

The Empowerment Process®: 10-Steps for Positive Transformation

The Empowerment Process (EP) is a systematic process for shifting your energy for permanent, positive change. The process is not an intellectual endeavor, but an energetic experience where you can release physical energy blockages and self-limiting habits of thought and behavior. As a result, you begin to resonate with a more powerful, integrated you.

The 10-Steps will prompt you to go deep into your inner nature to locate and release blocks, dis-empowering beliefs and uncomfortable feelings that no longer serve you. The Process then proceeds to the development of an empowering statement, a key to opening new energy. The next step is to create an energetic visualization that gives you the opportunity to resonate and physically integrate higher, more life-supporting frequencies. Because of the powerful energetic nature of this transformation, the EP can have an impressive range of benefits.

Some examples of benefits reported from EP sessions include:

- improved physical and mental health
- enhanced personal and family relationships
- greater confidence in recognizing and following intuition
- ability to deal with overwhelm and anxiety

The Empowerment Process is so effective because it operates on very subtle levels of the mind/body system. We are energetic beings, and we can learn to access more powerful energies within ourselves. As we focus our intention on empowerment and positive growth, we become a conduit for the flow of positive universal energy which can enrich every aspect of our lives.

The results of transformation with the EP only require your willingness and courage to go forward with an open heart and mind for your own positive growth.

This E-Book gives you the opportunity to become familiar with the 10-Steps and try the Process out for yourself. For deeper understanding, proficiency with the process, and to learn how to facilitate the process for others, there are week-end workshops. For more information, go to <http://empowermentprocess.com/workshops>.

Individual Empowerment Process sessions with Janet are available in-person and by phone <http://empowermentprocess.com/individual-sessions>.

10-Steps of the Empowerment Process®

Welcome to “Take Yourself through An Empowerment Process, Step by Step.” Have you done an Empowerment Process before? If you have, this exercise will be familiar and easy to do. I am including instructions and explanations which you can easily follow.

On your path of evolution, a path of personal growth, you can come to know what and how to change to become more fully yourself. It helps to be clear about what serves you (and what doesn't) for your highest and best in life.

Remember, you can't change the outside world, other people, or circumstances or situations that have already happened. So, it's up to you to make choices in this moment from within... to change the old habits of getting angry, afraid, impatient, resentful, panicky, and so forth, that don't serve you or anyone else at all.

To get the transformational results of self-empowerment be sure to write down the answers to all the questions on the EP Worksheet for each step. Keeping a log in your notebook or file will give you the continuity that you will need for a powerful transformation. Hand written may be more effective than typing on the computer, so best to print out the Worksheet on page 15, and write out the answers to the questions on a blank sheet. Wishing you happy journeys.



“Unless we take that first step into the unknown, we will never know our own potential!”
(Alan Rufus)

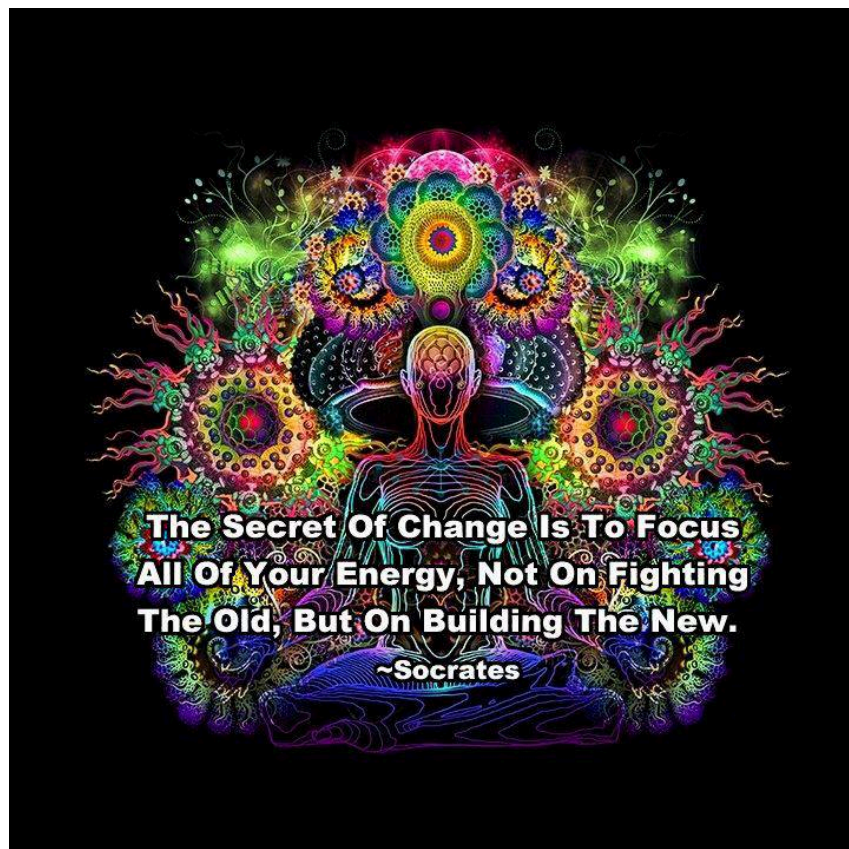
EP Step #1: Determine your issue.

