



# TAKING BACK YOUR POWER

Effective tools to release your past patterns  
and Awaken to your Higher Self

*By Christel Hughes, C.Ht.*

## For All to Live a Powerful Life as their Higher Self

You never know when someone  
might catch a dream from you.

Or something you say may  
open up the windows  
of a mind that seeks light;

The way you live may not matter at all,  
But you never know, it might.

And just in case it could be  
that another's life, through you,  
might possibly change for the better  
with a better and brighter view,

It seems it might be worth a try  
at pointing the way to the right;

Of course, it may not matter at all,  
but then again, it might.

By Helen L. Marshall



# TAKING BACK YOUR POWER

FOR HEALTHY LIVING!

Are you ready to create a powerful and healthy life? A lifestyle that allows for greater Clarity, Success, and Spontaneous Joy?

Healthy living is living as your Higher Self (Soul Self), that is... being an expression of the power that lies within you.

The power to be a Creator... not a victim!

Whether that is powerfully choosing what you will eat or not eat, how often you will exercise or what you will choose as your livelihood.

Healthy living is creating a lifestyle that supports your health, vitality and evolution as a positive and powerful expression in the World.

There is an important piece that goes with creating this healthy lifestyle.



It involves the undoing of, the releasing and letting go of the unhealthy ways of living. Thus... Taking Back your Power.

Inside this e-book you will discover how to access your deeper subconscious patterns that have been working against you.

You will be able to shift them into conscious patterns working for you.

You will also learn how to connect with the inner compass to align with the tasks that have you live as your Higher Self.

*Are You ready to take back your power and finally be in control of your life?*

Whether in the area of finances, food, career or love... I am going to show you how to reclaim your innate power.

It is time to have freedom from your addictions, limiting thoughts, beliefs and worn out habits.

It is time to be liberated from your compulsive behavior and unconscious defense mechanisms.... that you may or may not even know exist.

Compulsive behavior is that which you do that prevents you from fully experiencing the lower level emotions, such as doubt, concern or an unhappy feeling.

When you are confronted with a difficulty in life, whatever fear or doubt arises is quickly shoved under the rug as a spontaneous survival reaction.

This is a coping mechanism that has you avoid dealing with the issue.

Incessantly talking on the phone to someone, eating something that is unhealthy for you or getting caught up in chores are what you've created to fall back on as a safety net. Instead of using the issue at hand as an opportunity to heal.

Now is the time to fully embrace your capacity to Live as a powerful Creator of your life in every area.

Are you ready for Liberation?

# *Here's What's Inside*

***Preface***

***Introduction***

**Part One: Diving Deeper**

**Part Two: Freedom To Change**

**Part Three: Managing Your Energy**

**Part Four: Building Your Foundation**

**Part Five: Unity In Motion**

**Taking Back Your Power E-Guidebook**

***🔪* Questions to ask yourself**

***Note: Anytime you see this symbol 🔪 throughout Taking Back Your Power this is the indicator that there is a corresponding section in the E-Guidebook***

***If you choose to, take a moment to contemplate the question and write your answer in your journal.***

**Bonus: E-Power Pack *Healthy ammunition for a Healthy Life!***

***Gratitudes***

***Blessings on your Empowered Journey of discovering that you are Divine***

# Preface

So many people feel out of control.

They fill their life with a bunch of mundane daily tasks to Do and complete as a way of avoiding looking within. ✍

This constant Doing ultimately leads to disappointment and an unfulfilled life.

Their “To Do List” is simply a distraction from making the necessary changes for being truly happy. ✍

Another distraction from taking charge of their life is to keep searching for the next best thing.

They are hoping that a quick fix or popular trend will save them from the emotional turmoil or frustration they are experiencing within themselves.

People are yearning to feel Empowered, Confident and Loved...

**Not**

Insecure, Frustrated and Confused.

As their subconscious blueprint might have them believe they are.

In the following pages you will discover how to be in charge of your Life (instead of feeling out of control) by learning how to manage your energy.

Managing your energy (emotions, mind, feelings, perceptions) will give you more control over your mental attitudes, thoughts and emotional state of being.

All of which contribute to your Healthy Lifestyle.

Having control and exercising control consistently, will give you confidence...

Leading you to experience this confidence **powerfully** with the internal message that you can handle any situation life brings to you as it comes...

**No** more feeling out of control as if you are on an emotional rollercoaster

**No** more being a victim and reacting to what someone said or did in the past

**No** more confusion around what will deeply satisfy you or what you truly need

**No** more blaming others for situations you find yourself in

**No** longer thinking of the future and living in the “what if” or “some day” mentality..

But, **powerfully claiming** yourself as the Creator of your life...

Focusing your attention on Being your Higher Self..

Taking responsibility for your actions, decisions and choices...

You can be happy and healthy because you are loving the life that you are creating...

Recognizing and choosing only to allow into your life the healthy situations that support you living as your Higher Self.

You get to choose right now how you want to live out the rest of your life...

Do you want to live life at the effect of your past programming?

**Or**

Do you want to choose to create a healthy life filled with Love, Joy, Passion and Purpose?

If you chose the latter, then you have come to the right place...

***By Choosing to live a responsible life of Health and Happiness, you will be making a big difference in the world.***

***Remember, You are the Happiness that You are Seeking...***

## *Introduction*

### **Please Let me introduce myself..**

I am a woman on a mission. My mission consists of reconnecting people to their Higher Self so that they may live a life of Love, Joy, Passion and Purpose.

Imagine a world where each person knew exactly who they were as their greatest Self, and lived their life radiating that truth through their unique purpose.

Does that sound like something you are interested in?

Because anything less than living and giving your greatest gift as your Higher Self is painful!

### **Life is full of challenges and issues...**

### **Life is filled with opportunities for growth and expansion...**

### **Life is a bounty of beauty and a fountain of freedom...**

All of those statements are true and they are all choices of perception.

When we look at life through the eyes of our lower self,

We may see:

**pain and confusion**

**suffering and longing**

**hurt and conflict**

I was compelled to write *Taking Back your Power*, because I too have felt the frustration and insecurity that so many people have, from not experiencing control in their life.

But the world needs to know that there is a solution to feeling helpless, and out of control whether it shows up as overeating, the rejection by a lover or failing to complete on an important goal.



## *My Turning Point...*

After finishing college, I meet my soul mate and get married.

We create an exciting life together...This is the life of my dreams...

We buy forty acres of land in Washington State overlooking the breathtaking Strait of Juan de Fuca and the San Juan Islands.

We build a log cabin on our property.

We buy a plane and travel all over the Western states.

We do Community Service projects together.

We have a dog, some cats...

And I support him in building and managing a successful dental practice.

Suddenly life takes a turn for the worst, when he has an accident and injures his back.

Little did I know that that moment would change my entire life, forever.

The back injury consumed him... he was in pain 24/7 with no relief...

Well, the only relief he found was with the pain medications and alcohol that he would use to numb it out.

The only problem was that the drugs numbed him out of life, love and joy.

In one moment all that we had created was on the verge of extinction.

Our life as we knew it was over!

He began mixing the drugs with alcohol and became emotionally, mentally and physically abusive.

I stayed in that relationship for seven years...

Thinking I could help him...

Thinking that my love could make a difference...

Thinking that if I just tried harder to make him happy it would all be OK.

Then one day I just had enough of being beaten down, literally and otherwise...

I left just after Christmas in the year 2000...

I was thirty years old...my heart was crushed...my self-esteem was non-existent...

I was financially broke because I worked for him all those years instead of focusing on me...there wasn't a trace of confidence within...

