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The Empowerment Process® does not claim to produce any specific result. The examples presented are the results reported by individual clients and may not apply to others. For medical advice, contact your health professional.

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The Empowerment Process: Discover a Powerful Way to Transform  
and Heal

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**The Empowerment Process®**  
*Discover a Powerful Way  
to Transform and Heal your Energy*  
*by Janet Swartz*

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## **Transforming from Within, My Story**

I am a firm believer in everyone's ability to heal through energetic transformation. Although I am not a doctor, nor a medical practitioner of any kind, it is clear to me that personal experience always becomes our opportunity and avenue for learning and healing.

What turned me on to transformational healing came nearly 25 years ago when, at age 40, I was diagnosed with deteriorated cervical discs. My shoulder pain and loss of feeling in my right arm frightened me, and a few days of prednisone was no consolation, only a temporary, mild relief. My prognosis was the sick neck of a 70-year old with a protocol of immediate spinal surgery.

With two young children, being out of commission was not my idea of a good time. Nor was a seemingly risky surgery or the future possibility of becoming stiff-necked with arthritis.

### **ASK AND YOU SHALL RECEIVE**

So, I actually did what my Dad taught me to do as a kid. Pray. I sought an answer from the Heavenly Father, which is how I always see my Maker. "Please send me the information I need to heal myself and be out of pain," were my supplicating thoughts. I was ready to receive an alternative solution.

The result was a phenomenon that I deeply believed in but hardly expected. A communication from the ultimate, invisible Great One gave me several opportunities to explore my healing. I can't say I actually heard God speak, but the next day I learned from a friend about a hands-on healer who was coming to town that week. In addition, another friend gave me the phone number of an herbalist who made his diagnosis long-distance, by phone. The cool thing was, when I made the call he picked up the phone and told me exactly what the MRI showed without any prior information from me.

My belief in intuitive receptivity was immediately switched on. Right away I was blessed to learn that the alternative doctor made a special formula that could heal discs. When I got the nasty tasting powder a few days later, I could immediately feel the knitting going on in my neck, and I knew healing had begun for real. I could handle the nasty taste with the promise of a new neck.

As you might expect from my enthusiasm, the novel hands-on healing experience moved me along even faster. And, just to add more energetics to the mix, I had what's called a Yagya to enliven favorable laws of nature for my healing. This long distance "chanting" by Pundits in India served to move my discomfort out by affecting planetary influences. Wow! Energy healing all the way from across the globe.

Perhaps you'd like to know the results? Within 3 days I was out of pain, off the medication, and after a month or so, I was ready to resume a fairly normal life of picking up my 3 year old and my laundry basket, and carrying in my groceries.

## **FACING MORE CHALLENGES**

Yet, nature had more in store for me. A year and a half later, my 5-year old daughter was diagnosed with cancer, already advanced to stage 4 ½ out of 5. She was carrying a football-size tumor that had eaten her left kidney, and several golf ball size tumors were sitting on her lungs. Although she had to go through 3 major surgeries, 18 months of chemotherapy and radiation treatments, the Whilm's tumor protocol was successful. Western medicine had saved her life. Interestingly enough, the healings I had relied on for myself were not able to cure her.

## **RECEIVING NEW OPPORTUNITIES**

What came during that time was energetic healing work which changed my life and eventually the lives of many others. The first session helped my daughter avoid sickness from the chemo treatments. I was shown how to use "intention" to move beyond my reticence, and convince the Oncologist to reduce the amount of medication greatly reducing the side effects. In my session, I was able to shift my fears and unconscious belief patterns and resonate with my intention to make the request. Guess what? It worked! It was the first of many sessions which together helped me "survive" the intense heartache of the 2-year protocol and keep my daughter more comfortable as well.

This was just the beginning for me. I took many workshops to learn about positive energy shifts including chakra and meridian balancing, relationship transformation and symbolic work. I became an "expert" in kinesiology and a certified practitioner of Resonance Repatterning.

## **WORKING WITH MY INTUITION**

For fourteen years I was a sought after practitioner, and came to recognize and understand energetic transformation at a very deep level. During this time, my intuition became so refined and accurate that I started to work directly with the energy of others. I no longer had to rely on muscle checking or other references. I would just know intuitively what to say and what they needed for their own empowerment. The surprise for me was that without having had their experience, I could still offer guidance. And, it was clear that it had nothing to do with my left-brain knowledge.