Do you have an issue, concern, spiritual dilemma, or pivotal point in your life that you would like to explore to open your gifts for self-healing?

Listen to your “mind talk.” Are you thinking of excuses or blaming someone or something...creating a “poor me,” feeling? Listen to your body. What is it trying to tell you? Go ahead and write out what concerns you have, **what might be an issue for you**. Write it down. A good way to start is to complete this sentence. *“I am unwilling (or unable) to....* Play with it until you feel you have landed on one issue that might be truly bothering you.

Keep a journal of your answers as you go through your discovery process. This will allow you to stay in communication with yourself so that you will experience a powerful transformation.

Step out of your box. *“Awaken your spirit to adventure, hold nothing back, learn to find ease in risk; soon you will be home in a new rhythm. For your soul senses the world that awaits you.” (John O'Donohue)*



Step #2: How do you respond to your attachment/issue?

What thoughts come up for you in response to your issue? How do you feel about those thoughts? Do you recognize a feeling in your body? Where?

Let's go forward now. You are "peeling off layers of the onion," to reveal and address deeper levels of your energy. By paying attention to your thoughts, emotional feelings, and physical responses, you will be able to detect the uncomfortable emotional charge that is usurping your energy. Be open to the freedom that this communication is offering you.

NOW, write out the answers to these questions.

Once you've identified and accepted this reality, you are well on your way to transforming the energy.



EP Step #3: How do you feel about your responses?

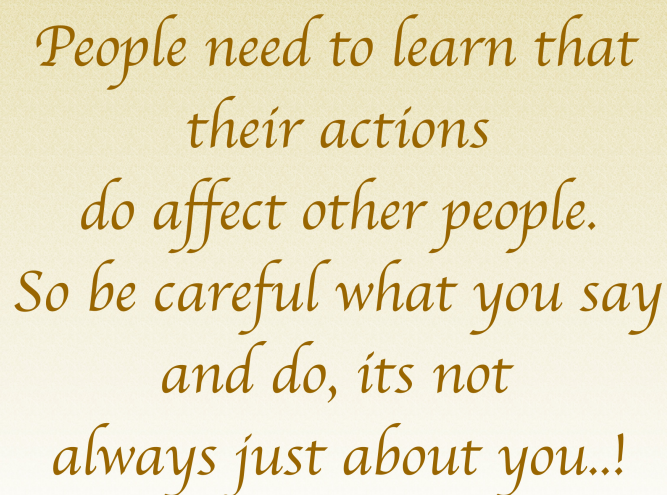
How is this feeling response (that you've considered in Step #2) to your issue (step#1) a problem for you in your life? How do you think it's a problem for others?

This question is asking you, how are your feeling responses affecting your life? For example you might notice that you are avoiding going forward in a project or a relationship, or blaming an outside source for your dilemma.

Anything you do in reaction to a dis-empowering feeling or situation tends to add energy to what you don't want. Worry, for example is a projection of exactly what you don't want to happen. Any stress response closes off your heart and others' hearts, and prevents a higher energy exchange.

You may recognize some physical tension is preventing you from feeling relaxed and at home in your body. Self-sabotage, even self-abuse, or just a general feeling of dis-empowerment may be a result. Once the discomfort or confusion is resolved inside of you, others will automatically know how to respond to you appropriately. The clarity you project will be recognized.

Now, write out the answer by saying how the responses cause a problem, for you, and maybe other people, too.



*People need to learn that
their actions
do affect other people.
So be careful what you say
and do, its not
always just about you..!*

EP Step #4: What are your dis-empowering beliefs?

What *are* the beliefs that you are holding on to that keep you resonating with your issue rather than transforming them to fulfill your higher purpose?

You are looking to uncover your disempowering beliefs as they relate to your transformational issue in #1, supporting your disempowering responses in steps #2 and #3.

You know how powerful your beliefs are...they rule your world. They are purely subjective; interpretations projected by your imagination and consciousness. You'll generally find that they will be reinforced by the people that you interact with on a daily basis. Beliefs which are dis-empowering to you, damaging your growth and well-being, are worth taking the time to transform.