But there was something left in me...

It was the deep yearning from my heart to give Love, to be seen as Love and to be loved...

***That yearning saved my life...***

***In that moment I made up my mind...***

***I will take the time to discover my True Self, no matter how long it takes...***

***I will only do work that I truly Love, and that Inspires others...***

***And that is exactly what I did!***

I decided to take a year off and live by the beach in Santa Monica, CA.

Everyday I would wake up to the discovery of more of my True Self.

Giving myself over to a timeline and setting a goal, I claimed that I would start living on purpose by the end of the year.

That year was full of releasing, clearing and letting go of the past.

I moved through the grief of the lost dreams that had danced in my head for so long.

I moved through the Anger:

*How could he do this to me? How could he let this happen?*

I moved through the Sadness:

*How could he ruin our dreams? How could he hurt me so deeply?*

I moved through the Fear:

*Will anyone ever love me, now that I'm broken? Will I find true love again?*

And I moved through the Guilt:

*Did I give up too soon on the marriage? Could I have done more to save it?*

For the first time, I met with a Therapist that a friend had referred me to for assistance in discovering my life purpose.

She asked me what I wanted to do...

My response was this: I want to assist people in discovering the truth about themselves... understanding that they don't need to suffer, that they aren't their past and that they can be happy and fulfilled in life.

I want to travel around the globe teaching seminars and workshops on the subject of loving yourself, taking back your power and living on purpose.

I want to go back to school to become a psychotherapist so that I can do this work.

Immediately, her response was, "you don't need a degree to teach that stuff... your life has been your education, your life has qualified you as a teacher"

Next she told me to take the next week and simply be still... to write down the things that inspire me and see what arises.

I was sitting in front of the fireplace one afternoon in December...

It was the countdown to my year of discovery and I was ready to move into action.

I started writing out a list of the things that inspired me:

*Dance, Interior Design, Nature, Cooking, Rollerblading at the Beach, Hypnosis...*

*Hypnosis???* *What? I don't know anything about hypnosis!*

Ignoring the hypnosis thing... I went about my evening as usual.

The next day I met a friend for tea.

I picked up a local magazine and started flipping through the pages. On the back of the magazine I saw an add that stunned me for a moment.

It read something like this:

*Are you looking for a career that helps people? Do you want to assist people in making powerful, life-long changes? Then come to the Behavioral Science Center and start a career in Hypnotherapy. Hypnotherapy can change your life and the life of others!*

Wow! I couldn't believe my eyes!

Just yesterday Hypnosis showed up on my list of interests and I knew nothing about it and here it is right in front of me.

That is crazy!

I called the very next day... the classes started the following day and they made me an offer I couldn't refuse.

I showed up for the entrance exam, was accepted into the program and by the end of the class I knew that this is what I wanted to do.

Six months into the year long program to become a Certified Clinical Hypnotherapist, I was offered a staff position.

As the Career counselor, I helped hundreds of students overcome daily challenges and move through the program to become a Certified Hypnotherapist.

After graduation, I was offered a position as a teacher.

There was just one thing that stopped me from saying yes to this offer.

I had an extreme fear of speaking in public.

## *Moving Through my Fear...*

I was so shy that I wouldn't even raise my hand in class and ask a question... even if I needed further information.

Some of the symptoms of just thinking of standing in front of a room full of people would be: inner turmoil, sick stomach, outward trembling, dry mouth, loss of memory, and visions of people criticizing me.

All of this brought up my fears, worries, and doubts of myself.

But my employer wouldn't give up... he wanted me to teach, so he scheduled a class for me the following month.

I was scared to death... I knew that I had to do something...

Because if I was to fulfill my dream of serving others in overcoming their fears and living on purpose, then I must push beyond this Fear.

I had released, cleared and let go of a lot of baggage from my childhood and my failed marriage...

But this was a whole new level of realizing my inner strength.

Again, I got still, I went within and made a declaration to myself:

*I will be in control of my life.*

*I will not allow Fear, Worry or Doubt to run my life.*

*I will be Free to live my life on Purpose, no matter what!*

I will listen to my Soul's whisper... I came here to be an example to others, I came here to shine my light and I will stand for nothing less than that.

Using Hypnotherapy, NLP, Guided Imagery and plain old Will Power...

I did it!

My first class was teaching eleven people, then twenty, sixty and now I'm teaching to two hundred or more.

I have traveled the country and spoken intentionally, giving my gifts wherever I go.

***No Matter What!***



*First...*

### **Make a declaration to the Universe**

Right now you can change your life forever...

You can declare that from this moment on you will only live the life of your dreams...

A life full of love and joy...

A life that is progressive and inspiring...

A life that excites you to be open and creative...

A life filled with passion and purpose.

*Next...*

### **Make a Commitment to Yourself**

Say out loud to yourself...

I commit to doing whatever it takes to create the life of my dreams.

I am willing to look with compassionate eyes at my past and do my healing work.

I am dedicated to doing daily practices that are loving and supportive of my growth and expansion.

*Now you are ready to begin...*



# Diving Deeper

Seeing Both Sides of Self

**It's time to open to the truth of your divinity...for understanding,  
leads to acceptance.**

**Are you ready to go on an adventure?**

**To dive deep into understanding your true exquisite nature?**

If so...tie your hair back, grab your diving mask and prepare to discover an extraordinary world of variety and color...

For deep in the center of your soul is a magical and creative display of the Divine...

With all the waves of emotion, plethora of thoughts and splashy spiritual splendor.

## *The Ebb and Flow Of Life...*

Just as the emotional waves of our feelings can bring exhilaration, they can also create the feeling of being out of control...

Sometimes clarity and often confusion...

Why are we seemingly at the mercy of them?

The plethora of thoughts swimming in our mind can be likened to a school of fish, where each one simultaneously vies for the lead, causing distraction and chaos to ensue.

So, in this next section I share the necessary elements that I've learned about instinctual reactions, the human blueprint and behavioral patterns.

Knowing the make up of our minds and how it works can lend immediate understanding to why we do the things we do and how to make the necessary changes to be in alignment with our Higher Self.

This information will shine some light into the dark caves of your soul where the many aspects of your lower self lay hidden.

You will gain some insight into what propels your forward movement and what hinders your flow toward success.

We each have opposing parts that were created long ago from the need to survive, be safe and feel protected.

Getting to know yourself more deeply will help in uncovering the source of your resistance...

Assist you in digging up your shadow side (the humanistic one that gets stuck in the muck of life) and recovering the hidden treasure that has been lost at sea.

In this way you can make the necessary changes and powerful choices that will be like the wind to your sails moving you forward to the future you desire.

So right now open your mind, step into the attitude of going with the flow... and let me take you on a journey through the Theory of the Mind.

**The Primitive Area:**

In the deepest part of the mind you have what is called the *Primitive Area*.

What do you think of when I use the term primitive?

Basic? Simple? or maybe...Caveman?

All of those answers are correct, now imagine... you are a Caveman.

What would you do right now if a saber tooth tiger came leaping toward you?

I know it may be a stretch for you to imagine this, but just play along for now...

The tiger is moving towards you at a rapid pace...what are you going to do???

Well, you could do one of two things...you could take your spear and fight the tiger...or you could start running and flee the area, maybe climb a tree or something to escape.

These two possibilities of reactions are examples of what still lies instinctually in the depths of our subconscious mind, the need for survival... **Fight or Flight**

We are driven by the Fight/Flight response on a daily basis...moment by moment we are making choices based upon our need to stay alive, protect ourselves and procreate.

