

Empower Yourself in the New Year

An interview with Janet Swartz, developer, teacher and facilitator of the Empowerment Process®

Why is it important to empower yourself?

To feel integrated, in balance, and in control of ourselves and life is empowering even though we can never really know what lies ahead. As emotional beings, we want to feel OK about ourselves and our life. It is empowering to unconditionally love, be grateful for what we have rather than focus on what we don't have. To feel empowered is to feel emotionally balanced and spiritually connected.

What is the Empowerment Process that you developed?

In short, the Empowerment Process (EP) is an energetic transformational process that takes any challenge you have, and gives you the steps necessary to transform and integrate it into your greater wholeness. In other words, you take the opportunity to process anything that disempowers you.

Most of my clients are at a distance—on the phone, Zoom, WhatsApp or other connections. I learned years ago that energy travels far and wide! Since we are all energy beings, we have the opportunity to change that energy to become more of who we want to be. Feeling stuck is no fun.

Can you give some examples of what people are able to achieve in a personal Empowerment Process session?

Yes. Here are some examples of what people have reported:

"The pain behind my eyes has disappeared. I am encouraged that I can deal with my diagnosis without surgery and that my healing will come from a very deep place."

"Immediately after our session, I felt drastically different. My head was clear physically and emotionally."

"After our session, I was able to talk honestly to my fiancé, and let go of my illusionary perceptions. It was as if a dark cloud and heavy weight was lifted from every cell in my body."

"I've been asserting that sense of Self much deeper in my life and it seems to be paying off on all levels – friendships, relationships, and for myself."

"I am now able to meet my goals by completing my work projects."

"I feel more comfortable with myself. It is like I've been introduced to myself for the first time, and for the first time I feel I am amazing and can trust everything about me."

How long is a session and how do people know that they've received results? And, are the results permanent?

I suggest that a client reserve 90 minutes for a session.

Peace and contentment are felt at the end of a session. The attachment or energetic connection to the original concern, which is the opportunity for transformation, has dissipated. And, yes, changes are permanent as you integrate them into your life.

JANUARY 2022
WORKSHOP
SCHEDULED



Janet Swartz

How did you develop the Empowerment Process?

Many years ago, my clients began to ask me if I could answer certain questions, often related to their own experiences in consciousness. Although I was reticent at first, I began to answer them, and they felt received and attended to. Many of them wanted to learn how to find the answers for themselves. Having become an expert in kinesiology and knowledgeable in many fields of energy work, I had the inspiration to develop a simple and intuitive process that anyone could use. So, I created a 10-step process to teach others how to become balanced and feel better about themselves.

Two additional workshops that I developed give those who have learned EP the ability to facilitate transformations for others, including groups. They also learn to balance the Chakra system, and can even provide ancestral clearings when necessary.

How can someone learn the Empowerment Process?

I will present the next workshop this upcoming January for self-empowerment, **Become Your Own Healer with the Empowerment Process**. The course will be on Zoom every Wednesday and Sunday for the month with my co-host and EP teacher, Mariam Daudi. If you are interested in learning the Process or in having an individual session, feel free to contact me at

janet@empowermentprocess.com or Mariam at mariamdaudi@gmail.com. Or, simply register with this link: <https://empowermentprocess.com/januaryworkshop/>

How can I learn more?

A fuller description of the Empowerment Process and 10 specific stories of transformations are described in an Amazon book which I wrote and published some years ago called **The Empowerment Process: Discover a Powerful Way to Transform and Heal**. Topics include addressing physical health challenges, improving personal and romantic relationships, finding support to get through your crisis, and connecting to your spiritual path. Everyone is different, and depending on how deep and intuitive one is, huge life changes can be made.

A second book, **How to Hug a Light Being: A Spiritual Journey**, is also available on Amazon. The book is emotionally soothing to those who are going through loss. This book is also available on Amazon in paperback, as a Kindle eBook, and on Audible.

You can order either of these books through my website, www.EmpowermentProcess.com.

"Change is the end result of all true learning."
—Leo Buscaglia

"I hear and I forget. I see and I remember. I do and I understand." —Confucius