Once the steps of the Empowerment Process bring about a transformation and neutralize negative energy charges, you will be more comfortable, relaxed, and unconcerned about your original issue. Often, people feel much lighter and energized.

You can test this by mentally re-visiting the issue. The uncomfortable physical or emotional response has been released. (You can go back to your visualization and bring in what had been threatening. In almost every case, the threat is no longer there.)

Recognizing and Transforming Disempowering Beliefs (B-4)

You (and I and everyone we know) live in a personal and uniquely subjective world. We all create and follow our own web of beliefs and belief systems. The way you are conditioned to think may be entirely different than other members of your own family, best friend, spouse, favorite human being here on earth, or spiritually ascended master. If you are in tune with your own intuitive guidance and flow with all that life may present to you, you can live your life without obstacles that impede growth and evolution.

How can you recognize and transform those beliefs that are not serving you?

First, listen to your mind-talk, secondly, feel your feelings and accept them, and then confront the beliefs you discover that keep you limited. Confronting a belief simply means not resisting it and being willing to accept “what is,” especially if experience from the past brings up fear which tends to keep you in an avoidance pattern.

Having high expectations of yourself and others may be fine as long as you accept the reality of where you are now. From “here and now,” you can make all the changes you want and they can only be for yourself. Changing others doesn’t work unless they are willing themselves to make transformations in their lives from inside themselves, for themselves, and by themselves. Below are examples of when you are not “here and now,” when you are projecting a dissatisfaction or judgement, and resonating with being in a “bad” or uncomfortable place.

If I were perfect, I’d be: or, If “so and so” were perfect, I’d be:

- (a) Always loving toward myself.
- (b) Always loving toward others
- (c) Comfortable in my body.
- (d) Free of judgment.
- (e) Happy with what is.
- (f) Living in the moment.

The “ifs” identify exactly what you want to change for yourself. Then you can take the opportunity to shift your issue and beliefs that you are holding onto. As you go through the Empowerment Process, you will automatically (intuitively) discover what feeling responses are in the way of your empowerment. You will identify your feelings in #2 and #3 of the Empowerment Process, or, you if you experience an overwhelming emotional charge, you can take yourself through an Energy Constriction Release (2-8).

Examples of de-energizing “feeling” responses to your issue (EP #2 and #3) are:

- Fear of not getting what you need.
- Angry at the way you’ve been treated.
- Afraid that you’ll never be loved.
- Guilty for not taking care of your situation properly.
- Disappointed at your inability to respond appropriately.
- Resentful of other’s seeming insensitivities.

Such reactions are the clues that give you the direction to resolve them. For example, if you are afraid of not getting the raise you need from your work, and you aren’t able to pay your rent, then you may reveal an anxiety or pressure in your tone of voice toward your boss. These fear-based responses are clearly not conducive to receiving what you do need. As you continue through the Empowerment Process, you will be shifting out of the disempowering energy which support these responses. You will then be free of attachment to what you don’t want.

Sometimes, the issue may be very small, but you blow it out of proportion as your unmet needs, beliefs and old, reactive patterns surface. Other times, the situation may have much bigger consequences, a life-changing event, yet you are still put to the task of addressing your responses. Your investment in healing becomes paramount to your well-being during these times.

As you work with the Empowerment Process, you will become free of projecting your fears, and will naturally be able to energetically address your feelings, beliefs, and conditions or judgments. Once you have investigated what underlies your uncomfortable experiences, you are in a position to create an empowering statement and integrate the new, life-supporting energy. Your ability to receive what you need in life will be greatly enhanced and you will notice a new level of integrated energy, one of calm and peacefulness.

Discovering the Unmet Need (B-5)

An unmet need is a feeling or inner knowingness that something is unfulfilled in your life that is very basic to your existence and well-being. Most people carry such a “need” around with them their entire life because they didn’t receive the love, nurturing or protection necessary as a child. This feeling of lack may even stem from a past-life event that got carried over into the present time.

The unmet need can be uncovered and recognized as a theme or pattern that will be evident in your responses to the questions presented by the Empowerment Process, starting from the issue itself. In the example, “my boss doesn’t appreciate me,” you see the theme of being “unappreciated” develop which may include being “unacknowledged” or “unseen.” The perspective of how you identify this unmet need depends entirely on how you (or your client) see and interpret the situation.

Since you will be resonating with the disempowering belief (I am unappreciated), that frequency will continue to be drawn into your life until you transform it. The need for “being appreciated” will drop off as you transform your issue, and the unmet need will be resolved and no longer be an active energetic pull toward you in your life. Since your intentions and beliefs serve as magnets in life, you’ll want to only draw to you what is energizing and useful for happiness and well-being.

Here are some examples of an unmet need based on an issue or a belief:

Issue: I am unable to draw a perfect life partner into my life.