But how does this way of reacting compare with our progressive lifestyle now? For we can't just go around fighting or fleeing life's challenges.

Take for instance this scenario: you are at work and your boss confronts you with an issue...

Your heart starts pounding...your body feels a surge of energy rushing to your head...

You can feel your temperature rising up and up...

You aren't able to communicate your side of this issue because he keeps cutting you off and therefore, you feel trapped.

Do you risk responding when you are so frustrated and angry?

No! Surely, it would not be appropriate to start a fight.

So your alternative is that you must deal with the situation in the best possible way...

*After* you have dealt with your emotions.

The contemporary emotion that comes from having to hold back our natural **Fight** response is what we call *Anxiety*

As for the contemporary **Flight** response...well, this carries the traits of hiding or avoiding.

Many people experience this as *Sadness* leading into *Depression*.

You know those times, when you wake up in the morning and just want to pull the covers back over your head and stay in bed all day.

The Fight/Flight response is an ever present survival mechanism...

But, if we can recognize when we are triggered, then we can do something about it.

So start identifying with the feeling of being run by the primal mind as being OVERWHELMED! ✍

When you are in overwhelm this is an indicator that your Fight/Flight response mechanism has been activated and left on for far too long.

Who wants to live in that world?

Not me...and I'm sure you don't either.

So let's learn how to make changes in the lower mind (known as the subconscious) so we can live a healthier more balanced life and a life that we choose.



*Ready to go deeper?*

## **The Subconscious Mind:**

We are born into this world like a small sponge...from the moment of our grand entrance we are creating identifications and associations to life happenings and events...

We start the accumulation process of right/wrong, good/bad and pain/pleasure.

For instance, imagine you are about 5 yrs. old and you go over to your neighbors house to play.

As you approach your friend's house a dog comes running up to you and you think yeah! Puppy...let's play!

Just then the dog starts growling, showing its sharp teeth and lunging at you, and suddenly bites your arm...

Now in this moment you are creating a subconscious **Identification** and **Association** to dogs...which says...

**Dog = Pain**

This is what we call a **Known**...

You store this and other **Knowns** in the back of your mind...the Id's and Associations can be positive(+) or negative (-) and carry an emotional attachment... In this case *Fear*.

So now in the Subconscious Mind your known looks something like this:

**Dog = Pain**

**-Fear-**

These Knowns are anchored in the subconscious *forever*...until you change them. That's right you must make the changes in the Subconscious Mind where they were originally created in order to experience your reality in a different and healthier way.

Going back to the effects of your scenario... growing up, you've always been cautious of dogs.

You may not even remember what happened when you were 5 yrs. old, but you are always finding your body reacting in unusual ways in the company of dogs...

Your heart beats faster...you get nervous...anxious...fidgety

Now let's say you are much older...you've met the love of your life... Yeah!

He wants you to move in with him.

He is an animal lover and you *love* that about him,

But he has a couple of dogs at home that own him (ha,ha)

You hesitate to move in with him (even though you want to be closer to him) because you are still carrying that low level Identification and Association...

Fear of dogs...

You've always been extremely cautious of dogs potential to scare you or bite you.

This puts you in a difficult situation, but because you love him, you attempt to do everything you can...

**Logically**...you know this behavior (living in fear of dogs) doesn't make sense.

**Reasoning**...with yourself that there is nothing to be afraid of.

**Deciding**...that you can do it...you are going to do it...you will do it...you'll get over this fear.

**Will Power**...using all your will for a different response and all your power to control your seemingly unfounded reactions to dogs.

But none of these things seem to work...Why?

Because... LOGIC REASON DECISION MAKING WILL POWER

Make up your **Conscious Mind**

And your conscious mind is only **12%** of your personal power.

Whereas your Subconscious Mind, where you hold all of your Knowns is...

**88% of your power**

Imagine all the associated Knowns that are running you from deep in the subconscious that are miss-aligned with what you want today..

That's why we need to dive deeper. ✍

Let's take Emotional Eating for example, this association may look something like this:

### **Food = Reward**

Formed because at a young age your parents always rewarded you with sweets and treats...

Buying you candy or taking you out to a special dinner 'cause you were a "good boy or good girl" and made a good grade on your test.

So the emotional attachment may be *Happiness* and your known now looks like this:

**Food = Reward**  
**+Happiness+**

Therefore, your unconscious behavioral reaction to moments of Sadness is to find Happiness...

That emotional need for happiness triggers the search in the Subconscious mind for relief and what you find as your Known is:

If I eat then I feel Happy! ✍

There are many of these examples that show up on a daily basis as resistance from achieving your goals.

Unfortunately these associations are comfortable for you because they are Known even if they are unhealthy (as with the emotional eating) or are causing you pain...

Because they are Known to you...you misidentify them as a safe and secure feeling.

Most people are scared of change...we resist change...even when we say we want change.

Most of the time we aren't willing to take the actions that are necessary to change our behavior for the desired outcome.

### **So how do we access the Subconscious Mind to make permanent changes in our associated behavior?**

Well, first I must tell you about the Critical Area of mind...

### **The Critical Area of Mind**

The Critical Area of the mind is the space between the Conscious Mind and the Subconscious Mind.

This area is formed at around nine years of age, and plays an important role...

It caps off the Subconscious Mind and holds in the "Knowns" (positive and negative Id's and Associations making up our Blueprint for life).

Imagine for a moment that the Critical Mind is like a bouncer at a hip night club...

Standing there holding onto his clipboard with a priority guest list of those welcome.

If you're not on the list...then you don't get in.

Not listed? Sorry you're rejected.

Just think...as people come up to the bouncer in line they state their name...if they are on the list they are able to enter, if not, they are sent away.

This is the way your Critical Mind protects you from the scary unknowns in life.

The critical mind is responsible for keeping out those new ideas, that challenge your current and comfortable subconscious system.

The duty of the Critical Mind is to *ward off* the potential new beliefs, and thoughts that are not in conjunction with your associated and familiar Knowns from childhood...

*Even if* the knowns are unhealthy limiting beliefs that you want to change...

And *even if* the new ideas being introduced are positive for growth and expansion.

Because remember the Subconscious Mind runs you **88%** of the time.

The Critical Mind helps you to hold true to your known

**protective mechanisms, perceptions, patterns and paradigms**

Based upon your life Associations... and how you have Identified events of your life as either safe or dangerous.

The Critical Mind is your inherent “skeptic” and

When something sounds foreign to you based upon referring to the blueprint (or priority guest list) of your Mind, the bouncer kicks it out, thus we use the term “closed-minded.”

The Critical Mind can serve us in healthy ways as well.

Because there is so much input coming at us on a moment by moment basis, we couldn't possibly take it all in or we would have sensory overload...

Our Critical Mind constantly monitors information coming in from everywhere:

**Our environment,**

**Our body,**

**Our Conscious Mind**

**and Subconscious Mind**



We monitor all of this continuously through our senses:

Auditory, Visual and Kinesthetic

If there is too much information coming in at once, the Critical Mind will give in or break down and we will automatically fall into the Fight/Flight response...

OVERWHELM

Going back to our Nightclub metaphor...

What would happen if all of those people standing in line rushed the bouncer at once?

He could try to hold them back, but because of the amount of people in the crowd he would eventually be pushed aside or trampled on.

The people could then just flood in...reacking havoc...

Again, this may show up in life as a rush of emotions to our system...Anxiety.

Or a feeling of Overwhelm and Loss of control

So we need the Critical Mind for a reason...

