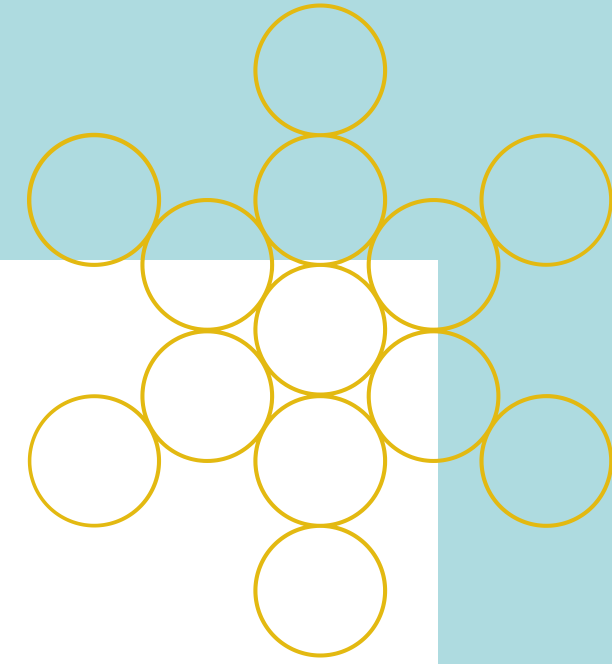




Equilibrating for Continued Success

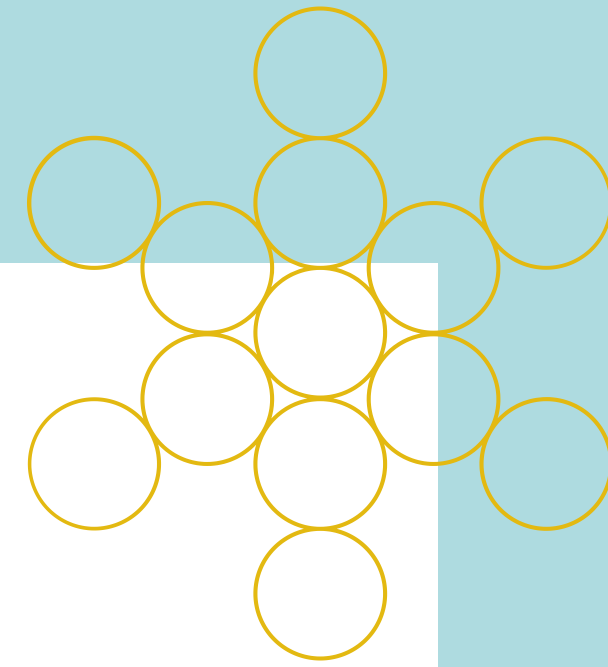
Equilibrating for Continued Success



The Power of Synthesis

$$1 + 1 = 3$$

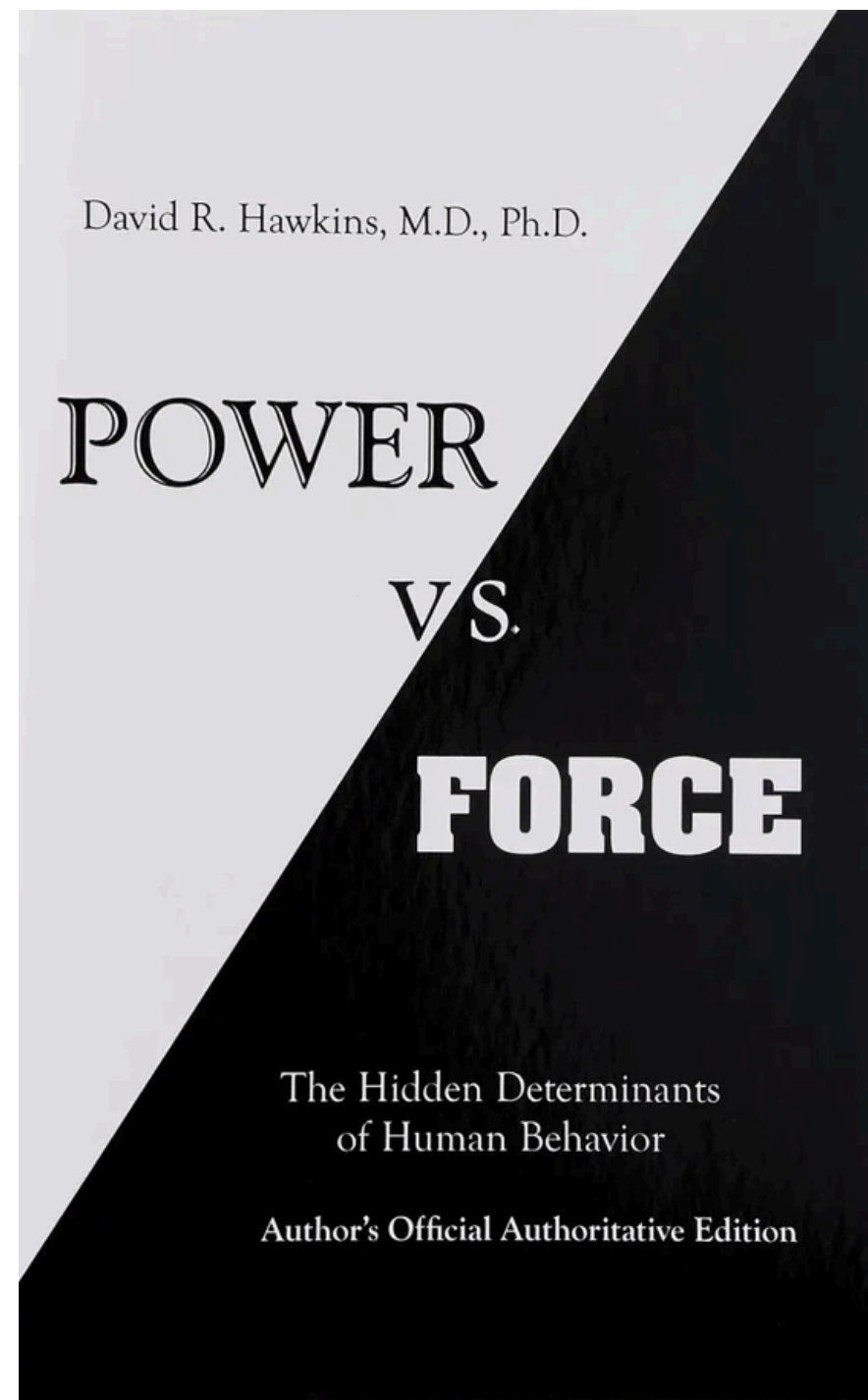
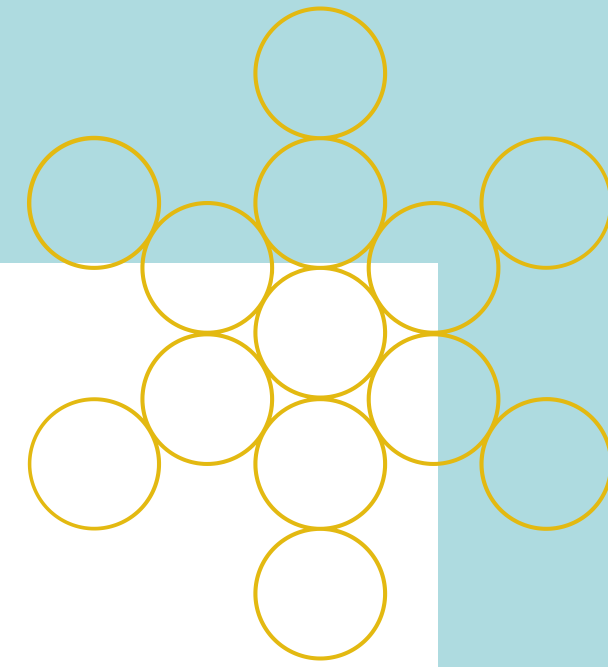
Equilibrating for Continued Success