Deep in my heart I knew I had to develop a process to teach others to transform themselves. I loved facilitating positive transformations for my clients, but my deepest desire was to contribute to their self-sufficiency. The summer of 2007, I was challenged to spread the knowledge. Inspired by my current practice as well as The Work of Byron Katie, workshops in the Biology of Belief with Dr. Bruce Lipton, books by Shakti Gawain, Judith Orloff, Penney Peirce, Caroline Myss, Donald Epstein, and others, and with great gratitude to my Transcendental Meditation teacher, Maharishi Mahesh Yogi, I felt ready to go forward.

## **THE EMPOWERMENT PROCESS IS BORN**

Twenty-four trusting students, including my young adult children and many friends, allowed me to offer my Empowerment Process course which I called "Following Your Intuitive Guidance for Energetic Transformation." The start was fun, engaging, and packed with knowledge. Shortly afterwards, I took the course on the road as a week-end workshop. The combined energy of all the course participants created a very powerful space for learning and transformation. The two-day, weekend format allowed for time to bring out the necessary knowledge and connect it to the students' own personal experiences. The participants left the course feeling both transformed and empowered to help others.



I feel blessed to be able to travel around the country and teach the process to wonderful, receptive people interested in energetic healing. And, I continue to work with individual clients for empowerment process sessions and intuitive readings. My learning is ever expanding.

## **EMBARKING ON THE JOURNEY**

Taking the opportunity to engage with the Empowerment Process continues to open more and more avenues for self-discovery and growth. The possibilities for expanded growth are infinite, the quality of intuitive knowing is always being refined and the tools for transformation are limitless. Embarking on this journey only requires 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 fullness and perfect intention in all you do.

## **The Power of Beliefs: Anything is Possible**

*By believing passionately in something that still does not exist, we create it. The nonexistent is whatever we have not sufficiently desired.*  
Franz Kafka

I would be kidding you if I didn't confess that I believe anything is possible, all healing is possible. What makes me believe this? It partly has to do with my personality. In addition to my many personal experiences of healing, I've witnessed it so many times with my clients and the clients of others. And I have been and continue to be inspired by many books on the subject.

I strongly believe that healing is about communication, communication between our hearts, minds and souls, on the microscopic, macroscopic and divine levels. Yes, the cells, organs, and organ systems are involved; yes, our creative imagination and beliefs are involved; and yes, God and the divine helpers are involved. We, you and I, and all our helpers work together to create energetic healing space for all possibilities.

## **ALL HEALING COMES FROM WITHIN**

There are an infinite number of techniques and practices which have wonderful benefits for improving and sustaining good health. Cures may come from the outside, but all healing comes from within.

One of my favorite books that illustrates the immense possibility of healing and the changes that it brings to our thinking and energy systems is *Dying to Be Me*, by Anita Moorjani. In the book she observes: "I discovered that when my life seems directionless and I feel lost, what it really means is that I've lost my sense of self. I'm not connected with who I truly am and what I've come here to be. This happens when I give my power away to external sources...including cultural and social beliefs."

## **DRAWING YOUR ANSWERS FROM THE QUESTION**

Whenever you have a question, there is a way to draw the answer to you. Otherwise, you wouldn't have had the awareness to have even asked the question. Whenever you have pain, the pain is communicating something to you. You can be thankful for the message and begin to look deeply within to understand what is being said.

Western Medicine has many diagnostic tools. However, labeling an illness or disease may do a disfavor if you limit yourself to looking for an outside cure. That is not to say that if there is a life-saving protocol it should be ignored. By all means, go for it. My daughter's life was saved from advanced cancer, a Wilhm's tumor, by following a western protocol, and a heavy-duty one it was. The blessing of life was granted, and beyond that blessing was an opening for energetic healing knowledge that is serving a lifetime purpose for our entire family, and for those with whom we share our knowledge.

## **TRUSTING YOUR INNER GUIDANCE**

How do we know where to start? Where does healing come from? My answer is always this-- start from where you are now. Listen to your body, listen to your thoughts and feelings. And listen to your inner guidance, your inner knowing and your intuition. This is what the Empowerment Process accesses for transformation. And, a wonderful by-product of transformational healing is that you get to know yourself and trust the inner guidance that is yours alone.