And yet to gain real control and make permanent changes, we need to temporarily and strategically bypass this part of the mind and go straight to our subconscious blueprint.

When we get to the depths of the Subconscious Mind and access the Knowns, then we have the power to make the necessary changes we want. ✍

This leads to a greater level of Life...Happiness...Joy...Success...and Love.

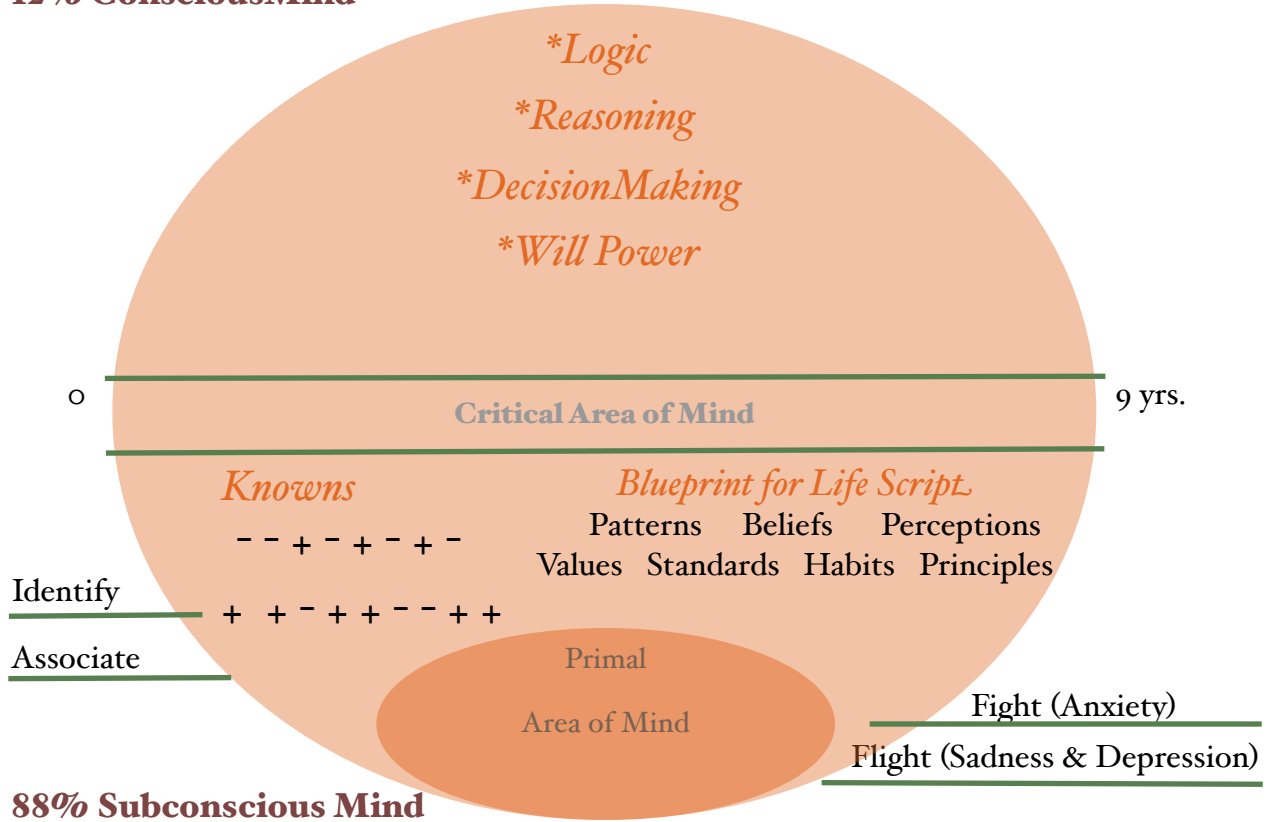
On the following page, you will find a diagram of the Theory of Mind.

I know this will assist you in understanding the way your Mind is set up, so that you can begin to take back your power and create a healthy lifestyle.

Here is my version of Dr. Kappas' model of the "Theory of Mind."

Dr. Kappas is the founder of the Behavioral Science Center, which is where I studied this powerful knowledge.

**12% Conscious Mind**





# Freedom To Change

Making Up Your Mind!

*Surrendering in the Painful Moments and Discovering Your Deeper Strength*

In each moment you are given an opportunity to choose to live powerfully or to be at the effect of circumstances.

If you choose powerfully in every moment then you are breaking through your fearful limitations into boundless Freedom.

Choosing powerfully gets easier and easier the more you clear your baggage and detach the hooks from the past.

So I encourage you to surrender to change in every moment,

Open yourself to the Truth of the situation,

Discover you deeper strength to release what you need to, and

Choose to Be Your Higher Self.

## Ready to Make Powerful Changes?

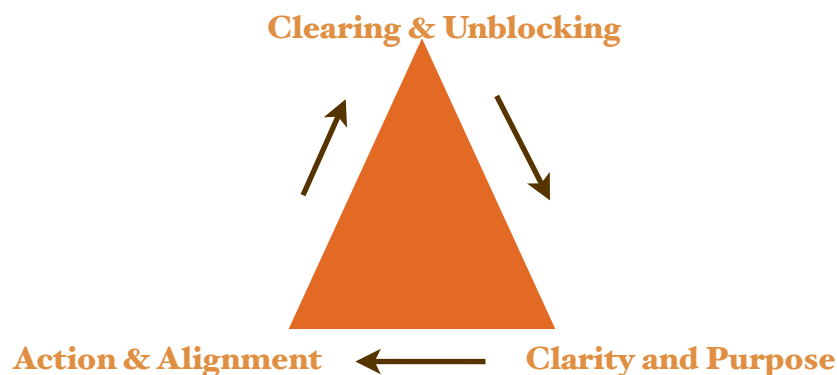
### The Empowerment Pyramid

To change behavior we must **First** know what we want and set an intention to Become that ✍

**Secondly** we want to discover which behaviors are not congruent with our goals and therefore, need to be changed ✍

**Thirdly**, we do the work to change our old behavior to come into alignment with our desired outcome. ✍

**With all the work I have done personally and with clients, this is what I have found as our evolutionary behavioral cycle:**



Let me explain...

We set our intention to be physically Healthy...we go about **clearing and unblocking** the subconscious patterns, limiting beliefs and old associations of our past that go against that....

Releasing the old baggage, gives us **clarity and purpose** pointing to what our next higher level goal in life is...

Now, to achieve being successful as our Powerful Higher Self, we start taking **action steps in alignment** with that higher level goal...

What naturally arises from taking an action step is a challenge or obstacle...that triggers the cycle to start over...having us ask the question:

To successfully overcome the challenge what must we clear?

Again...we come into the awareness of what needs to be changed, cleared and released giving insight into our next immediate goal and then we move into action and alignment...

Continuously cycling to the next higher level of achievement and empowerment...

I repeat...continuously cycling...continuously changing...continuously challenged

*One must never lose time in vainly regretting the past, nor in complaining about the changes which cause us discomfort, for change is the very essence of life.*

Anatole France

## **Embracing Change and the Empowerment Cycle...**

### **Being Comfortable with Change**

The more we **surrender** to the process of change the easier it will be to grow out of our old limited way of life...

The faster we will create what we really want...and

The less drama/trauma we will have to endure. ✍

Resistance to change will keep us stuck at our current level of growth.

I'm sure you've heard the saying that what you resist...persists.

**Detaching** from where you are right now and...

Becoming independent from what you have that you no longer need can make life flow a lot smoother. ✍

***You cannot hold onto the past and move forward into your future...***

It will weigh you down, delay your growth process, keep you stuck and prevent future success.