Power



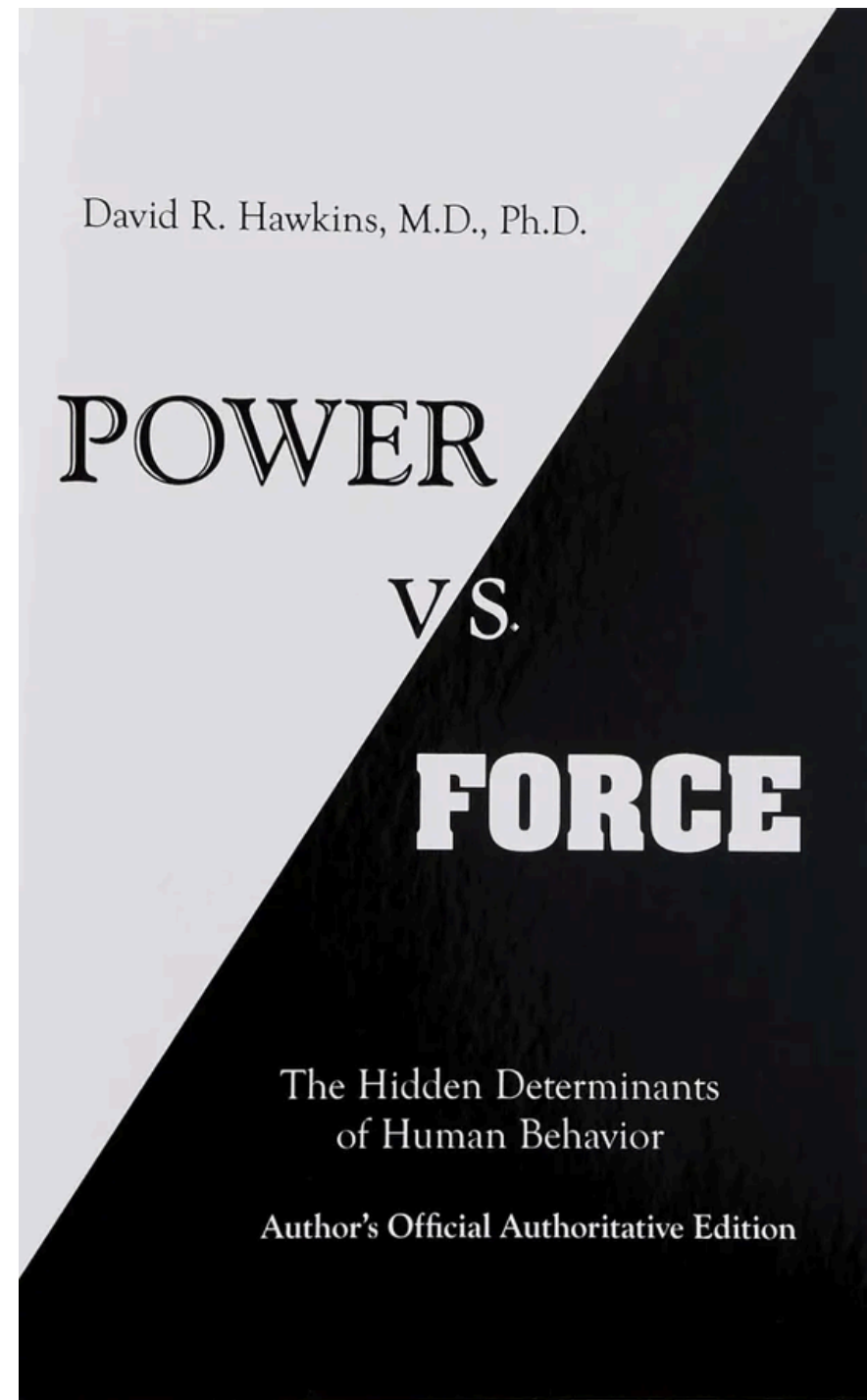
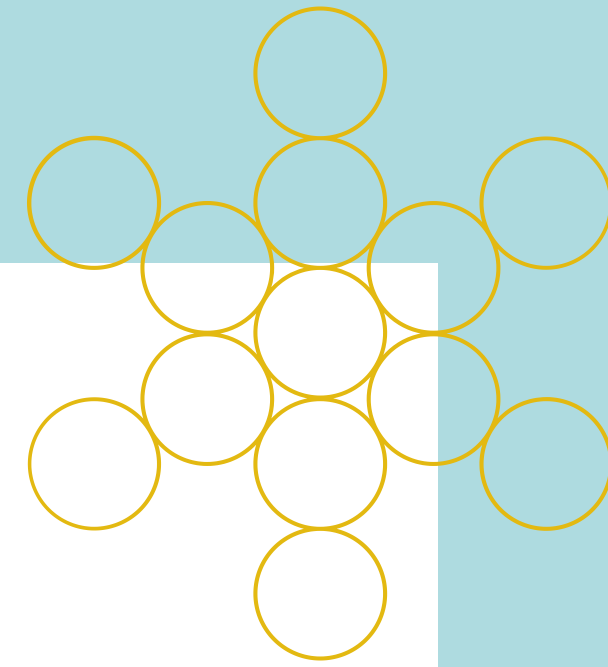
Power



Power is:

- That which crates life
- aligned with truth, compassion, and all that is life-affirming
- associated with positive emotions like love, peace, courage, and reverence
-

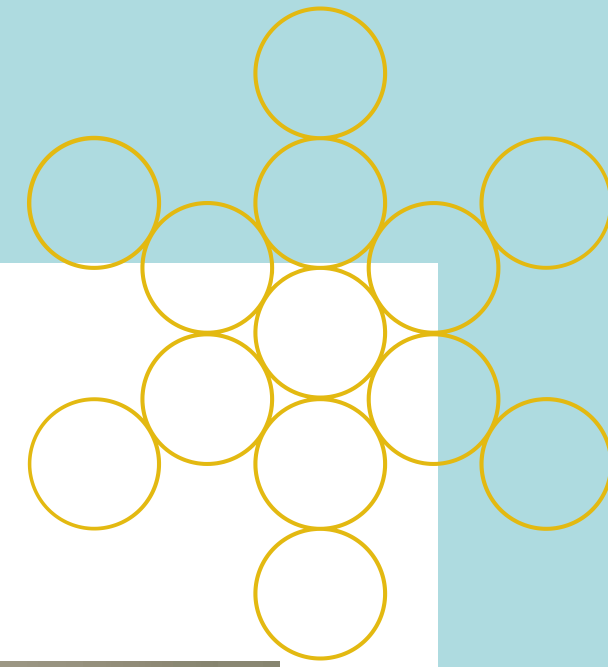
Power



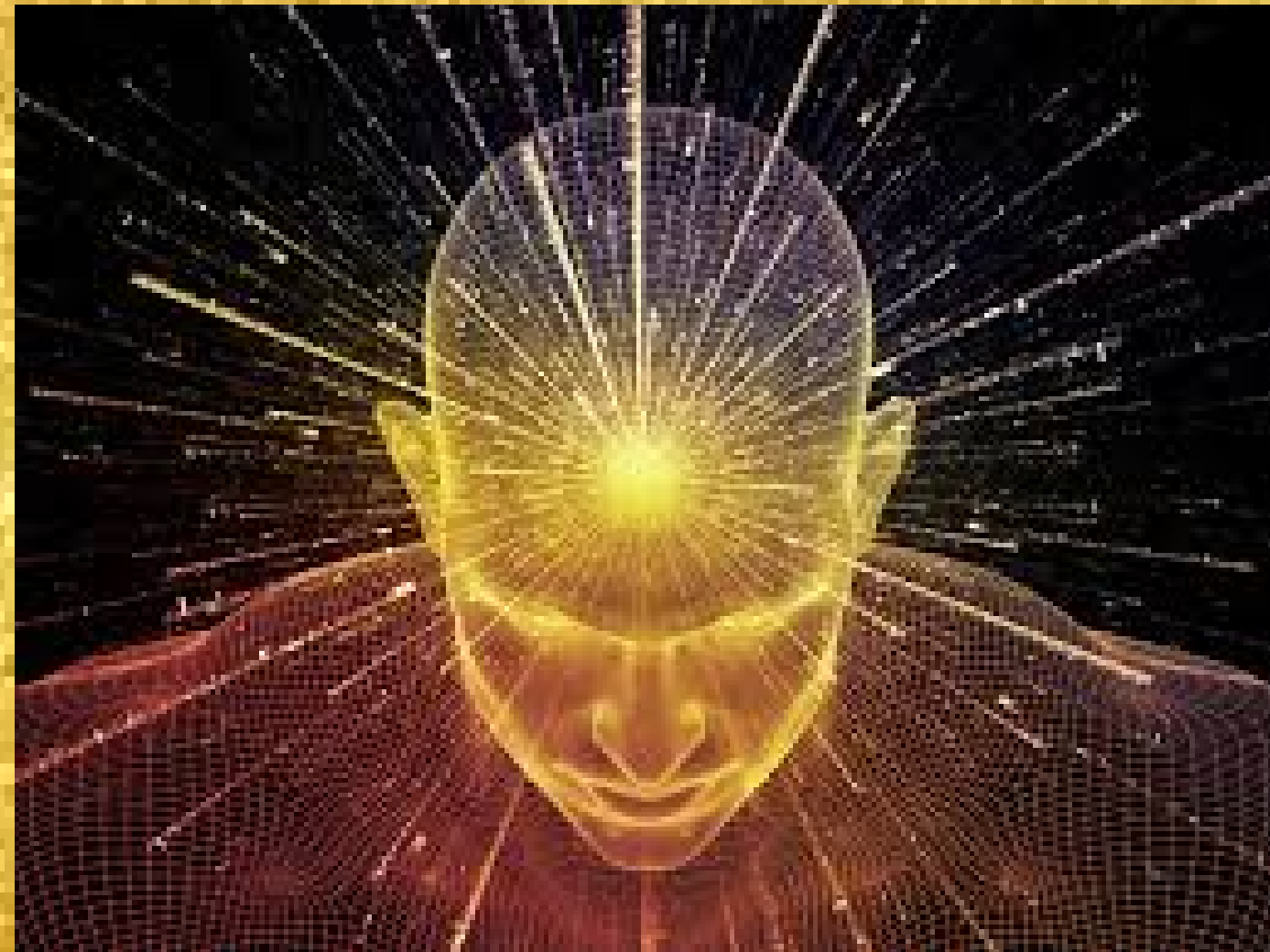
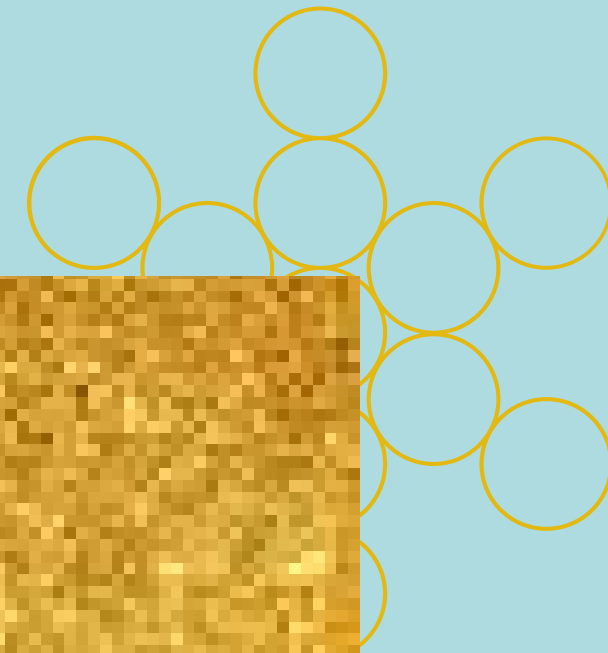
Power is not:

- Force, which is temporary and illusive
- coercion or violence
- associated with negative emotions like anger, pride, and fear