Unmet need: worthiness

Issue: I am angry that my husband left me.

Unmet need: forgiveness

Issue: Life is a struggle.

Unmet need: support

Issue: I can’t trust anyone.

Unmet need: safety and protection

The importance of fulfilling the unmet needs that you carry around in your energy field is paramount for being truly at peace with yourself and all that life offers. Giving yourself this opportunity to transform the unwanted, old energy is a great gift for yourself and the universe.

The Power of the “Empowering Statement” (B-8)

Your ability to listen to your intuitive mind and avoid analytical limitation will increase as you practice the Empowerment Process. Your sensibilities will become more refined. You will begin to “feel” into situations and will come to know when to attend to physiological responses and when to ignore them. Messages are received all day long, but the obvious ones seem to get our attention. These are the clues letting you know what is ripe for transformation.

In the Empowerment Process, you begin with a statement of an issue or concern that you are seeking to transform. You then take the opportunity to shift the energy that underlies the statement. Each question you address in the process serves as a magnet, drawing answers to you. As you move through the questions, you are being prepared for a shift which you will be able to recognize in the empowering statement as it comes to you.

If a “new” issue suddenly arises, go back to the beginning. Since the process allows for mini shifts along the way, you may find at any time in the process that another issue arises that needs to be resolved. You’ll have an “aha” that this new concern is what needs the attention right now. If this happens, it is best to address the newly surfaced issue by going back to the beginning and starting the process again with this new concern. The answers to each question generally flow more easily when you focus on the energy that is ready to shift at that moment. If you become frustrated or blocked and feel unable to go forward, there is probably an energy constriction to be released. In this case, immediately begin the Energy Constriction release to clear the blocked energy. Then you’ll be able to follow the Empowerment Process for your transformation.

Once you have explored each question to your satisfaction, then it is time to sift out the patterns and subtleties of your written answers. That is why it is important write out the answers to each question and then circle the positive words and phrases within each response. This will draw your attention to the “answer coming from within.” When you respond to the question asking you to craft an empowering statement in #8, write the first thing that comes to your mind, and then re-work it until you fully resonate with statement.

The test of an effective empowering statement is that it satisfies all the concerns arising in that session. Once you integrate the statement into your energy system through your visualization, you will feel both energized and/or peaceful, and then complete.

Empowerment Process Sample

1. **Opportunity for transformation:** I am unable to be financially self-sufficient and still be authentically my Self.
2. **Feeling response:** I feel insecure, ashamed, disempowered; unable to act at the whim of another's financial stability; emotionally unstable; lacking in the possibility of fulfilling my potential; compromised.
3. **It is a problem for me because I feel**
 - unable to do work that is fulfilling and makes me money.
 - unable to focus on my life work if I have to financially support myself.
 - ashamed to accept someone else being responsible for my financial needs.
 - **I can't trust my abilities as a woman (save for a later EP session)****Problem for others:**
 - I need to please my superior
 - I am unable feel gratitude for the person who helps support me.
4. **Unresolved conflict - of being subordinated**
 - as a female
 - by authority and elite superiors**Unmet need to**
 - give myself permission to be my own authority.
5. **I believe (these may also be ripe for a full EP session)**
 - I deserve only an average of what society can offer me.
 - I am unworthy of being supported.
 - my life work is not worthy of being supported
 - if I am completely self-supporting, I will have too many responsibilities to survive.
 - other people will judge me if I am supported by another.
 - I am lazy.
6. **I would like to change** my ability to appreciate myself.
 - to be confident that I am adequate enough to contribute to the world and receive compensation.
 - feel empowered as a woman who can create wealth through consciousness-based processes.
 - to be free of judgment, restriction or compromise.
 - to never compare myself with others in order to gain self-esteem.
7. **Life would be:** coherent, one-pointed, receptive, cooperative, blissful, fun, subtle, full of acceptance, present, fluid, kind, sweet, Creator-serving, full of love, healing, nurturing, **free of expectation and projection.**
8. **Empowering statement:** I honor the blessings of my beautiful Being.

Releasing Energy Constrictions through Intuitive Guidance For Oneself

*Follow this process exactly, moving forward with compassion, patience, and always staying centered in the present. **If you are feeling upset, immediately begin breathing through the nose, staying with the breath throughout the entire process.***