***Carrying your past around with you is like carrying heavy baggage.***

Imagine you were running in a long distance marathon...

Would you set out on an adventure of a lifetime like that carrying 100 lbs. of useless dead weight?

The heavy weight would definitely delay your run...it would prevent you from winning...and it may cause you to never reach your destination.

Yet that is what most people do.

They set out to accomplish something so great in life, yet refuse to let go of their past and continue to wonder what went wrong.

- How come I'm not successful?
- How come I haven't met my Soulmate?
- How come I'm not happy?

So we must be willing to welcome in change, surrender to the calling for release of the old and detach from that which is not for the Highest good.

### **Letting Go of the Myth**

Many people have the belief that someday they will reach a point in their growth process and be *finished* with life challenges and obstacles...

They live in the land of, **If this would just happen...then that could happen...**

They may think:

**If I could just find that perfect partner...then**

**If I could just make that seven figure income...then**

**If I could just reach that perfect weight...then**

Let me say this, If you are not happy in the *Now*...you will not be happy in the *Then*.

## **Living in the Present Moment**

Happiness is created in the now...what you are producing in the present will be displayed in the future...

So, what are you creating in this moment?

What are you producing right now?

We have all heard the saying where your attention goes...energy flows.

So, what are you putting your focus on?

What thoughts are rolling around in your mind right now?

## **The Challenge**

The greatest challenge of all is maintaining awareness of our thoughts...our focus and...our emotions.

If we aren't managing these then we are victim to the Subconscious patterns...

And we will continue to recreate the life we are trying to get away from.

If we desire to be Happy now then we must embrace the challenges that are brought into our life in this moment... And use them as the inspiration we need for growth... Creating the Future we desire.

## *Consciously Create Your Life*

**Consciously Creating** requires learning powerful tools that instantly allow you to change your state of being (mental attitude, emotional state, and physical reality).

Simply put, shifting from living life unconsciously(conditioned reaction) to **consciously** (chosen response) creating a powerful and fulfilling life.

Why is it a benefit to be in control of your state of being and why should you learn to manage your energy?

We are, basically, run by our Primitive mind and the need to survive.



Because of this, we can easily check out of reality for a moment and get caught up in the “fight/flight” reaction.

Those are the moments in time when we are run by old programs and emotions.

And you know when this has happened in your life, because you look back and say to yourself, “what got into me?” “who was that that said or did those things?”

As a practice, you can learn the art of *consciously responding* vs. unconsciously reacting.

With the tools to powerfully choose what you want to create in life, you are no longer the victim to life’s circumstances or old conditioning.

At any moment you can immediately take control of what you are thinking and/or emoting and shift into a more proactive, generative state of well-being. ✍

Here is an example of the subconscious trigger reaction:

Let’s say that you are working with a group of people on a business project.

There is an important meeting set up with some major players that could make or break the success of this project.

Someone needs to be chosen to represent the group at this important meeting.

So your group decides to take a vote on who should go based upon that person’s qualifications, their understanding of the project and their ability to communicate effectively.

You think the best person to go is YOU...

This project was originally your idea, you gathered the group together and made the initial contact with the “big wigs”

But they choose someone else and

You get triggered. You become frustrated... Your body gets heated... Your heart starts beating faster... and you feel angry.

Your reaction may be to get upset, walk out the door and shut down.

The *alternative* would be to respond instead of react.

Excuse yourself from the meeting. Notice what you are feeling and recognize that you have been triggered.

Take charge of the emotions right away...

Send the emotions of frustration and anger into the Ocean to be dissolved or down into the Earth to be burned up.

Then ask yourself: When in the past have I experience something similar to this situation?

What am I really experiencing right now? The answer may be Rejection

And then you remember that time when you weren't chosen to represent your debate club at the national conference in High School.

So this “trigger” was an opportunity to bring up the event from the past for releasing of the deep seated emotion.

Having taken the time to clear the past emotional trigger... you can now respond with clear communication of your feelings and be in your Power.



# Managing Your Energy

Making a Silent Contribution to the World

## **Energy is Contagious!**

Have ever been out dancing when suddenly you feel a shift in the energy?

Looking around, you notice a couple that has such a dynamic flow together, that it causes the whole dance floor to clear...

Then you have felt the power of Energy.

The onlookers who form a circle around them are smiling and in awe of the display of beauty in their presence...

It is as if the dancers are Glowing, Radiant, and Luminous!

“Their energy is fabulous together,” you might hear people whispering to their friends.

What are *they* doing that has them so Radiant, Shining and Energetic?

When you are clear, open, confident and trusting (as she was with her dance partner)...

It shows and everyone wants to share in the excitement.

## **Energy Drains Vs. Energy Gains**

Everything is energy.

Our bodies are made up of energy...they are like a container that holds energy..

And we can feel when we are “low” energy or “high” energy.

We all have the ability to feel the energy of an expression...

A look that someone gives us has a feeling to it as well, sometimes sweet sometimes not.

We can also notice the energy of a room...

How it is decorated leads us to feel the energy of that space...

The arrangement and the color of furniture within a room has an effect our feelings when we are in it.

Think about your favorite spot in your house or your favorite cozy chair and the way it makes you feel so relaxed and peaceful.

An event can also be said to have an energy to it...

Think of how you feel at a wedding... There is Love in the air and it feels Joyful.

But, I'm sure we have all walked into a room where the people were in conflict or debate over something...

We might use the expression, “You could cut the tension with a knife”...

That common expression identifies the energy as thick. Thick enough to cut through it.

Now that you understand energy and how it can effect you and those around you...

You have the power to choose:

What kind of person do you want to share your time with?

What kind of situations do you want to find yourself in?

What kind of space do you want to do your work in?

What kind of environment do you want to create for yourself, your loved ones and the world?

What actions are you doing now that create a positive boost in energy?

How are you contributing “good” energy to others?

Are you causing energy drains or energy gains?

Let's identify the *5 Biggest Energy Drains*:

1. **Complaining**
2. **Negative Self-talk**
3. **Comparing Self to Others**
4. **Living in the Past**
5. **Projecting into the Future**

## **Number One, Complaining**

**Consequence:** Complaining creates a massive leak of energy and sends negative vibes throughout the environment like a fast spreading virus

**Solution:** The Ten Minute Rule

With my friends, we have the ten minute rule if we want to complain to each other, we must first preface by saying, I just need to get this off my chest,

Then we give the complainer ten minutes to simply empty out all her feelings and emotions of the situation.

After ten minutes, we move on to digging deep to discover where the root of the issue lies within the complainer, by asking these questions:

- Why is this reflection here for the complainer to see?
- What can he/she learn from it?
- What does he/she need to let go of to be freed from this happening again?
- What attitude must be shifted for him/her to come back into a state of alignment with his/her Higher state of Being?

## Number Two, Negative Self-Talk

**Consequence:** Negative self-talk is like drinking poison that slowly kills your spirit until you have no more energy to fight.

**Solution:** Self Intervention

The one in charge of the throwing the sharp and painful words must be identified and dealt with in order to come into wholeness and love of self

Imagine that you take on the role as your Higher Self and are the mediator between your Negative Self-talker and the You that is having this conflict

Ask the negative self-talker what it is that she/he needs to stop nagging at you all the time (hint: usually it is attention, love, purpose, play or clarity)

Now ask yourself whether you are willing to give this to her/him

If the answer is Yes, then call a truce...