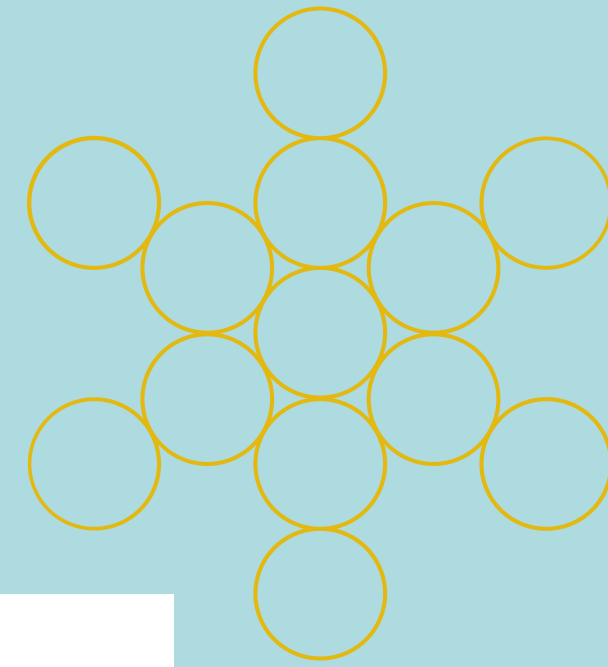
Power



Power & TREASURE

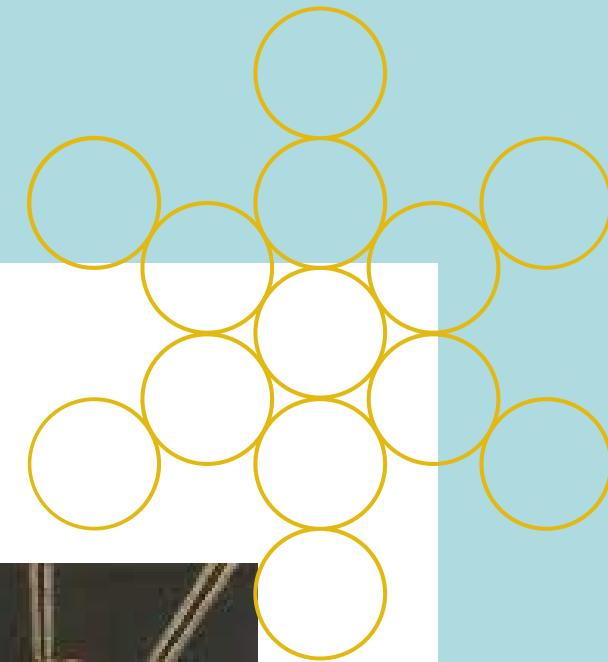
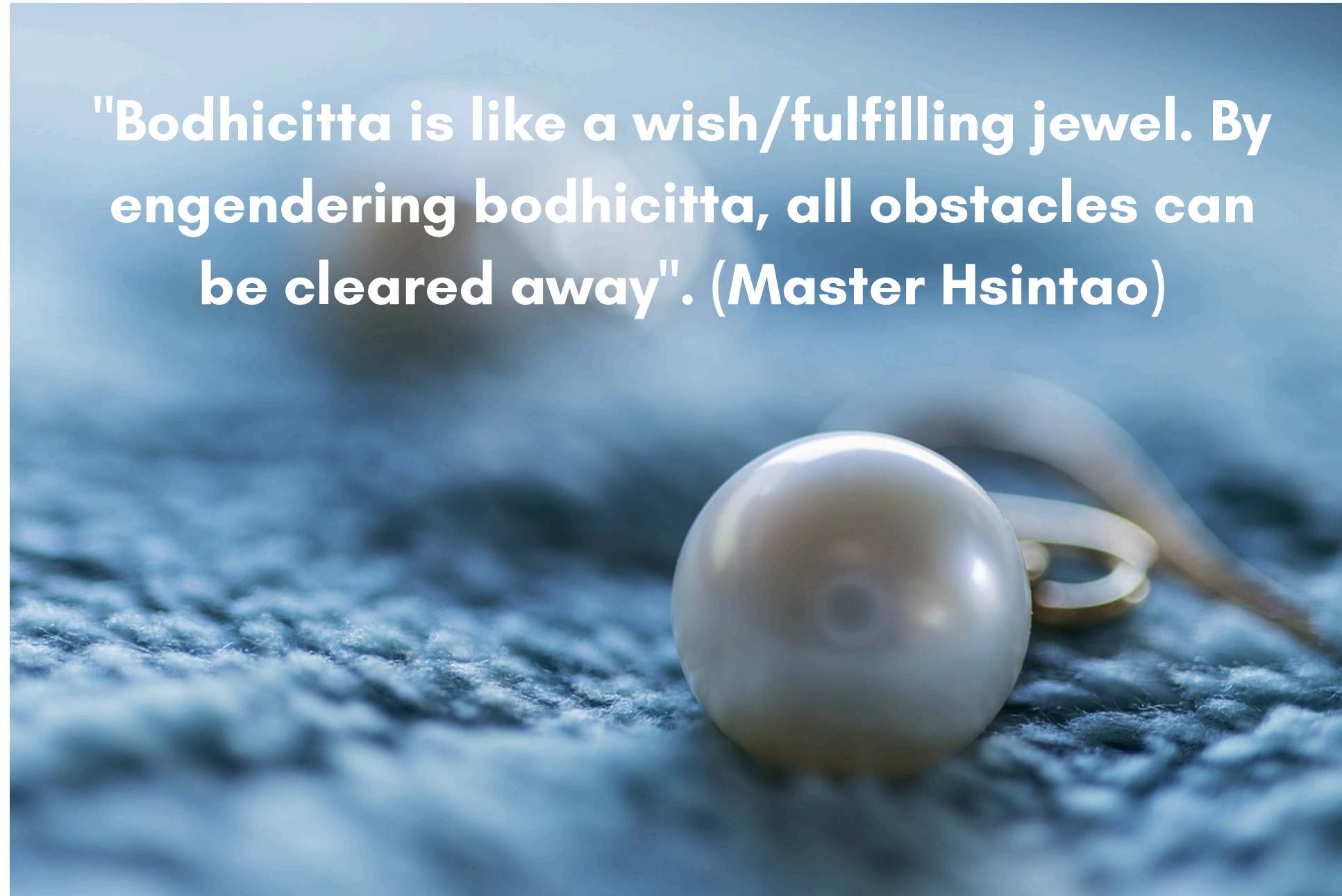


Power & TREASURE

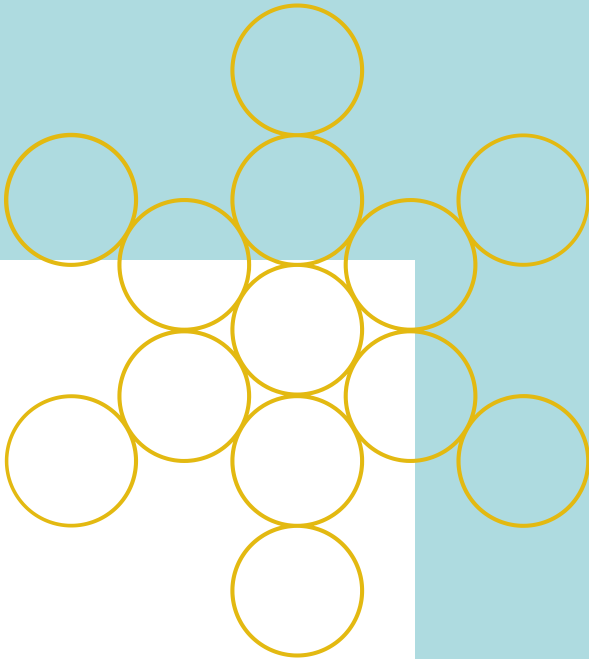


Power & TREASURE

"Bodhicitta is like a wish/fulfilling jewel. By engendering bodhicitta, all obstacles can be cleared away". (Master Hsintao)



Power & TREASURE - Consciousness

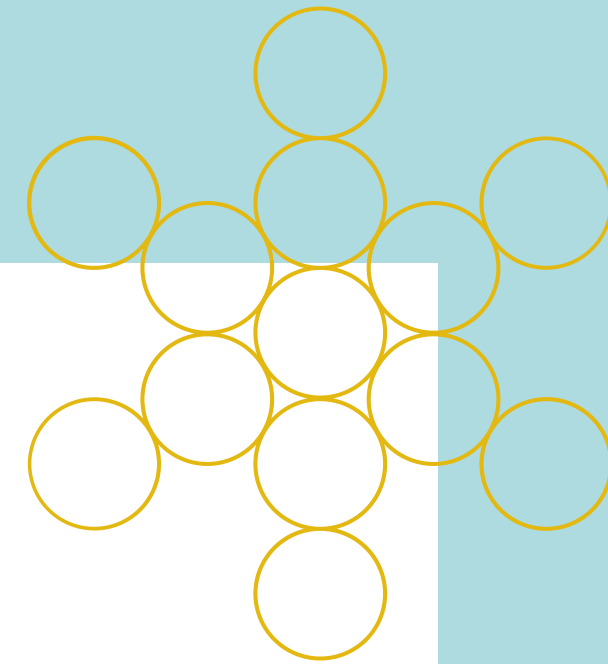
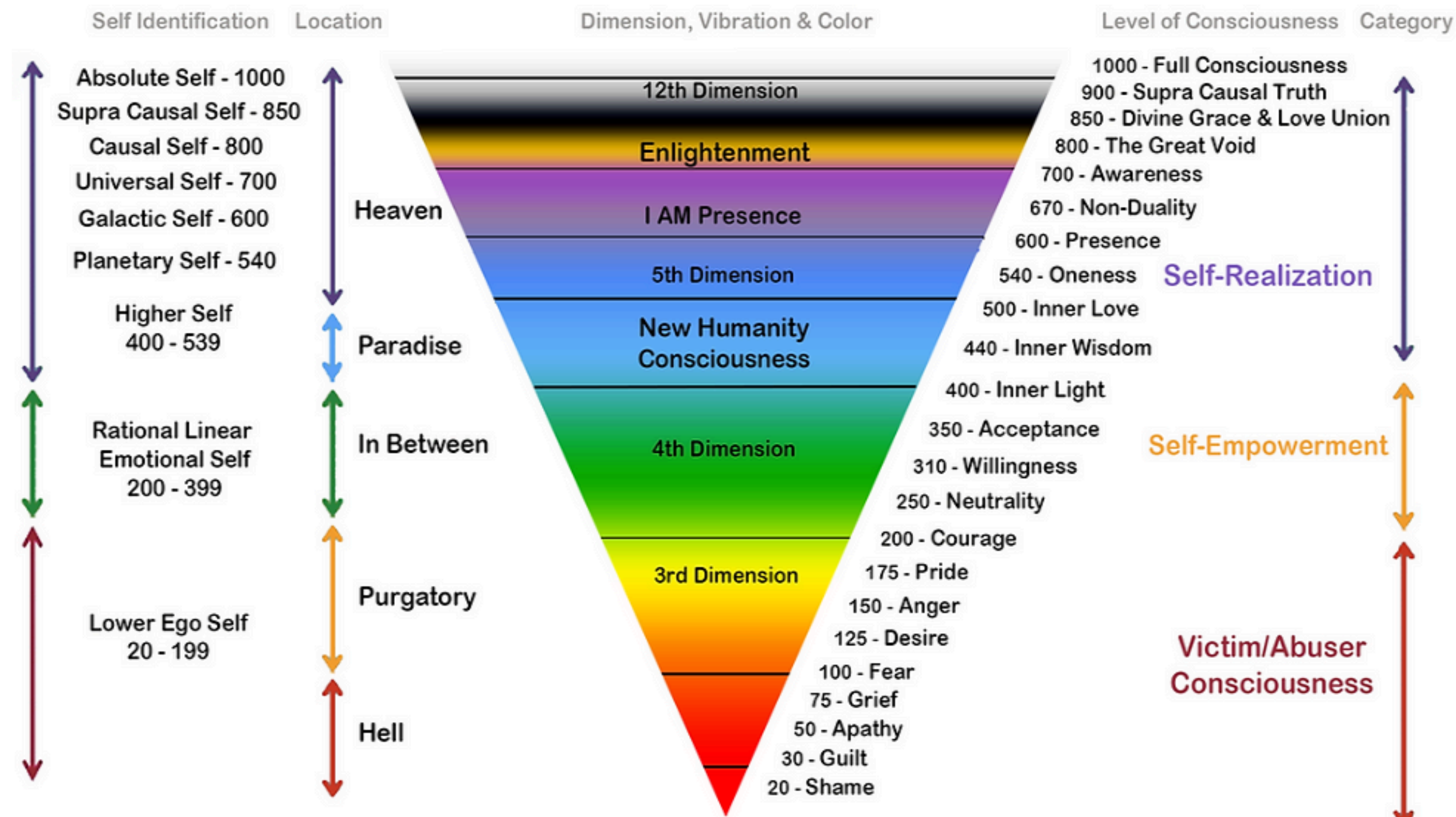