- 1. Close your eyes and settle your mind. Ground your energy. Imagine roots extending from the soles of your feet, sinking deep into the earth. Feel supported, safe and secure working with your body's energy.**
- 2. Scan your body and notice where you might hold tightness, discomfort, pressure, or pain. Give it your full attention and breathe into it. Feel acceptance and compassion.**
- 3. With eyes open, now breathe deeply and fully through your nose. Allow the breath to flow over your body, throughout your Being. Enjoy the breath and Being throughout the entire process. If at any time you feel like crying or getting up, stay with the breath to facilitate the healing.**
- 4. Ask yourself, "What is this tension or discomfort trying to tell me?" Say it out loud.**
For example: I feel left out and unappreciated; I can't say what I feel; someone is standing on my chest and I can't breathe; my throat is constricted and I can't speak my mind; my stomach is in a knot and I feel anxious...
- 5. Acknowledge that you are listening and hear what is being communicated. Say out loud to this tension, "I hear what you are saying."**
- 6. Is there someone who needs to hear this? Who is it?**
Now, role-play a communication to that someone who needs to hear what you have to say. This may be a communication that never happened, for example, when you were pre-verbal as a child, or at a time when someone was unavailable to you, with someone who is deceased or in another realm, or who represents the quality up for transformation (i.e., the judge).
 - a. Communicate your need(s) and feeling(s) to the person or quality that needs to hear it, and from the age you need to be to make the communication. Make notes.**
 - b. Then, say the *supportive* response that you needed to hear from them. Make notes. Repeat it once or twice if necessary until it "settles in." (At this point, if tears happen, the release is appropriate.)**
- 7. Identify the unresolved need such as the need for love, acknowledgment, attention, protection, safety. Write that out.**
- 8. Close your eyes and visualize fulfilling this need. Imagine a symbol or an empowering situation in which you are a participant. Use your imagination and intention to integrate the symbol or scene into your energy system, your heart, soul, your entire Being. If you wish to enhance the power of integration, mentally activate this visualization with vibration or light.**
- 9. Sit comfortably, eyes closed, until you feel settled and complete.**

The Ethics of Following Intuitive Guidance

Inspired by Penney Peirce in "The Intuitive Way"

It is skillful to live in a way that completes old "karma" and doesn't create any new.

1. Be clear about your deepest motives and act accordingly.

Pay attention to what your body, mind, and soul are communicating. Information and knowledge will be revealed. Using the Empowerment Process can help you recognize and understand your inner messages so that you can overcome any blocks as you move to greater levels of energy and awareness. And, you can help others do the same in their journey.

2. Honor and trust the wisdom of your own process.

No one else is on your path. Your knowledge and experience is unique to you. Honor what your life plan unveils and use and share your talents and gifts. You will feel clear and comfortable when you are following your intuitive guidance.

3. Always ask permission to help others and give out only what is required.

Respect and honor the boundaries of others. To intrude into another person's reality or ask them to make too big a leap may lead to doubt and discouragement. It is important to honor their wisdom, their path, and their desires. Use your intuitive mind/body responses, truth and cautionary signals, to know when and what to share through speech, and when to be silent. Pay close attention to their response to your words. When others take ownership of their path of transformation, the doors will open for their growth and well-being.

4. Practice right speech.

Speech gives form to the abstract and can bring empowering visions to life. By speaking in a nurturing way, with honor, respect and non-judgment, you will create a safe space for trust and transformation. Asking the "right" kind of question will accelerate the transformation process. Words of inspiration in the right context are always appreciated.

5. Ask for help when you need it.

Seek counseling, and pay attention to the advice and opinions of others when you feel the need, but always rely on your own intuition to make decisions. Welcome insights that support your values and deepen your knowledge without becoming dependent on someone else's energy for direction. Only you can "feel" what it is like when you make the shift. Use the Empowerment Process to fill yourself with energy and light to help you make those transformations that you are ready to for.

Transforming Habits with the Empowerment Process

Begin by acknowledging your habits, both positive and negative. It is valuable to appreciate your good habits and the energy you put into doing the right thing. That acknowledgement can give you the courage to look at some of your pitfalls or negative behaviors.

Most of your habits were programmed into you subconsciously from childhood. Some common habits that many people would love to transform are staying up too late at night, eating too much sugar, spending money inappropriately, negative self-talk, co-dependency, worry, blame, complaining, defensive behavior, angry and aggressive behavior, and so forth. Often, we are “addicted” to our habits because they are so intimate and precious for our self-identify. Changing them takes some time and effort, and maybe even some courage. But, by putting your attention on making the change, you have taken the first step toward transformation.

1. Identify current habits, both energizing and de-energizing. Write them down as they come to your attention. If you are open and feel safe enough, ask others close to you to add to the list. This open receptivity in itself is a good habit to cultivate. We are not looking to judge ourselves, only to see ourselves more objectively. Remember that what others see and report may not be your reality. Just stick with your own perceptions.
2. Once you have identified your dominant habits, prioritize them according to how you would like to work on them. Sometimes, by changing one habit, others will automatically change or at least be energetically supported.
3. Begin the ***Empowerment Process*** for change. As you begin, remember that you need to be in a “neutral” space for transformation. If you feel emotionally charged, take yourself through or have someone lead you through the Energy Constriction Release. Ground your energy and center yourself. Then you can begin. Take the habit you wish to change as the “issue” and proceed to answer the questions.
4. Once you have circled all the empowering words and created a clear empowering statement that you feel you resonate with, *check in with your intuition*, your gut feeling, to recognize whether you have come to a place of relaxation and integration with the new intention.