Embrace this negative self-talker and make a pact that you will give her/him what she/he truly desires

Then merge your self and what used to be the negative energy into You as your Higher Self

Continue with positive affirmations and kind acts and thoughts as a commitment to this new pact

If the answer is No, then go into mediation until you can negotiate a truce and integrate them both into You as your Higher Self

## Number Three, Comparing Self to Others

**Consequence:** When Comparing, you are living out of the illusion of separation and duality.

I'm sure you've heard by now the theory that we are all One and we are all connected. This is now being proven in quantum physics.

Every thought you have affects us all...

This includes the bashing of self and putting yourself down. All that does is send out messages ranging from disharmony to hate

This comparing of self to another can also lead to the deadly emotion of jealousy or envy

This definitely is life draining vs. life Giving

**Solution:** Create a positive self image and carry that picture in the front of your mind at all times!!

In order to shift this from an energy drain to an energy gain you must accept yourself now and start making changes so that your outside matches your inside and vice versa.

Go to <http://www.christelhughes.com> and get the Beautification From the Inside Out downloadable if you want a tool that will assist this process.

Life is so much more enjoyable when you love yourself, body included...

Or at the very least embrace yourself right where you are and start a plan of action to create change in this area of your life

In order for you to come into the positive energy gain of love, power, creativity or purpose, you must first accept yourself fully

Once you start accepting yourself for where you are now with your body, career, etc.

Then you will start loving yourself and wanting to take care of you, your body, your mind, your career, etc.

Embrace the concept of Unity...



## Number Four, Living In the Past

**Consequence:** Living in the past creates separation from the now which is the only place you can gain energy.

If you are thinking of the past, you are avoiding the now.

In the past this happened, he did this, she did that...

Here is a quick quote from Rhonda Britten in her book “Fearless Living:”

No other place are choices made except in the present. The more you are able to be present to your negative thoughts, feelings and behaviors, the more you will be able to override them the moment they occur. Investing in the moment by moment process of living gives you the awareness to bypass your conditioned responses to life, focus on what is happening right in front of you, as well as what is transpiring within you. When living in the present becomes instinctive, life will be richer.

Victim mentality shows up as the primary energy drain in number four.

**Solution:** Forgiveness is the high level quality or emotion that we want to reach in this area to create a Healthy Lifestyle.

In giving up the victim role, we will also give up the status of always being right about why “they” are wrong or why the situation is wrong.

You must be able to witness the emotions outside of yourself in order to powerfully choose which emotion will enhance your healthy lifestyle.

The tendency is to fall into the old pattern of blame or to want to punish someone with your disappointment.

It is necessary to find the real trigger point from the past and clear/heal the memories or pictures that are causing the pain.

As we give up the dramatic pendulum swing of either coming from no choice (victim mentality)

Or coming from the egoic programs of the subconscious mind...

We can then move into a balanced state of being in our personal power.

Love is the greatest harmonious source of power and when we acknowledge that we are It, we can be led by our innate ability to powerfully choose.



# Building Your Foundation

Being Congruent

## **Structuring Your Life**

Imagine building a home and being able to lay a foundation built with the best, highest quality materials available...

State of the art.

Well, you can build your life and energetic emotional and mental foundation on high vibrational values...

This is the secret that attracts the people, partnerships, opportunities and business ventures that just seem to flow with ease... flawlessly.

Imagine the concrete that will support your energetic housing is filled with Peace...

The structure is infused with Love. The framing is held together by Truth and Integrity.

What are your Values?

What are your choices based on?

How can you be sure that you are setting congruent boundaries for creating the most positive manifestations?

### **What are your Values?**

**values** a person's principles or standards of behavior; one's judgment of what is important in life

Some Divine High Level Values may be:

Love, Integrity, Commitment, Joy, Peace, Creativity, Wisdom, Devotion, and Compassion

What are your cornerstones anchored in for building your life? ✍

If I asked you to tell me what you value in each of the areas of Life, what would they be and why?

When you begin to go deep into the why.. of what you are choosing, you can uncover many inconsistencies and incongruencies.

This is like discovering gold... It is highly valuable.

So let's see how you can unveil your illusions of what you want and why, so as to reveal some areas that may heed your attention for clearing and ultimately achieve clarity.

The areas of life may be:

Business, Personal Relationships, Health, Friends, Personal Mastery, Family, Community Service, etc.

### **What are your choices based on?**

## **Away From Vs. Towards Concept**

In each moment every action can be categorized into:

### **Moving Away from Something in the Past**

**Living in the Present** Or

### **Moving Towards your Future**

Knowing which category your behavior is prompted from, allows you to access the point of perception from which you are creating your values.

This concept described above will have you discover whether your motivation for action is coming from a positive or negative emotion and

Quantify the percentage of moving away from something from the past vs. moving toward a healthy future of attracting the high quality life of your dreams.

Since emotion precedes motivation, we strive to use a **positive** emotion for maximum results and efficiency of energy to get things accomplished.

This concept will tell you if you are living from the past or in the future vs. living the Now with a strong intent for the future.

Away From Energy as a motivation vs. Toward Energy will only take you so far in life.

We might call it a negative motivator in the Pain/Pleasure model of life.

## **How can you be sure that you are setting congruent boundaries for creating the most positive manifestations?**

The evaluation of your Core Values is an effective tool to make shifts in your consciousness for clearing and transformation:

***Let me give you an Example:*** Businessman, 43 yrs Old named Mike

Mike's reality was one of trying to prove to be unlike his father...

His father lead an average life, not making much money...

Living paycheck to paycheck, just making ends meet.

So Mike made up his mind at a young age... that he would excel, be at the top of his class and get into a University with the highest marks.

After graduating he set out to work for an impressive company that would allow him to generate a lot of money.

He worked 12 to 14hr days, weekends and spent time thinking of ways to make more when he wasn't at work.

Mike hated to delegate, so he took on everything himself to make sure it was done perfectly.

He had no time for himself or to spend the money that he made.

No time for family or taking that vacation he had promised himself way back when he was young that he would take... when he made it "big".

Trying not to be like is father turned out to be a disaster.

The context proved to be like a jail cell instead of an inspirational pool for creativity to manifest.

Because Mike was moving away from the pain of his childhood... this motivating factor only goes so far.

True motivation is preceded by emotion and his motivation was fear.

Fear of being his dad, fear of not succeeding, fear of being average.

Instead we need the motivating factor to move us *toward* our goals with unlimited energy.

The energy of "I'll show them" or "I never want to turn out like them" eventually runs out because it is lower in vibration.

High vibrational energy comes when we clear the fear of the past and then powerfully choose a high level value to live by...

Coming from this higher level of motivation moves us inspirationally to create as the genius.

We pull from the boundless, unstoppable energies such as Happiness, Success and Freedom.

Mike's freedom only included as much as he could manifest to *not* be like his father...

But didn't include living his highest potential.

He needed to detach from his past and look forward into his unlimited possibilities that the future held.

And so we shifted his Success Blueprint in session...

We changed his away from motivators to toward motivators by healing up his past and reevaluating his intentions for Success.

Now Mike is free from the jail cell in his reality and his mind.

Free to be himself, live as the Higher Self and choose powerfully what he wants to create based on his noble heart desires.

Dan Buettner knows a little something about longevity and living a fulfilling life. He's the holder of three separate Guinness World Records for distance biking:

a 15,500-mile ride from Alaska to Argentina in 1987, when he was 27; a 12,888-mile journey across the Soviet Union in 1990; and a 12,172-mile jaunt through Africa completed in 1992.