Map of Consciousness

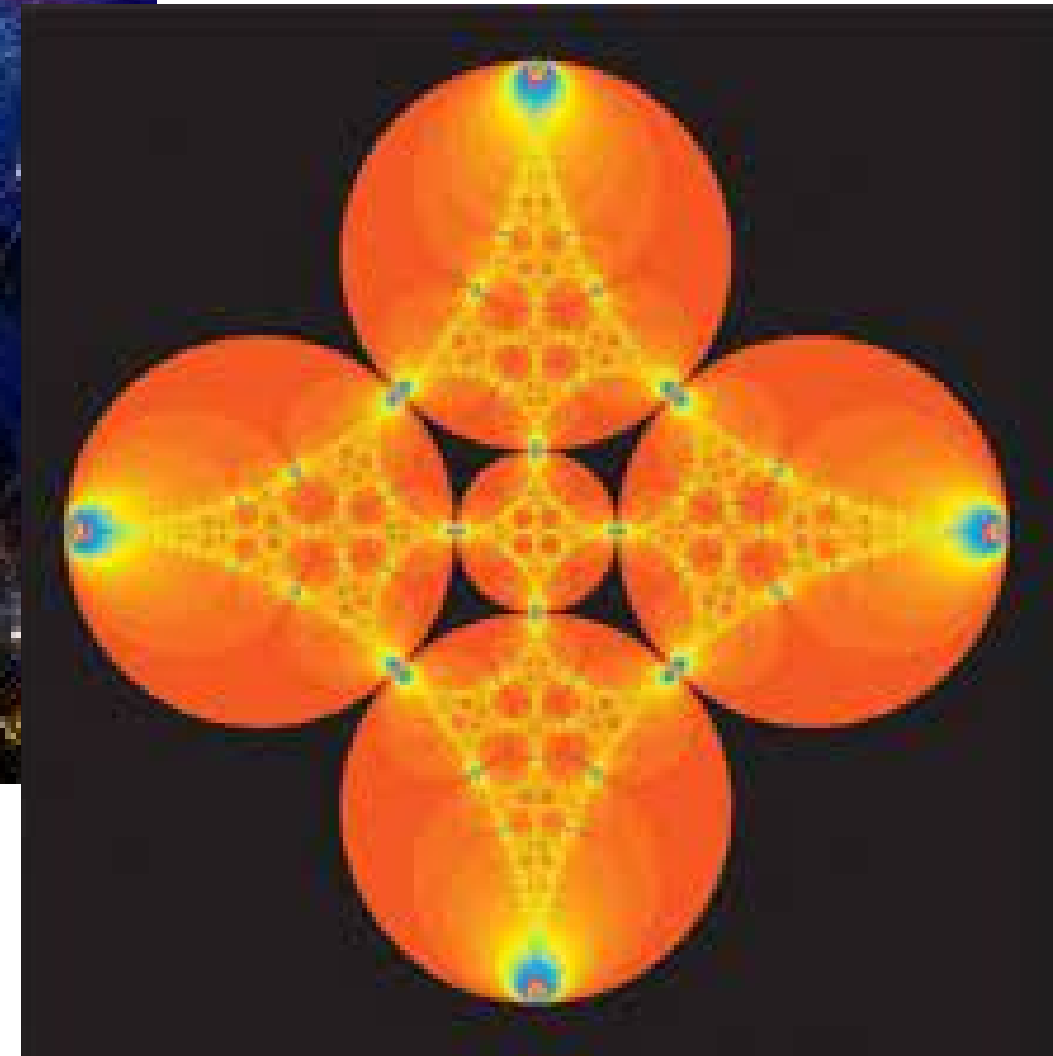
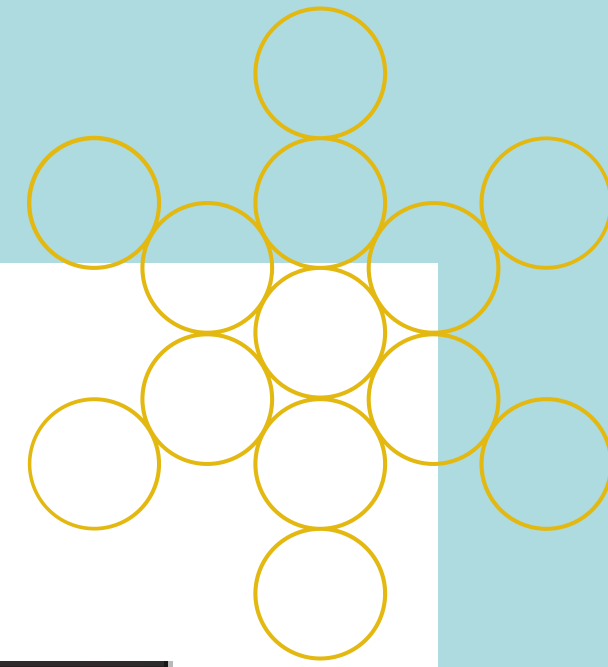
Developed By David R. Hawkins

	Name of Level	Energetic Log	Predominant Emotional State	View of Life	God-view	Process
Spiritual Paradigm	Enlightenment	700-1000	Ineffable	Is	Self	Pure Consciousness
	Peace	600	Bliss	Perfect	All-Being	Illumination
	Joy	540	Serenity	Complete	One	Transfiguration
	Love	500	Reverence	Benign	Loving	Revelation
Reason & Integrity	Reason	400	Understanding	Meaningful	Wise	Abstraction
	Acceptance	350	Forgiveness	Harmonious	Merciful	Transcendence
	Willingness	310	Optimism	Hopeful	Inspiring	Intention
	Neutrality	250	Trust	Satisfactory	Enabling	Release
Survival Paradigm	Courage	200	Affirmation	Feasible	Permitting	Empowerment
	Pride	175	Scorn	Demanding	Indifferent	Inflation
	Anger	150	Hate	Antagonistic	Vengeful	Aggression
	Desire	125	Craving	Disappointing	Denying	Enslavement
	Fear	100	Anxiety	Frightening	Punitive	Withdrawal
	Grief	75	Regret	Tragic	Disdainful	Despondency
	Apathy	50	Despair	Hopeless	Condemning	Abdication
	Guilt	30	Blame	Evil	Vindictive	Destruction
	Shame	20	Humiliation	Miserable	Despising	Elimination

Power & TREASURE - Consciousness



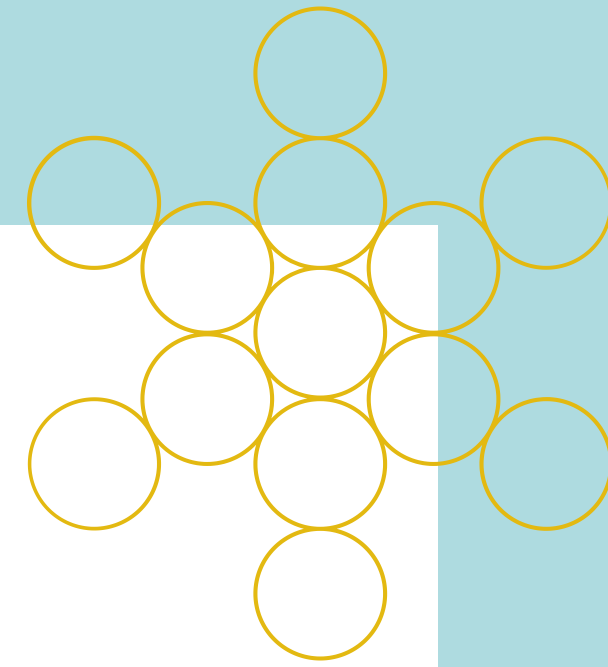
Power & TREASURE - Consciousness



TREASURE



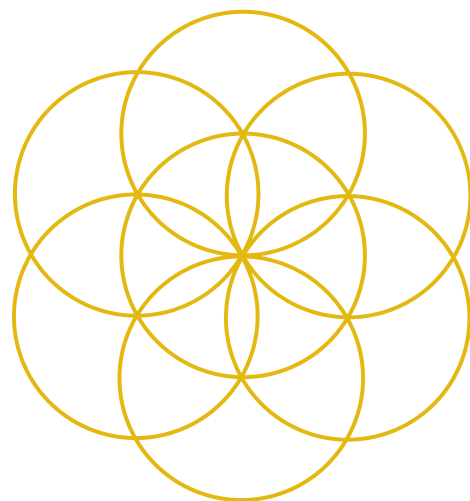
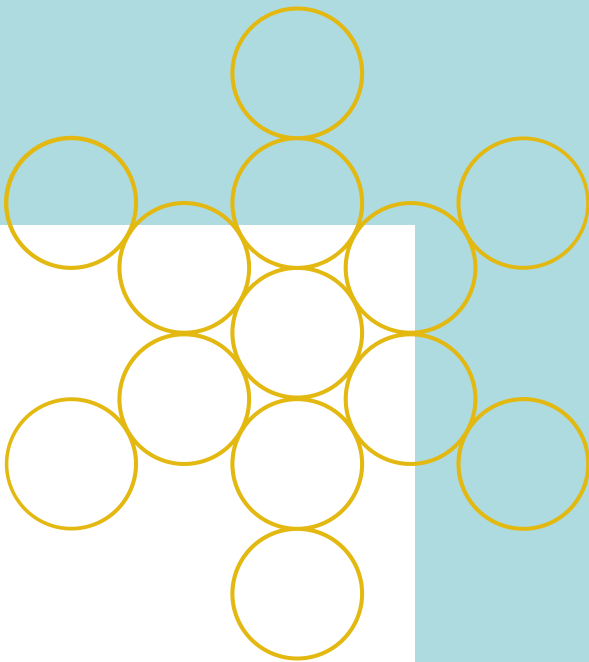
Your true TREASURE is your Consciousness.



