

# *Empower Yourself!*

*www.EmpowerYoutoBe.com*

You are responsible for you. No one else can think your thoughts, feel your feelings or create your life. No one else can give you the game plan that is right for you. This is both exciting and daunting. It is exciting because you get to create whatever you want on this canvas of life. At the same time, it can feel somewhat intimidating to know that you can't look up your answers or blueprints for your life plan on the internet. You are in a very powerful position of choice. You hold the keys to your life. Sometimes we believe like we are stuck and have no choice, but suspend that belief long enough to give yourself the permission to try on some new ideas. Once you truly believe that you have the power of choice and that only you are responsible for you then, you will find benefit from the techniques provided for this mini-self empowerment exercise.

Self-empowerment is good for everybody. It is not intended to benefit only you. If that is your goal, then you will find that your life will be empty and fruitless. If your goal to empower yourself is to create a life worth living for you AND others, then you are going to enjoy yourself and be enriched along the way. Harmony and beauty unfolds in life when we strategically employ the best skills, texts, and technology to create fulfilling experiences for self and others.

Self-empowerment comes through our choice and our ability to respond (responsibility / response-ability).

Q: What choice do we *really* have?

A: We can choose who we are willing to be and how we respond. Be loving, Be focused, Be Creative.

Q: Who's responsible for getting us where we should go?

A: Thought. Word, Action. Habit. Character. Destiny! Change your thinking, change your life!

When we adhere to the guidance of inner awareness (best self), then our choice & response is self-empowerment

Q: How does one know if they are moving in the right direction?

A: Peace, Openness, Spacious feeling

Q: What are we responding to?

A: Inner GPS or External Fears

Q: What happens when we don't listen?

A: Angst, Physical Dis-ease, Dis-appointment

It takes practice. There are techniques that we can do that will help us listen better.

*Desire + Choice + Belief + Action = Empowerment*

**NAME the DESIRE:** Do you have a desire waiting to emerge?

**I AM RESPONSIBLE:** Who can help make it better?

**I DECIDE:** Who are you willing to be in the midst of creating it?

**IMAGINATION:** Can you imagine things differently?

**ACTION:** I can and will take one step.

# *Empower Yourself!*

*www.EmpowerYoutoBe.com*

## Modes of Consciousness

Observing  
Intuiting  
Originating  
Imagining\*\*\*  
Thinking  
Remembering  
Reacting



### Reacting:

It causes tension in the body, distress, dis-ease. This is the source of depression, mental illness, and psychosomatic ills. It is a re-stimulation of something you are resisting. Reacting is triggered by a similarity between a resisted event and the present environment or frame of mind. Step one is to come to the present moment.

### Remembering:

Thoughts are on automatic. There is a constant trigger to reminding you sometimes vividly, sometimes vaguely, of another past person, place, thing. It is bridge to deliberate thinking, then creating.

### Thinking:

This includes planning, problem solving, manipulating, influencing, managing efforts, persuasion. It is the rapid discernment of similarities and differences between concepts, memories and perceptions. Creative thinking taps into the imagination.

### Imagining:

This weaves in and out of remembering and thinking into originating or even intuiting. This is the realm of dreams and creative thought. The DOORWAY to powerful levels of higher consciousness. Give yourself the permission to dream. Dream in color. Dream in detail. Dream of enjoying the process before the dream is realized.

### Originating:

Creating reality. It's putting effort and intention into something imagined until something manifests into reality. It is deciding something is so strongly enough that it is so!

### Intuiting

It is your own personal GPS. It reveals options for ways to go most efficiently and effectively. Sometimes we listen, sometimes not. It usually feels like an impulse or flash. When the ego appears to rest, it surfaces more easily. It is something you "know" without being taught. Teaching is tuitions not intuitions. You don't have to pay for intuitions but you pay for ignoring them.

### Observing

This is broad band. Pure selfless awareness. In originating, intuiting and observing, you have a high ratio of awareness to creation. In observation, attention comes off your self-identity, pretenses, ego, world self and allows the Higher Self, Witness Self, Presence to Just Be.

This is adapted from Harry Palmer. [www.AvatarEPC.com](http://www.AvatarEPC.com)