But it was research on longevity first published in *National Geographic* that really established him on the subject of success.

He traveled to four countries to study the world's heartiest humans.

In Sardinia, Okinawa, Costa Rica, and Loma Linda, California, Buettner partnered with scientists to examine anomalous pockets where the number of centenarians vastly exceeded the statistical average.

Here is what he had to say about Values:

“Here's one thing I can tell you for sure- we know this from a big, global values survey: Taking the time to know what your values are and acting out those values are important ingredients in the formula for happiness. And we know that happier people live longer than unhappy people. That's measurable. If your values include travel and a certain testing of your abilities and limits, you should invest time and money to do that. If that means climbing mountains or biking across continents or kayaking down rivers, by all means, do it.”



# *Core Values Exercise*

Identifying your Away From's

*Make a list of what you value most in the an area of Life...*

*Ask:*

*Why is this value so important to me?*

*Do I have any "emotional charge" on this value?*

*Write down all your feelings for each value you choose.*

*Notice if in your answers, you find some Away From's.*

*Ask:*

*What percentage (out of 100%) of Away From energy am I coming from?*

*Feel into it and you'll come up with a percentage.*

*Write this percentage down. For example: 80% Away From and 20% Towards*

*Ask:*

*What memories from the past am I wanting to move Away From?*

*Start your healing of those past events you are still carrying and shift your perception. (use exercises in this book)*

*Ask:*

*What lesson or gift did I receive because of this past event?*

*Now, feel into what your new Values are... they may be the same values or you may have discovered new values that more accurately describe what you want to create in a relationship.*

*Ask:*

*How much am I moving Away From vs. Towards, now?*

*Even if you are only 60% Towards and 40% Away From, that is a major shift. (Try to get to 70 or 80% Towards and only 20 to 30 Away From)*

*Congratulate yourself, you just cleared out the old and made room for the new.*

*Periodically reflect on your values list, making the necessary shifts to create a life that supports you moving Towards your Core Values.*





# Unity In Motion

Making a Difference!

## **Releasing Separation Consciousness**

Living in your fullness as your Higher Self requires a powerful knowing.

Knowing that you are a Divine Being that is whole and complete... Unified within.

What this requires is the letting go of the illusion that is ever present as you look around you... that everything is separate.

Separation Consciousness has created a societal chasm...

Between you and the Divine,

Between you and the Planet,

Between you and the Environment,

Between you and Another, and

Between you and your Higher Self

Become Unity in motion by living as your Higher Self and start shifting the Consciousness of the World.

## **The Holistic Effect**

There are many people suffering from low self esteem, inability to love self, inner conflict, troubled childhood, or some kind of trauma.

I chose being called a Holistic Life Coach because there is a great need for people to become whole and complete within themselves.

Therefore, I maintain an expanded view of consciousness...

Focusing on the world as a whole,

I truly believe that if we are separated in any way within our selves that that energy contributes to the divided nature of our world.

We can't be at war within ourselves and promote Love in the world.

As an example, we can use Wikipedia's comments on the scientific phenomenon known as the Butterfly Effect:

A butterfly's wings might create tiny changes in the atmosphere that ultimately cause a tornado to appear (or prevent a tornado from appearing). The flapping wing represents a small change in the initial condition of the system, which causes a chain of events leading to large-scale phenomena. Had the butterfly not flapped its wings, the trajectory of the system might have been vastly different.

Managing your behavior makes a difference in the world...

What you say, think, emote, or feel in response to someone sends out a vibration.

That vibration creates a positive or negative effect on the person..our consciousness and the World.

Our choice of reaction vs. responding either contributes to a greater evolutionary process towards unity

or

adds to separation consciousness (or sometimes, war)

So in essence, If we change ourselves, if we do the inner works, we are in the greatest capacity to create change in the world

*“Compassion is not something one person has for another, but rather something that arises when one begins to see all others as ones own self”*  
*Amma*

As we saw with the “Theory of Mind,” how we create Identifications and Associations, effects our perceptions and our viewpoint.

We are holding many ideas within the Subconscious Mind that may not contribute to our lives in a holistic way.

Consider that if we shift our personal inner perspective, then this will change how we see the world.

*The soul is dyed the color of its thoughts.*

*Think only on those things that are in line with your principles and can bear the full light of day.*

*The content of your character is your choice. Day by day, what you choose, what you think, and what you do is who you become.*

*Your integrity is your destiny... it is the light that guides your way.*

*Heraclitus Greek Poet, Philosopher*

## **Living As Love**

Start to realize that you needed to go through your past...

That there are no mistakes...

That there are only opportunities for a new take on life...

That you are 100% responsible for seeing the gift in the moment that the person in front of you is trying to give consciously or unconsciously.

Life will provide many opportunities for you to choose powerfully in every moment...

To claim your power and know your truth, as your Higher Self.

Each time you choose to come from Love in a situation, life gets easier...

You get clearer about who you are and you start to use your past to help heal others.

You can then use your story wisely to serve others in understanding the power of their Truth...

The Truth of living as their Higher Self.

I've been on my empowered journey toward discovering the Truth...

And the Truth that I discovered is that I am not powerless, in fact, I contain all that I needed to turn the past memories of pain into Love.

Living as my Higher Self, I now give thanks to all the people in my past who played a role for me to evolve into who I am today.

I use the lessons that I've learned and I lovingly share them with you and the world.

No shame, No blame...

Only Love.

Click [HERE](#) to connect with your Higher Self through this guided Journey.

## *Live As Your Higher Self Now*

If you choose, right now, to live as your Higher Self, you will transform beyond recognition of the old self.

You will live in freedom as the Creator of your life.

You will discover many gifts and talents that lay dormant and...

You will feel alive as you nurture yourself back to Wholeness.

Your spirit will be revived and as a result of your shining Self being witnessed by others,

You will thrive in Happiness, Joy and Bliss.

Life will become exciting to live out, as you recognize that the things you set as goals, start manifesting before your eyes...

Things fall into place with ease and grace...

Life becomes filled with synchronicities and miracles.

You begin to feel the love you so deeply yearn for, and it is not outside somewhere, it is **within you**.

You recognize yourself as Love and in this way find **true** Freedom.

Living as Freedom, you will inspire others to give their gifts, to find their true selves and live as their Higher Self.

You will spread Love and the idea that we are all Free.

You will change the world conditions with Love and for the first time in a long time, Peace will be a real possibility.

Think Love, Be Love, Do Love! And Be Free!

*Christel*





# Taking Back Your Power E-Guidebook

*Putting What You Have Learned Into Action!*

In the following pages you will go on a journey through many processes.

These exercises will draw out of you behavioral patterns, limiting thoughts, and outdated beliefs that have been causing you pain, difficulty and disruption in your life.

You will shift, discard and replace your old blueprint with a new design for life.

You can come back to these exercises as many times as you like. Incorporating them into your life as a map of discovery.

Leading you to Liberation.

# *Taking Back Your Power Guidebook*

## **Compulsive Behavior**

Compulsive behavior that which we do that prevents us from feeling and experiencing fully hurt, doubt, concern or an unhappy feeling.

Whatever your choice of compulsive behavior, it has a use: to cope with life.

Your defense mechanism occurs when whatever fear or doubt comes up that is threatening. As a result you shove your emotional situation under the rug.

This uncontrollable sudden reaction has you avoid dealing with the issue instead of using the issue to heal.

Examples could be incessantly talking on the phone to someone, eating something that is unhealthy for you or going shopping.