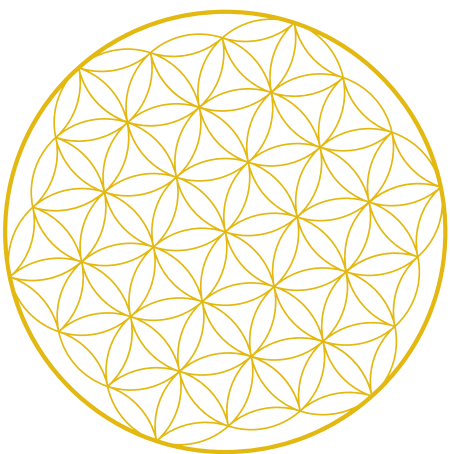
TREASURE



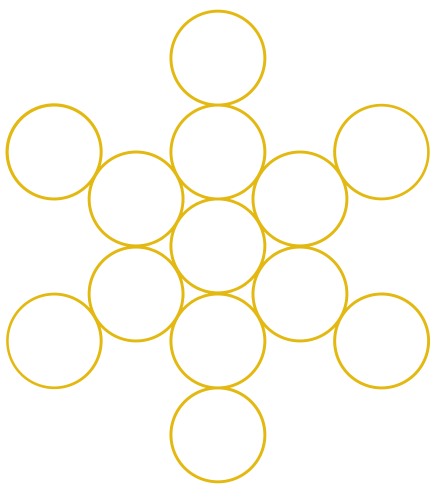
Your true TREASURE is your Consciousness.



EXCAVATE

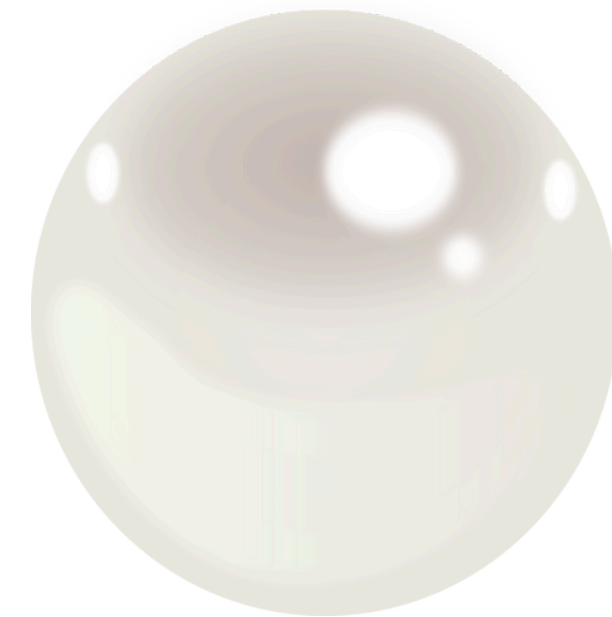
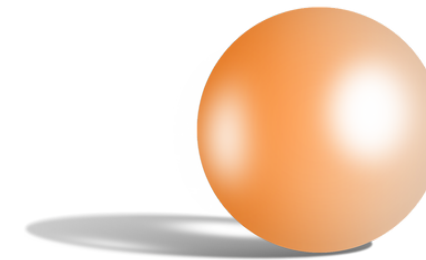
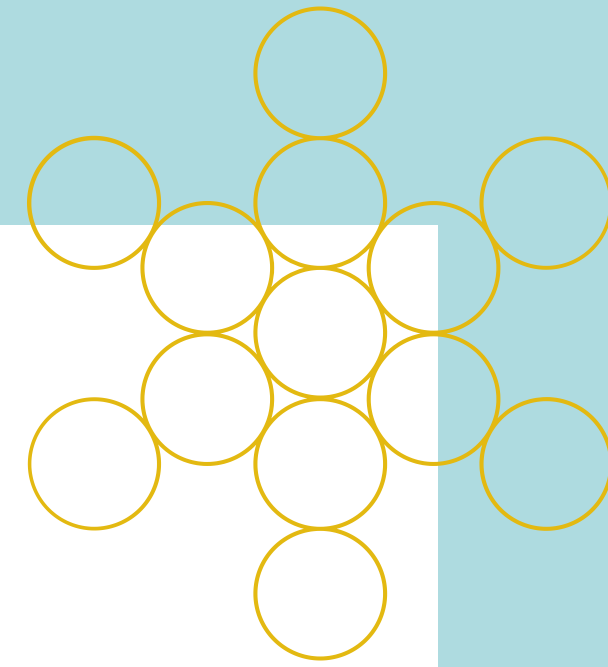


ELEVATE



EQUILIBRATE

Synchronicity

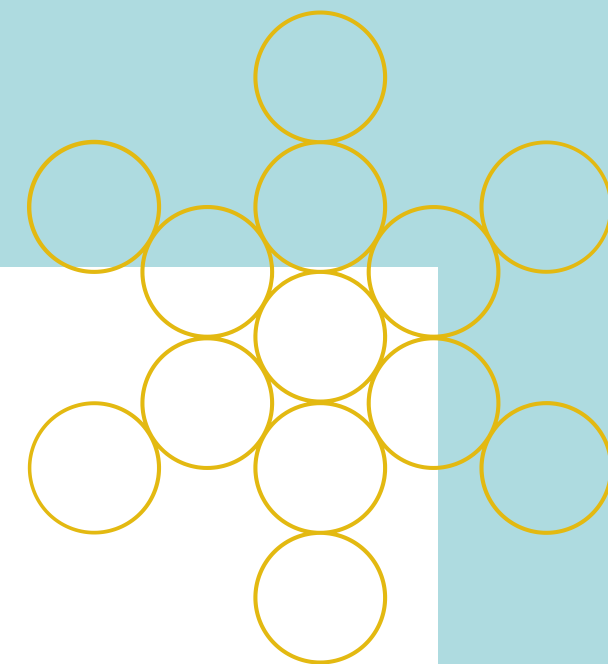
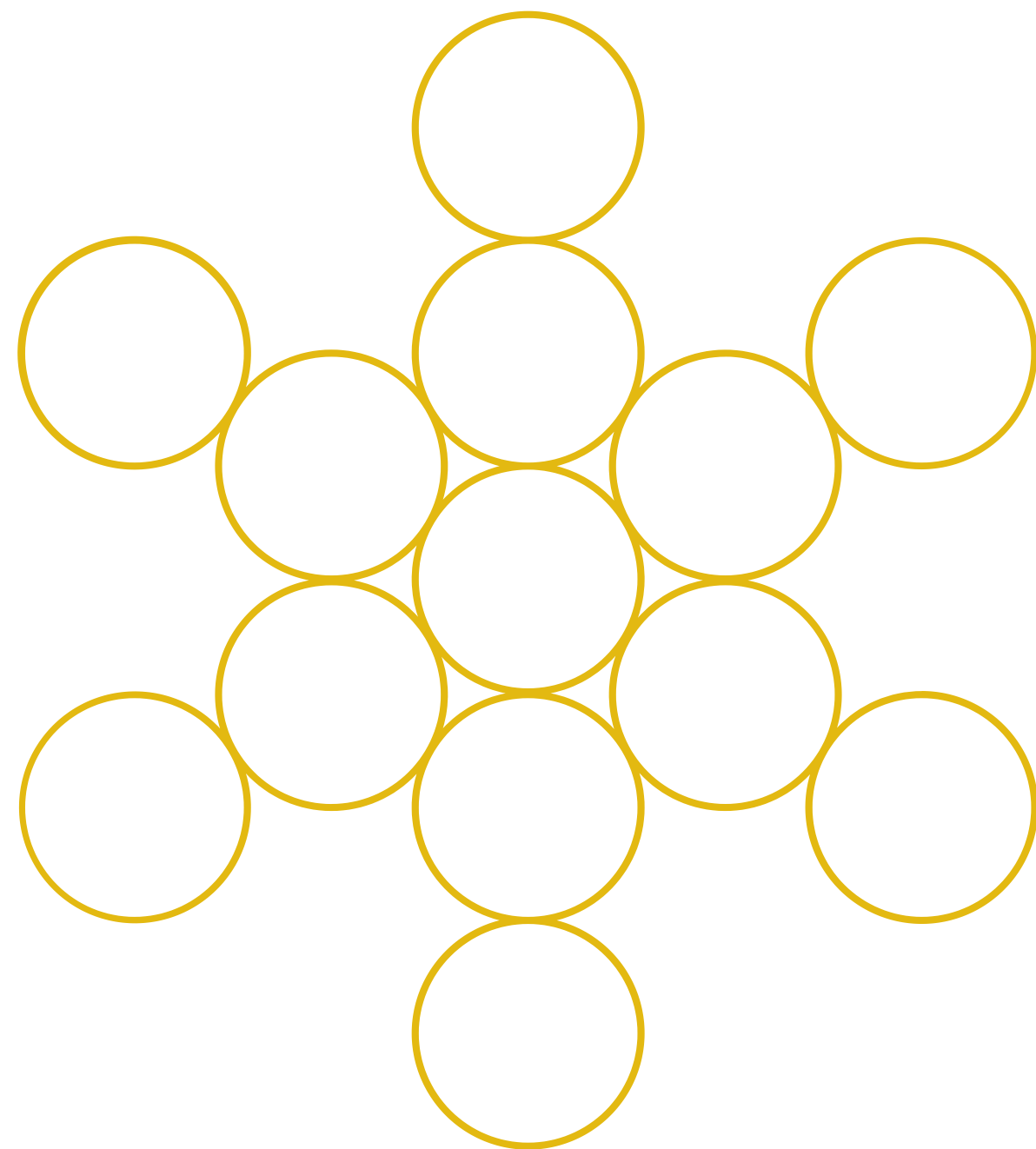