Write down your dis-empowering beliefs now to continue with your transformation for self-empowerment.

Note: Sometimes you'll discover a belief that is so powerful that you'll want to have it be your main issue that you are willing and ready to transform. In this case, you can go back to Step #1 and start over since you've gone deeper into your awareness. Otherwise, just keep that belief as part of this step and watch it transform along with everything else.

Because your beliefs trigger biochemical responses, you'll want to take anything fearful or threatening out of the mix to prevent possible debilitating, physical ramifications.



EP Step #5: What unmet or unfulfilled needs do you carry with you?

An unmet need is a feeling or inner knowingness that something is unfulfilled in your life which is very basic to your existence and well-being. People may carry these feelings around with them their entire life if they didn't receive the love, nurturing or protection necessary as a child, or even from a past-life event that got carried over into the present.

Recognizing the unfulfilled need.

The unfulfilled need can be uncovered and recognized as a theme or pattern that is evident as you respond to the questions presented by the Empowerment Process, starting from the issue itself. For example, if the issue is "my boss doesn't appreciate me," you see the theme of being "unappreciated" develop, which may include being "unacknowledged" or "unseen." How you identify this unfulfilled life-long need depends entirely on how you see and interpret the situation.

Since you will be resonating with the disempowering belief (EP Step #4), "I am unappreciated," that frequency will continue to be drawn into your life until you transform it. The need for "being appreciated" by your boss or anyone else will drop off as you transform your issue. It will no longer be an active, energetic resonance in your life.

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

Issue: I am unable to draw a perfect life partner into my life. *Unfulfilled need:* worthiness

Issue: I am angry that my husband left me. *Unfulfilled need:* forgiveness

Issue: Life is a struggle. *Unfulfilled need:* support

Issue: I can't trust anyone. *Unfulfilled need:* safety and protection

The importance of fulfilling these 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.

Now, write out your unfulfilled need or needs based on the issue you identified in EP Step #1.

EP Step #6: What perspective and behavior would you like to change within 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. You will draw to you what you need. Knowing what you want and need gives you the impetus to go forward for positive change.

Once you “see” how you can be, how you can fulfill your issue with an expanded vision, you can support that vision with a new behavior. In a sense, you are creating a new truth which you can live by.

Now, write out your new perspective and behavior changes that make your issue become obsolete.



I like this quote. *“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.”* Jimmy Dean

EP Step #7: What would life be like for you without the problem?

That's the big question following your perspective shift.

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 a constriction in the mind/body system. It keeps you in a small place of doubt, fear, and inhibition to go forward. It can be more “comfortable” to stay in the familiar problem space if you don't have a vision of how to live without it.

However, you CAN transform. You ARE opening up and releasing the old energies now. A whole new world of possibilities is becoming available: a new set of beliefs about yourself and your situation, more balanced emotions, new behavioral habits.

Now, write out your answer. Imagine what life would be like without the problem. Bring that new vision home to the present.



EP Step #8: What Statement can you create that expresses your transformation from Step #1, your original issue?

Welcome to the place where you determine the statement that empowers you for transformation. It is VERY important that you follow the next instruction.

Go to your notes, and circle every positive word or phrase. If you have a phrase, “I am unable to...,” then circle the “I am able to...” leaving off the “un.” You won’t be rewriting anything. Just find all the positives in the questions you explored and answered.

You may be surprised at how much transformational energy you hold just by having answered questions 1-7. If you haven’t written anything down, then it’s time to go back and start from the beginning. It will be worth the time, I assure you. From years of experience, I found the importance of committing to paper.

Now, observe the flow of your thoughts that you wrote down, and distill the depth of meaning that encompasses your inner strength. This happens intuitively rather than intellectually. You won’t need to rewrite anything that you’ve already identified. For example, if your original issue was, “I’m unable to find a life-partner,” you will have addressed thoughts, feelings, unfulfilled needs, and behaviors that are ready to transform. Your empowering statement, then, might be, “I am loved.”

Now, write out your empowering statement.

If that feels just right, you will feel and know it. You may get chills in your body, crack a smile on your face, or just feel relaxed with it. Keep working until you are satisfied with your statement. Simple phrases are usually the most powerful.



There is one more step for integration. Stay with it. You are uncovering a great gift of using your own energy for self-empowerment

EP Step #9: Close your eyes and visualize the fulfillment of your 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, scenes or symbols.

Close your eyes for your visualization. Follow your intuitive guidance as you allow the images to form and change to reflect the power of your empowering statement. It's a very spontaneous process.

