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MODULE THREE *Lesson One*
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REPROGRAM YOUR BRAIN TO FEELING POWERFUL

Discover Your Strengths, Powers and Talents



YOU ARE GOING TO LEARN THE FOLLOWING:

- ▶ What is power and how your Divine gifted powers affect the ways you act
- ▶ Understanding how you also react when giving away your powers
- ▶ To Uncover your sensory experiences for feeling powerful and powerless
- ▶ To fill out the worksheet so you can do the meditation Reprogram Your Brain to Feeling Powerful

LET'S TALK ABOUT POWER

- ▶ Power is the ability and willingness to act, and you have a natural gift to drive you in the direction of your soul's purpose
- ▶ You react naturally when unresolved emotions are running your life as well
- ▶ You can reprogram your brain to feel powerful so you can know and own your power

Discover Your Strengths, Powers and Talents

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 Feeling Powerful

Discover Your Strengths, Powers and Talents



LESSON ONE *Reprogram Your Brain to Feel Powerful*



STEP 1 REPROGRAM BRAIN TO FEEL POWERFUL

UNCOVERING YOUR SENSORY EXPERIENCES FOR FEELING POWERLESS

Discover Your Strengths, Powers and Talents



STEP 2 REPROGRAM BRAIN TO FEEL POWERFUL

**LOCATE YOUR SENSORY EXPERIENCES FOR FEELING
POWERLESS IN RELATION TO YOUR HEIGHT**

Discover Your Strengths, Powers and Talents



STEP 3 REPROGRAM BRAIN TO FEEL POWERFUL

UNCOVERING YOUR SENSORY EXPERIENCES FOR FEELING POWERFUL

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STEP 4 REPROGRAM BRAIN TO FEEL POWERFUL

**LOCATE YOUR SENSORY EXPERIENCES FOR FEELING
POWERFUL IN RELATION TO YOUR HEIGHT**

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NEXT DO THE MEDITATION

REPROGRAM 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.
- ▶ The video meditation guides you through minimizing your constricting emotions and maximizing your expanding emotions 4 times.
- ▶ Be gentle with yourself and surrender to your unique process.

IMPORTANT POINTS:

- ▶ You can have the best experience when using ear phones or ear buds for this meditation
- ▶ and
- ▶ When you can feel powerful, you will be able to recall your powerful nature more easily



DOWNLOAD THE WORKSHEET NOW AND WATCH THE GUIDED MEDITATION

Start having powerful feelings
Don't forget your bonus tip sheet
Go to Lesson 2: Discover Your
Powers and Blind spots