Synchronicity

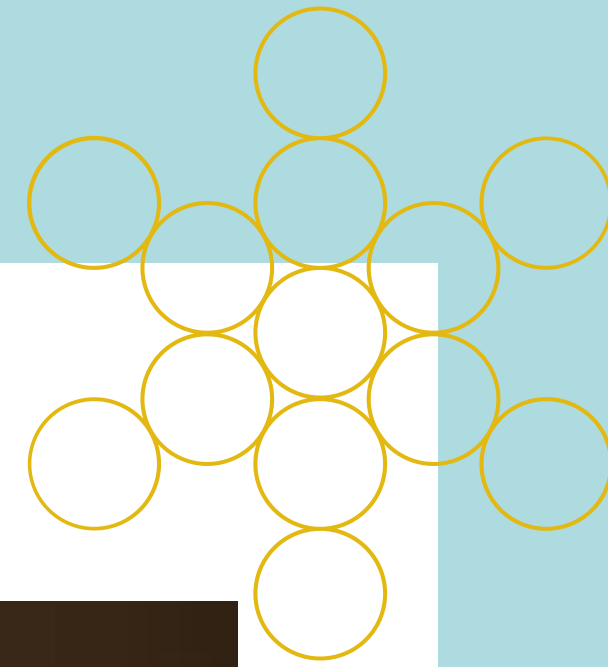


“Miracles occur when a block to the awareness of love is lifted, allowing love to naturally extend and express itself in whatever form is most needed here in the world. Miracles shift the temporal order of things in ways that defy rational, cause-and-effect explanation. Both time and space can be transcended. Changes can occur instantly in people and situations that might otherwise have required years to play out. Miracles are not under our conscious control, however. They arise from our true Self, the Christ in us...” (Study Guide for ACIM)

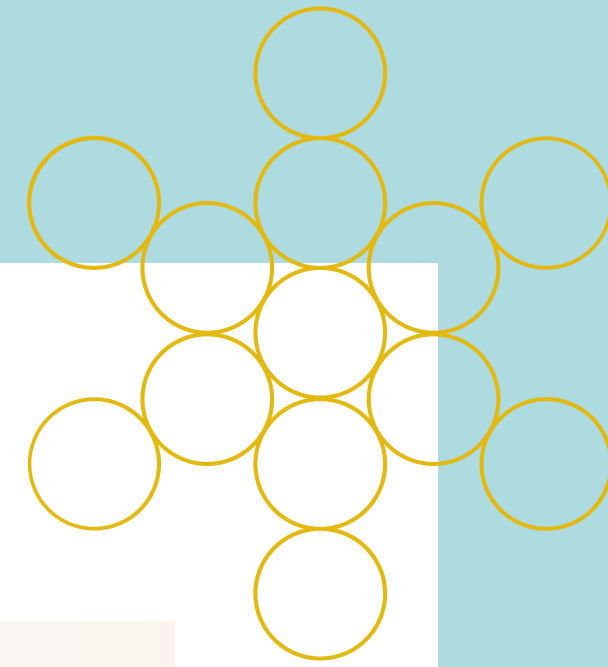
Cultivating Personal Power



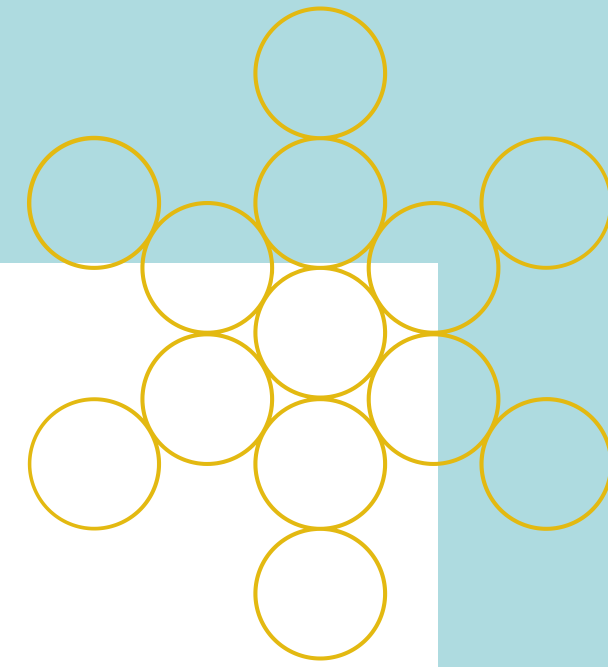
Cultivating Personal Power



Cultivating Personal Power

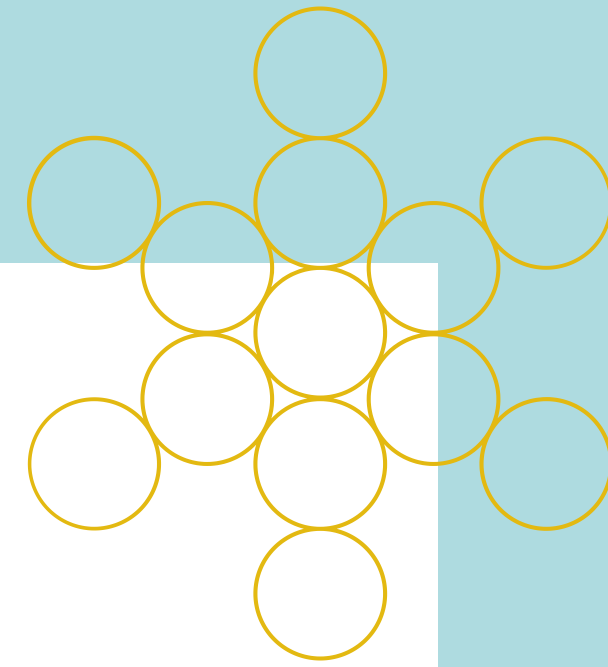


Cultivating Personal Power



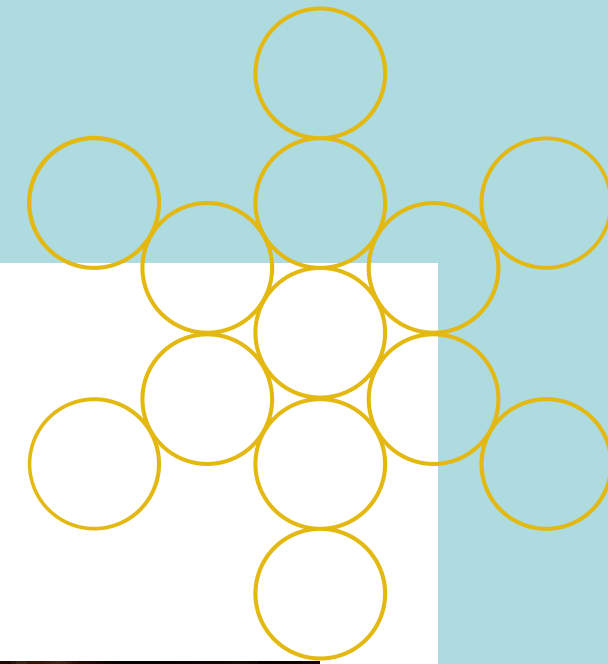
- Power = Energy + Choice
- > Your ability to Choose
- > How you use your energy

Cultivating Personal Power: Choice



- TREASURE facilitates an identity transition, where you step out of the conditioned matrix, and step into the identity of BEing a radiant co-creator of your life

Cultivating Personal Power: Choice



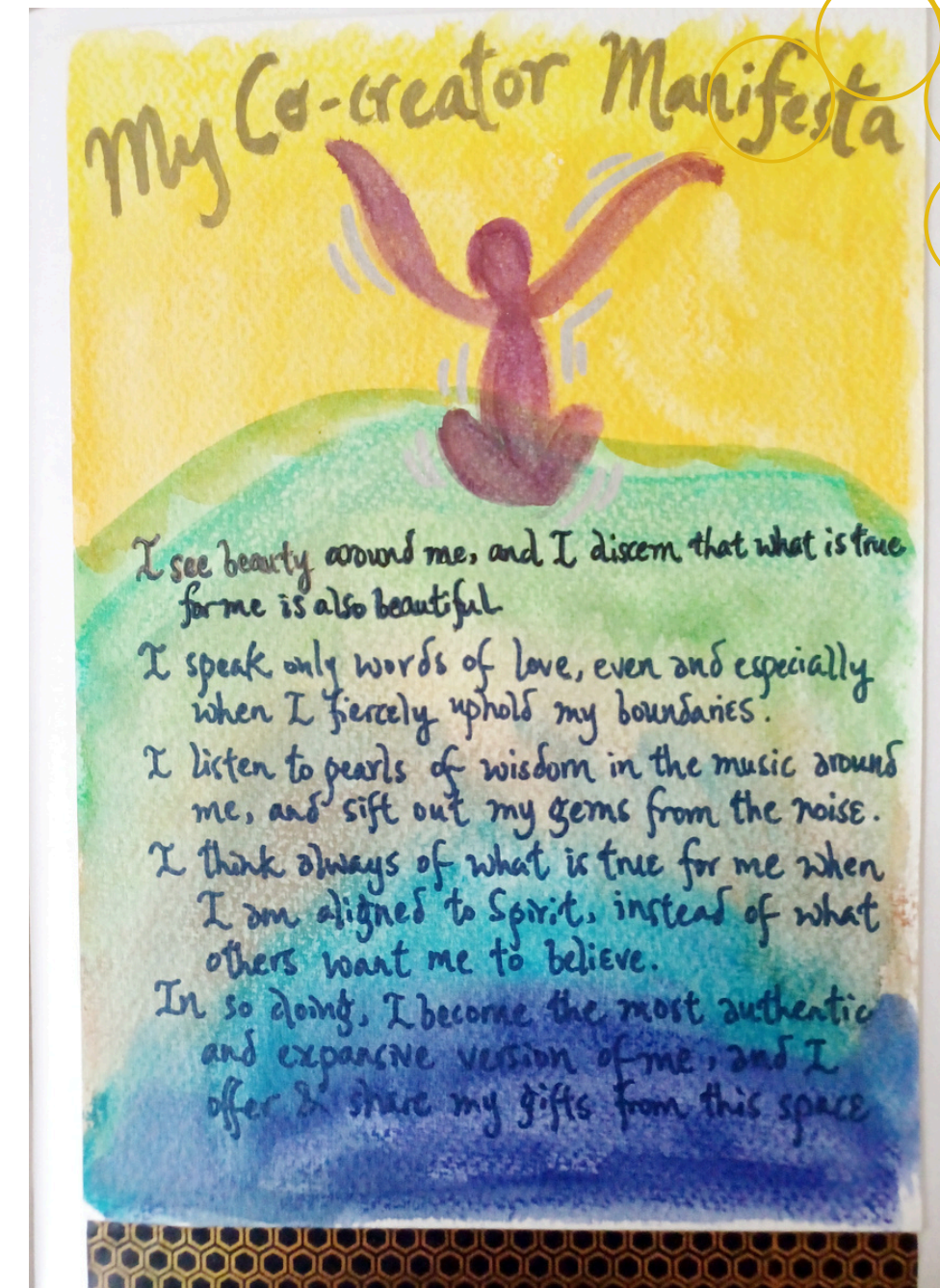
A Manifesto to Manifest!