Be sure that **YOU** are in the scene, or represented as the symbol, so that it is not just a projected picture, but a powerful energetic representation of who you are.

Take your time and go with what manifests. Sometimes the visualization will be so powerful that your statement actually refines. For example, "I am loved," may more meaningfully become, "I am love."

Sit easily until you feel complete, contented and peaceful. Then open your eyes. You'll even note the change in the outer atmosphere.

The final step of the Empowerment Process, Step #10, will be necessary only if you don't feel complete, and/or, you need a positive action to complete the energy shift.

EP Step #10: Do you feel the Process is complete? Are you ready to live your changes?

CONGRATULATIONS! You have completed an Empowerment Process.



An EP session, when facilitated in one sitting, generally takes 40 – 90 minutes depending on your clarity, depth of transformation, and openness to change. If you are pressed for time, it's ok to start, get clarity on your issue, and complete the process at a later time. Just remember to take notes so you don't get lost during a session or lose ground when you come back to it.

In general, you will have made your shift after the visualization which serves to integrate the empowering statement.

ADDITIONAL STEPS AS NEEDED

Step #10 may be necessary when you feel you need an energy boost in the form of a transformational healing tool. Or you may need to complete some specific action to secure the transformation.

A healing tool is something you may need to energize your statement. It is often a physical modality such as sound, movement of some kind, or breathing pattern. Use your imagination, intuition, or Google for your ideas. The EP week-end gives you choices, but you can do something now. Listen to your intuition, and think what will support your change.

Or, you might need a **follow-up action** to complete the transformation. Examples might be, send in a letter of resignation to open the space for a new job; begin your new business that you've been planning; pop the marriage question! In any case, it will be a logical step that you'll be prepared to do.

If either or both of these seem necessary in order to complete the transformation, you will use your intuition make your choices. These choices as well as enhanced understanding of all the steps of the Empowerment Process are addressed and experienced in the Empowerment Process workshop, Following Your Intuitive Guidance for Energetic Transformation
<http://empowermentprocess.com/workshops>.

You know you've succeeded in making your transformation when your original issue holds no emotional charge or meaning in your life.

In the last chapter, I will share an important piece of the Empowerment Process when you might get stuck because of an energy block. It's easy to identify, and you will have a way to release that "stuck" energy so you can transform your energy according to your intention.

What do I do if I feel stuck?

So, you've tried to do the Empowerment Process, going through each step in sequence, and you got stuck.



Did you feel an uncomfortable, overwhelming sensation surface which got in the way of your ability to focus on the EP? Maybe you even began to cry, or feel a strong desire to leave the process.

This is PERFECT. That means you have

uncovered a valuable opportunity to release an old energy constriction held in your body. You may have been carrying this for years, even life-times. Now is your opportunity to be courageous and release it.

Here is a simple procedure you can do to help yourself through this. This is an abbreviated version of what I teach in the Empowerment Process workshop, but it can be very effective.

1. STOP and Breathe. Breathe deeply through your nose as you continue.
2. FEEL the discomfort or pain. Identify where you feel it in your body.
3. BREATHE IN GOLDEN LIGHT. Offer love and compassion to the area.
4. BREATHE OUT... the discomfort, pain, or uneasiness. No hurry.
5. STAY WITH THE FEELING until it dissipates. Feel the relaxation as it sets in.
6. OFFER GRATITUDE as you become centered in the here and now.
7. BEGIN or CONTINUE with THE EMPOWERMENT PROCESS. This can be in the moment or when you have time.

An immediate release will give you a sense of freedom so you can continue to transform. The release helps heal a past wound that no longer needs to impede your progress. If you are unsure of results or feeling complete with the transformational shift, you can always connect with me to facilitate a more in-depth process. <http://empowermentprocess.com/individual-sessions>. Sometimes just confirming the results is even enough.

10 - Step Guide to the Empowerment Process®

Make sure you are present and grounded “in your body” before you begin.

Write out the thoughtful answers in complete sentences on a blank page.

1. Do I have some confusion, discomfort, concern, spiritual issue, or transformational point in my life that I would like to explore?
2. How do I feel with the thoughts or feelings that arise? Do I recognize any sensation (s) 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 needs and/or conflicts from the past are surfacing to be healed?
6. What perspective and behavior would I like to change within myself to bring about a positive result?
7. What would life be like without the problem expressed in #1?
Now, circle all the empowering words you wrote in the answers to questions 1-7
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 *you are included* in the visualization.
10. Ask, 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 life?

Note: If at any point during the process you feel overwhelming emotions coming up or you feel stuck and can't seem to go forward, go right to the simple energy constriction release on page 14. Once cleared of the emotional response, you may go back and finish the Empowerment Process.

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