Continued.....

If you still feel unsettled with the statement, keep working on it until you feel complete, or determine that you need integration time, or a transformation tool to help with the integration process. You may notice that the empowering statement actually is a *new habit* that replaces the old one.

5. When it comes to changing habits, creating a positive action to replace the old one is often necessary. Practicing the new desired habit every day without fail increases the speed with which you will see results. The greater your desire and commitment, the faster the change will occur. This will depend on the situation and your belief system, your aggressiveness in making the change, your willingness to work on yourself, and universal timing. You know you have successfully created a new habit when the practice of it is automatic and effortless.

By following the steps of the Empowerment Process, you will give yourself the opportunity to look deeply into your behavioral patterns, needs, beliefs and desires. Then you will be able to facilitate transformation for permanent, life-supportive changes.

My Empowerment Progress

<u>Date</u>	<u>Opportunity for Transformation</u>	<u>Empowering Statement</u>
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Developing Further Skills Using the Empowerment Process

Read the Course Manual, highlighting important points as you go along.

1. Choose one point that made an impression on you, one that you feel you understand and used while working with the process.
 - Mention what you learned and the affect it had. Share your empowering statement.
 - Describe how you recognized and understood the role of your intuition, your ability to feel into what is ready to transform.
 -
2. Share an experience of your visualization in step #9 that helped to integrate the empowering statement.
3. Describe a healing modality (if you created or chose one) for integrating and establishing the transformation, and mention the result it had for you.
4. Write a question or two that you would like clarification on from me.
5. Keep up with the Empowerment Progress sheet, noting your opportunity for growth and the resulting empowering statement. Date the entry.

Developing Further Skills with the Empowerment Process®

Sample Homework

- 1. *The point that made an impression on me was that I feel I understand what is coming forth while working the process:*** When it comes to choosing an empowering statement, check to see if the statement is profound enough to energetically hold the transformation in place.

I learned it is okay to keep exploring the empowering statements and play with my words and feelings until I've landed on gold. I recognize the role of my intuition in this part of the process because this is often where I feel a very clear Yes! The statement holds a new vibration that causes me to forget what the old vibration even was. The issue no longer made many sense and my feelings didn't elicit any internal response.

My empowering statement was: I am the vibration of joy!

- 2. *I felt it immediately in my body – a slight tingling in my hands and then a visual image of water inside my torso rising up in waves, bubbling up, up, continuing to overflow. My hands were held open and filled with light as the overflowing continued.***
- 3. *The healing modality I chose at this point was the laughing breath: Hahaha. I practiced it for about a minute and the result was I was inspired to get up and dance.***
- 4. Question: What do I do when an issue pops up as I'm going through the Process? Do I start over, or do I continue with the original issue?**

Personal Evaluation

Date

***What Changes I Have Noticed During This EP Course?
What Have I learned about myself?***

That I am able to

I am willing to

My new perspectives are...

Life will be ...

Write your thoughts here:

Become Your Own Healer with the Empowerment Process Course Evaluation Form

1. What transformational shifts did you experience during the Empowerment Process course week-end that you felt were profound and possibly life-changing?

2. Has your ability to trust your intuitive guidance changed since the course, and how? How do you experience the “intuitive impulse” or receiving information from inner guidance?

3. What further knowledge would you like for your own growth in this process?

4. Would you be interested in future courses, *Applying the Empowerment Process to Others*, and *Balance Your Chakras* with the Empowerment Process?

5. What did you especially like about the course and what would you like to see improved? Be as specific as you can. (Please use the back side to answer if necessary.)

6. How was the balance between presentation, discussion and practice?

Name

Date

E-Mail

zip code

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Empowerment Process® Courses

Workshop #1: *Become Your Own Healer with the Empowerment Process*

- a. Principles of the Empowerment Process
- b. Principles of growth and healing
- c. Practice with Self-Sessions
- d. Range of applications
- e. Demos and group sessions
- f. Introduction to follow-up courses

Workshop #2: *Applying the Empowerment Process with Others*

- a. Sessions for others
- b. Facilitation principles and ethics
- c. Holding the Healing Space
- d. Sessions for Groups – couples, families, team, school, city, nation, environment
- e. Distance Sessions
- f. Proxy Sessions – infants and toddlers, animals, groups

Workshop#3: *Balance Your Chakras with the Empowerment Process*

- a. Opening your chakras
- b. Balancing your chakras
- c. Developing your intuition
- d. Moving into your gifts

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