- Craft a manifesto, a declaration of the woman you are here in this life to be:
- What priorities do you hold dear to you?
- What values are most meaningful for you?



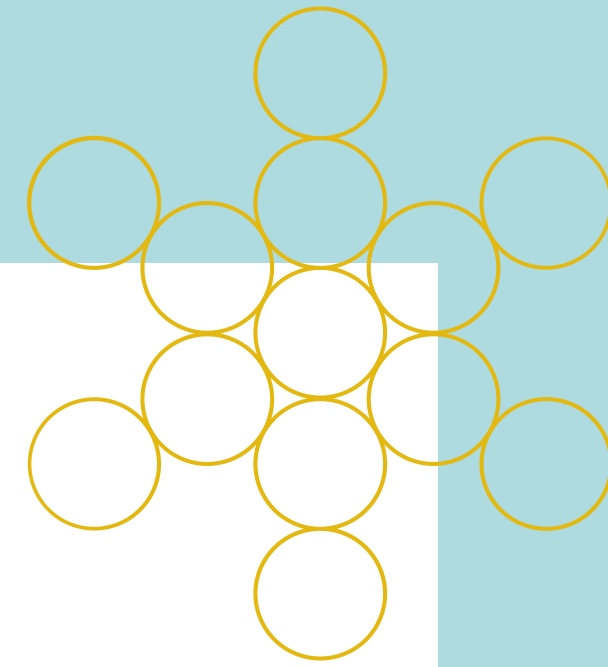
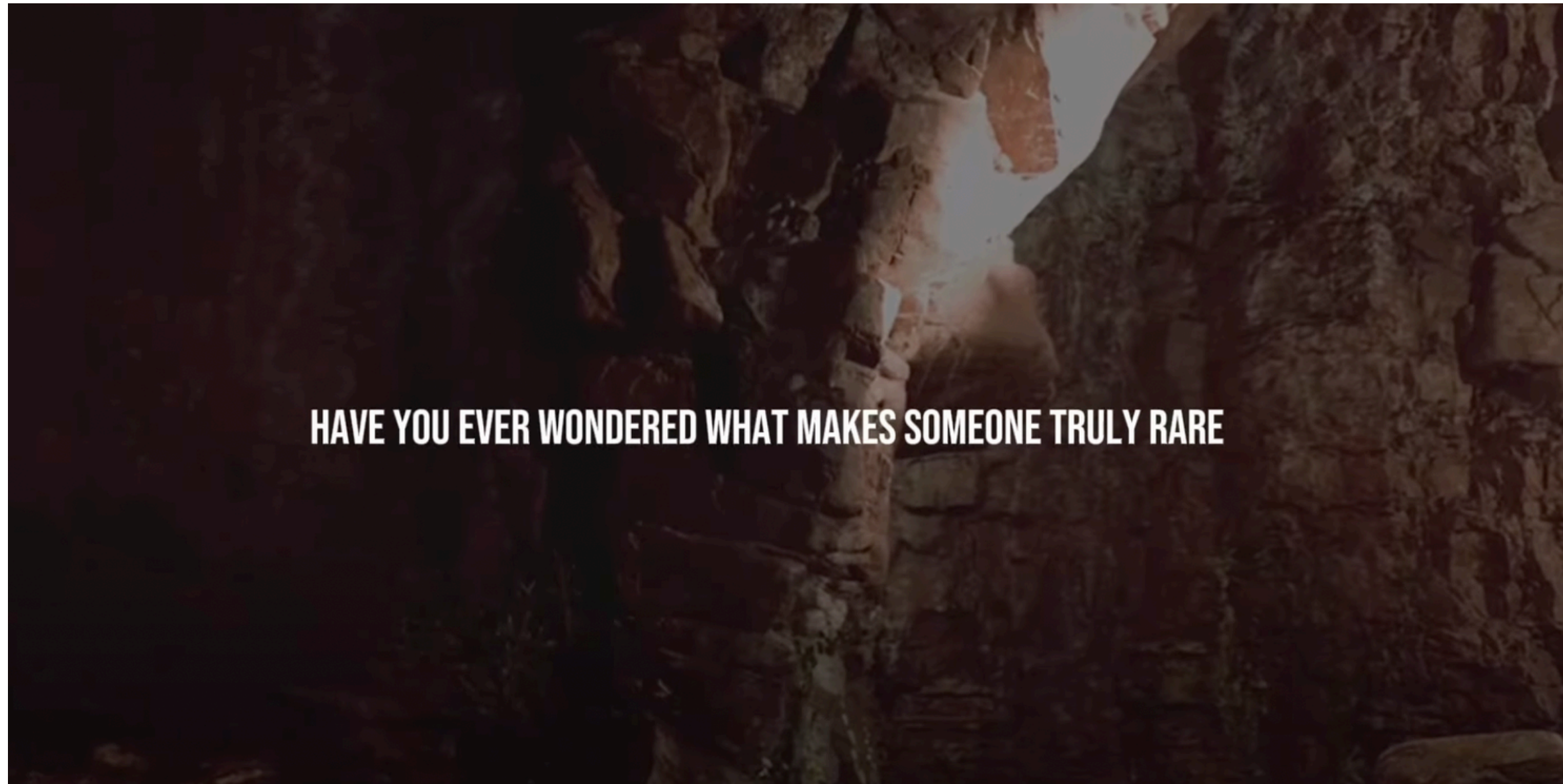
A Manifesto to Manifest!

- This is a written statement meant for you, it can be as long or as short as you like.
- Use language that resonates with you
- Feel free to use your creativity to enhance your manifesto. Use colours, images, etc
- Craft your statements with strong, empowering language, and in the present tense.

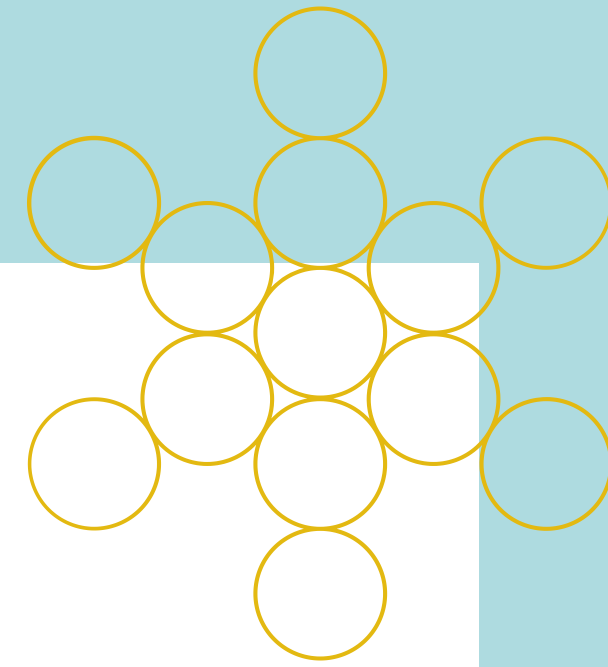


Cultivating Personal Power: Choice

Manifesto Inspiration: The QUANTUM WOMAN



Cultivating Personal Power: Choice

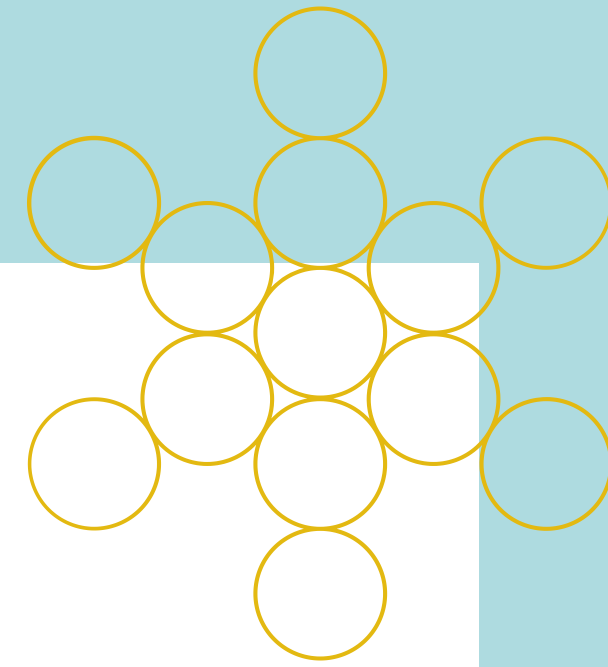


Manifesto Creation

Take 20–30 minutes (or however long you like) to craft your personal manifesto.



