



Reprogramming Your Brain to Feeling Powerful

What You'll learn

You're going to learn and do the following:

- What are powers and how they affect the ways you act
- The importance of knowing and owning your powers
- You're going to Uncover Your Sensory Experiences for feeling both powerless and powerful
- And then do a Meditation to Reprogram Your Brain to Feel Powerful

Let's Talk About Power

Power is the ability and willingness to act. We are born with both a primary and secondary power that propels us into action. They are your natural **abilities** and are the seat of your passion that drives you to the **willingness** to act. They are so natural to you that you may even overlook them. They are the passion that drives you into acting the way you do. It is like you can't help yourself, but to act the way you do. For example, let's take someone with a primary Reform passion power drive. They will seem to always see their world with a critical eye. They want to perfect and change it and others to be what they see as the right way. They can't help themselves but to respond and react this way. It is in their nature. That is true with you and your primary

passion power drive. You are driven with your passion to respond and act in life to meet your soul's purpose.

So what do you think happens to you when your ego comparative mind is running your show? It is also how you naturally act when acting on unresolved emotions of regrets or future worries and fears. These are your power blind spots and are explained more in the next lesson. Give this a thought for a minute. Have you ever acted in a way that you wish you had not? Did it happen so fast that you had no idea why you did what you did? It was probably your blind spot.

Let's take the example of the Reform passion power drive again. If they act without resolving their regrets, fears and worries, they naturally fall into being comparatively critical of others and what others do. They get caught in their ego comparative mind of thinking they are right and holding tightly onto being right about what they see. They are not acting with their soul's purpose to be at one, finding an accord with others in their heart to make change. Instead they act by separating themselves from others by believing their ego comparative mind that they are right and the others are wrong. This happens automatically because they may be coming from unresolved regrets, fears or worries.

When you act continuously without resolving your regrets, worries and fears, it is so easy to descend into feeling rage. Rage is actually feeling completely powerless. Rage doesn't look good to your world and many want to deny they feel it. If you can think of it as a marker, to mark that you need to step into your power, you can begin to resolve that emotion. The practice of not feeling powerful starts to get hard wired into your brain. Don't you want to come from a place of feeling powerful? So the next step in this journey is to reprogram your brain to feel powerful. This really works and can set you in a good place to know and own your power.

For this lesson you will:

Fill out the 4 step worksheet for uncovering sensory experiences for feeling both powerless and powerful. Then

Do the meditation for Reprogramming Your Brain to Feel Powerful

Worksheet a 4 step process

Filling out the worksheet has four steps to complete.

Completing the worksheet for "Reprogramming Your Brain to Feeling Powerful" is very important to do before the meditation.

Let me walk you through these worksheet 4 steps now.

Step 1 Reprogram Your Brain to Feel Powerful:

Uncovering Sensory Experiences For Feeling Powerless

Think of an event that is currently causing you to feel powerless without judging if your feelings are justified or not. Close your eyes and notice how you experience it. Do you see it as an image? Do you feel or sense it in some way? What feelings do you feel? Here is a (hint of some feelings: weak, unsafe, not loved enough, lack of courage, sadness, not valuable, or not at peace). Do you hear it somehow either in sounds or people saying things to you? Write these down in the worksheet provided.

Step 2 Reprogram Your Brain to Feel Powerful:

Locate your sensory experiences for Feeling Powerless in Relationship to Your Height

Now where do you sense it in relationship to you? It could be a visual image, maybe just a sensing of energy or you hear a sound. Is it in front of you? Is it in front and upward or downward? Is it straight on to the right? Is it upward or downward on the right? Is it straight on to the left? Is it upward or downward on the left? Note where that sensing is. Now don't worry if you are not sure, just go with what first comes into your mind. Note the images you may see. Note any sounds you hear. Note the feelings or other senses you feel or sense.

Step 3 Reprogram Your Brain to Feel Powerful:

Uncover your sensory experiences for Feeling Powerful

Now imagine how you would experience your life if you felt powerful. Are there any images you see? What do you hear? What feelings do you feel some (hints of some feelings: strong, safe, loved, courageous, joyful, valuable, or peaceful)?

Step 4 Reprogram Your Brain to feel Powerful:

Locate your sensory experiences for Feeling Powerful in Relation to Your Height

Again, now where do you sense it in relationship to you in space? Is it in front of you? Is it in front and upward or downward? Is it straight on to the right? Is it up or down on the right? Is it straight on to the left? Is it up or down on the left? Note where that sensing is. Don't worry if you are not sure; just go with what first comes into your mind. Now note the images you may see and the sounds you hear and the feelings or other senses you feel or sense.

Next do the meditation for Reprogramming Your Brain to Feel Powerful

When you have a clear idea in your mind after filling out the reprogramming worksheet in this lesson, do the guided video meditation for “Reprogramming Your Brain for Feeling Powerful”.

This video meditation guides you through minimizing your constricting emotions and maximizing your expanding emotions. The meditation does this 4 times.

And remember to be gentle with yourself and surrender to your unique process. Don't be concerned if you got it right or wrong. It will work for you even if you are not sure where it is located or what the exact sensory image is. Enough sensory images are in the meditation to help this work regardless of how clear your sensory experiences are. Just go with the flow. Your brain will reprogram just as you guide it to.

Important Points

The meditation guides you through the sensory experiences coupled with theta music and binaural beats. You can have the best experience when using ear phones or ear buds for this meditation. You can actually reach deep theta.

When you can feel powerful, you will be able to recall your powerful nature more easily in the next lesson, which will be used to discover your primary and secondary powers. The link to that lesson 2 is below.

Download the worksheet now and watch the guided meditation

Also don't forget to also download the bonus tip sheet to get a preview before starting the next lesson - Discovering your powers and blind spots. As you read it, you may want to give some thought as to which ones feel like you. Don't be concerned if you don't understand it all yet, that will be explained in lesson 2.

After the Meditation, go to Lesson 2.