**✍ What are some of your compulsive behavioral tendencies?**

**✍ What is a healthier perspective of your life challenges?**

## **Things “To Do” List**

You can do this for one day or one week. Write down every action that you do in one day.. Everything!

Take some time to go over each action and feel within and/or think about if these actions give life force energy... power to you.

Evaluate which ones are time wasters and distractions or whether they assist you in accomplishing your high level goals of a healthy lifestyle.

An Example could be that you spend a lot of time surfing the internet for the heck of it.

**✍ What are some unnecessary actions on your things “to do” list?**

**✍ What are some actions that you can incorporate into each day that will lead you to creating a healthier lifestyle?**



# *Taking Back Your Power Guidebook*

## **Noticing Overwhelm**

Many times we are in a state of overwhelm and do not even notice it... the feeling has become a way of life... normal.

We get so used to thinking about life in a certain way... pushing ourselves everyday to do or be more and more.

Start to become aware of the times ,throughout your daily routine, when you become tired, need a break, want to escape from...

Simply begin to take the position of Witness or Observer of your own behavior.

**✍ How many times throughout the day are you yearning to be elsewhere?**

**✍ What are you witnessing in your own behavior in relation to your daily routine?**

## **Identifying Your Knowns**

There are things in life that feel comfortable to you... doing them or experiencing them may have a positive or negative outcome, whether emotionally, mentally, physically or spiritually.

Those things that you experience as comfortable are what we call Subconscious “Knowns”.

Make a list of some common areas of Life: Health, Career, Friends, Love, Family

Now answer the questions below for each category of your life... you can add some more areas if you like.

**✍ What are some “knowns” that you have identified with that are causing restriction in your life?**

**✍ What are some “knowns” that you have identified with that are giving you freedom in your life?**

# *Taking Back Your Power Guidebook*

## **Emotional Attachment**

Our “Knowns” are made up of an Identification and an Association as well as an Emotional Attachment.

This emotion is the glue that holds this known in your subconscious mind.

When you start to identify a known and accurately identify the emotion that is keeping it anchored in your subconscious mind... it immediately starts to loosen up its grip.

Take one of the “knowns” from your journal and ask yourself the next question.

**✍ What is the emotion attached to this known?**

**✍ What is the equation (I+A=E) of this known?**

## **Sizing up Your Critical Mind**

We have already discussed how the Critical Mind has two functions:

One is to serve as a way to keep you out of overwhelm, since there is so much energy and information coming at you at any given time throughout your day.

Another is to monitor the new thoughts, ideas or perceptions that are being proposed that may be threatening your status quo.

Start to notice what beliefs may have been created by your “knowns”

Some of these beliefs may be limiting.

**✍ What are some limiting beliefs that are caused by your “knowns”?**

**✍ What are some limiting perceptions that are caused by your “knowns”?**

# *Taking Back Your Power Guidebook*

## **Setting an Intention**

The power of intention is phenomenal.

Truly your intention resides out of this world and in the world of the higher realms... that of the Mind, Emotions and Spirit.

We will talk about the physical implementation of your intention later.

Once you set an intention the Universe will start to conspire with you to achieve your goals if it is a noble, heart felt intention.

Take a moment now to be still and contemplate what it is you are intending to become that will immediately enhance your Healthy Lifestyle.

**✍ What are you intending on becoming?**

## **Shifting Your Beliefs**

Healthy living requires you to allow life force energy to flow through you.

The more life force energy that flows through your system the more personal power you have.

Limiting thoughts, beliefs and perceptions block your power and cause restriction within your system.

Power is expansive... when you are open and allowing the life force energy to flow within your system your circle of influence expands, you are serving more people and you are touching more people with your gifts.

**✍ How are your limiting beliefs and perceptions affecting your behavior ?**

**✍ How are your limiting beliefs and perceptions restricting your power?**

# *Taking Back Your Power Guidebook*

## **Getting into Alignment**

We know when we are not in alignment because things are not going smoothly in our lives, our goals aren't being achieved and we aren't being fulfilled.

When your spine isn't in alignment it doesn't allow your body to move fluidly.

It is the same when your beliefs, perceptions and thoughts aren't in alignment with your purpose. There is no flow, you are not moving forward... you are only going in circles.

Being in alignment with your goals by living as your True Self will show up as a Healthy Lifestyle.

**✍ What new beliefs are in alignment with what you are intending on becoming?**

**✍ What new “knowns” are in alignment with what you are intending on becoming?**

## **Taking Action Steps**

Now that you have created new “knowns” that are in alignment with what you are intending, you have new energy to work with, more personal power and more of an influence on others.

How do you wish to implement your intention into the physical world as a display to yourself and others?

Motivation is preceded by emotion. With taking action steps, you must know what motivates you to continue, no matter what.

Why are you doing the things it takes to create a Healthy Lifestyle? You must have a “Why” that is big enough to motivate you to push through any challenges that may arise in your life.

**✍ What action can you implement today and practice for one week that aligns you with your powerful intention of Being?**

**✍ What is your “Why” or reason that you want to take actions that move you towards accomplishing your healthy lifestyle goals?**

# *Taking Back Your Power Guidebook*

## **Fully Surrender**

When we are worried or afraid of making necessary changes, it is usually a result of living with a restricted viewpoint.

Your World, in that moment, consists of You and the situation that you're confronted with and how it will affect you and possibly your family.

You may begin planning in your mind what you need to do next to survive.

With concerned effort you go through all the scenarios of what you must change, let go of, say or do.

Surrendering is the key. With an expanded viewpoint you have the capacity to see many alternatives, receive many ideas and open up to allow your divine good to flow to and through you.

✍ **What ares of the body are feeling tight, tense or restricted?**

✍ **Can you allow more life energy into your body by expanding your viewpoint?**

**Exercise:** Sit in a quiet place and imagine bringing light to each part of the body that is tight. Allow the light energy to dissolve the blockages of tension. Offer the released energy back to the Universe to be recycled and used for something more positive.

## **Say Bye Bye**

Attachments anchor you.

Attachments keep you stuck in life at the same places, experiencing the same situations, at the same levels, with the same habits.

In order to move to the next level of learning, understanding and experiencing a Healthy lifestyle you must detach from that which is unhealthy.

✍ **What people, places and things do you need to detach from so that you can move forward in your life?**

✍ **What people, places and things do you wish to welcome into your life that resonate with your Healthy Lifestyle?**

# *Taking Back Your Power Guidebook*

## **Raising Consciousness**

When caught in the cycle of unconsciously reacting to a situation, it is because of some past conditioning that simply takes you over in the moment.

Moving into the Witness/Observer position of your behavior will allow you to catch yourself in an unconscious act.

It is easy to observe how others are unconsciously acting, but it is an art to begin observing your own behavioral tendencies.

Once you can start catching yourself **before** unconsciously reacting then you create space to start choosing how to best respond.

**✍ When in the past have you unconsciously reacted from fear, anger or disappointment?** (bring to mind at least 3 major events)

**✍ What conditioning had you react in this way? How would you like to change the situation coming from your new conditioning?**

## **Creating Your Structure**

It is important and vital for our emotional and mental blueprint to be congruent with our goals.

Are you carrying around “cloudy” content of emotions and thoughts in your energetic system of consciousness?

If so, it is time to take charge and shift the architectural structure of your mind.

The healthy content of your mind needs a viable and strong context in which to reside and reflect to the World who you are...

**✍ What does your emotional and mental foundation look like?**

**✍ What is the “stuff” of your emotional and mental “home” made of?**

**✍ Do you have a Divinely congruent structure built to be a haven for the Higher Self to reside?**