Cultivating Personal Power: Choice

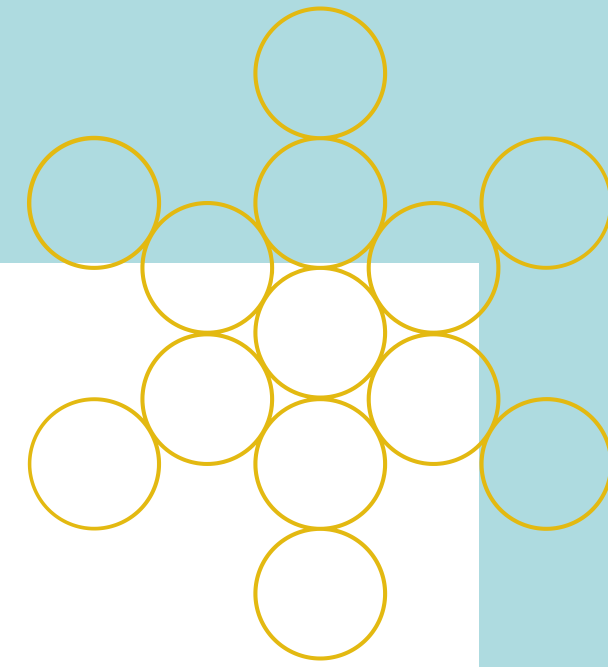


Manifesto Creation

Share your powerful personal
Manifesto!



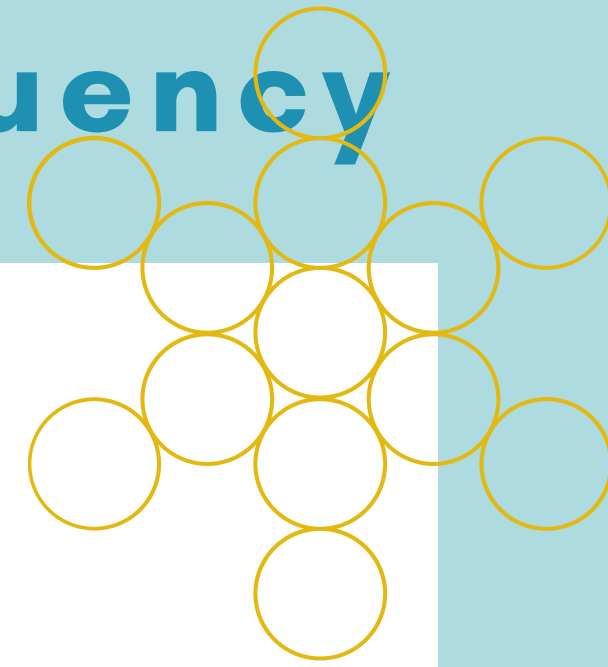
Cultivating Personal Power: Choice



Irene's Manifesto

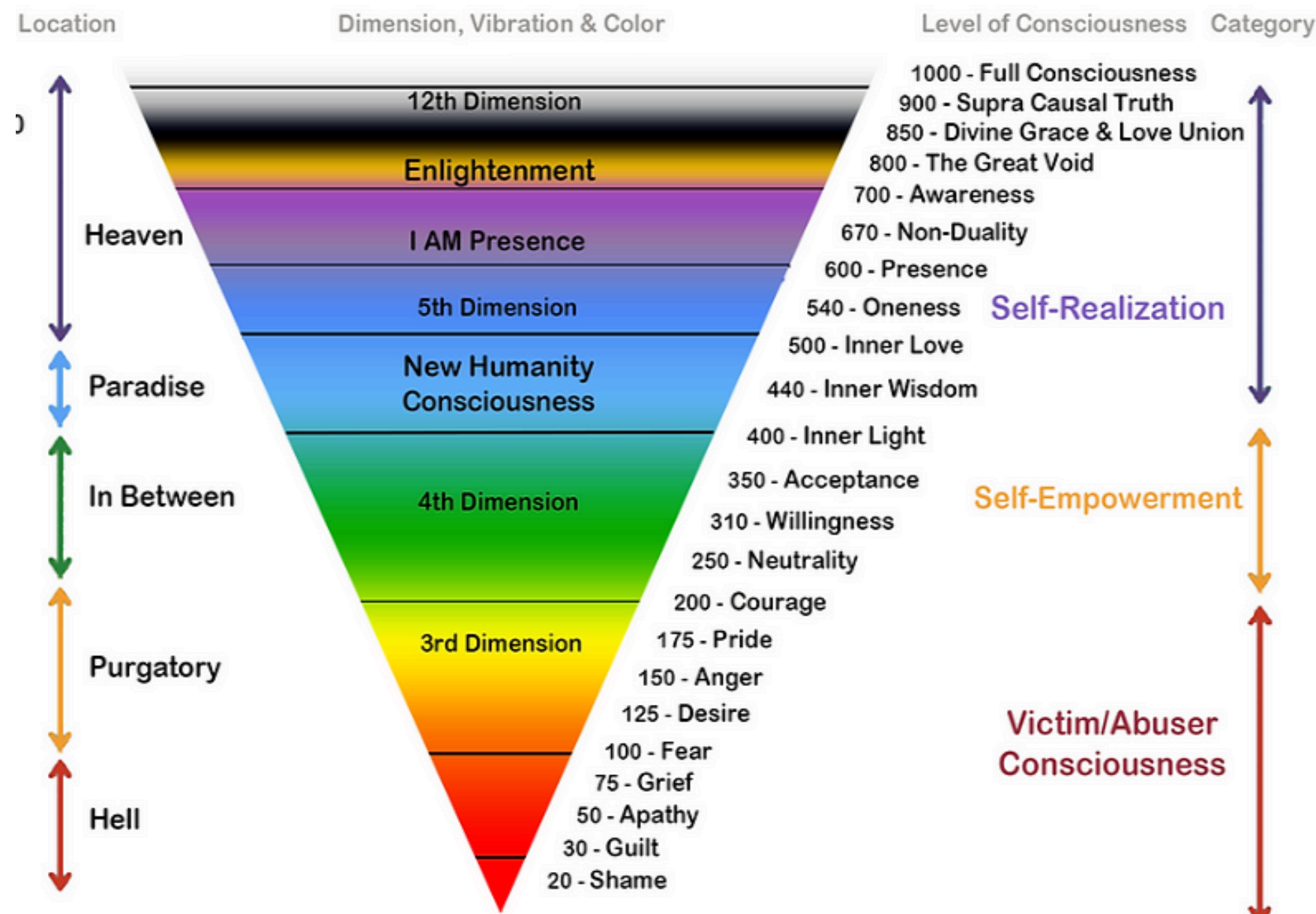
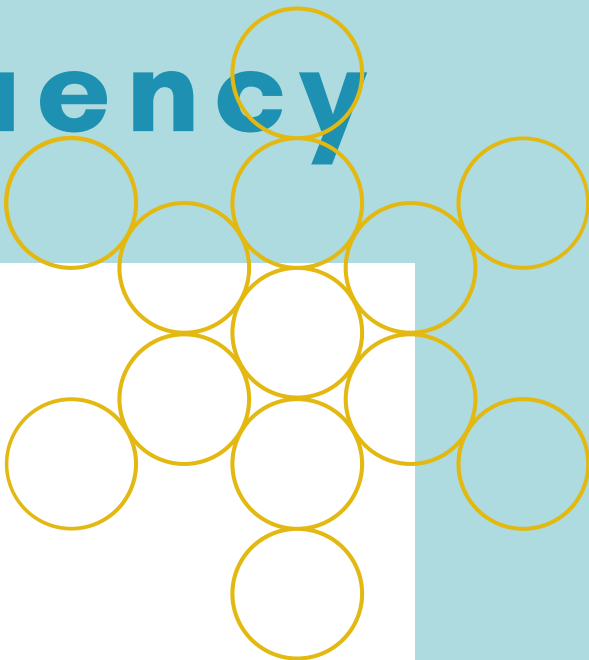
"I own my power to be a clear vessel so that I can receive downloads and inspiration from my Higher Self, and so that I can live from an embodied place of Being Love in action. I trust in my feminine compass of intuition and heart knowing. I own my voice and share my gifts in a grounded, authentic way. With focused awareness and coherent intention, I draw in my desired reality of abundance and love."

Cultivating Personal Power: Energy/Frequency



- Power = Energy + Choice
- > Your ability to Choose
- > How you use your energy

Cultivating Personal Power: Energy/Frequency



- Raising your Level of Consciousness
- Transcending the density and weight of low frequencies.

Cultivating Personal Power: Energy/Frequency



Cultivating Personal Power: Energy/Frequency

- Energy Hygiene to support your inner alignment.
- Keep clean on the inside
- Clear the build up of toxins in your field



Cultivating Personal Power: Energy/Frequency

Simple Steps to Raise your Frequency (1 Hour 19 Minutes)



1. Honour, by recognising and accepting, how you are feeling right here in the moment. (Express your feelings in a letter, then burn it; EFT/Tapping; Forgiveness Work e.g. Ho'oponopono)
2. Recognise that you have choice every day, i.e. you are empowered. Make a conscious choice to be happy & joyful, amidst the overwhelm and victim consciousness in the world. (Watch your habitual thought runs, and get into the habit of choosing high frequency thoughts! Surround yourself with happy people and celebrate that)
3. Live intentionally by setting clear intentions and feeling into them as if they are happening right now. This will magnetise your desired future to you (Set your intentions in the present tense, e.g. 'I am already in vital, joyful health').
4. Intend to be altruistic and be of the highest service to others: "Let this be for the Highest Good of everyone involved."
5. Visualise your goals by activating your senses. Put your spiritual blinkers on so you can focus on creating your desired reality.
6. Take action steps towards your goals. This is the practical follow through which shows the universe that you are focused and not wobbling.
7. Be patient. Trust and let go. Allow the Universe to deliver something better than what you've imagined. Soften and let the ego take a back seat.
8. Live from the inside out, and not from the outside in. You decide the reality you desire to live in, and bring your life force into it, which will buffet you from the density that surrounds you. Develop a clear sense of purpose that will shield you from outside noise. E.g. "I dominate my day with joy."
9. Milk any positive frequency you have, e.g. awe, wonder, and joy. This will shift your physiology and increase your frequency. Spending time in nature especially helps with this.
10. Be determined to find joy every day, instead of dipping into doom and gloom. Dance, sing, tone, laugh, pet/hug, etc.

Cultivating Personal Power: Energy/Frequency

Truly take time to appreciate and celebrate yourself!

- Put up post it notes of loving affirmations
- Create an altar to honour your sacred sovereignty
- Go on a date and romance yourself
... The Sky is the Limit!

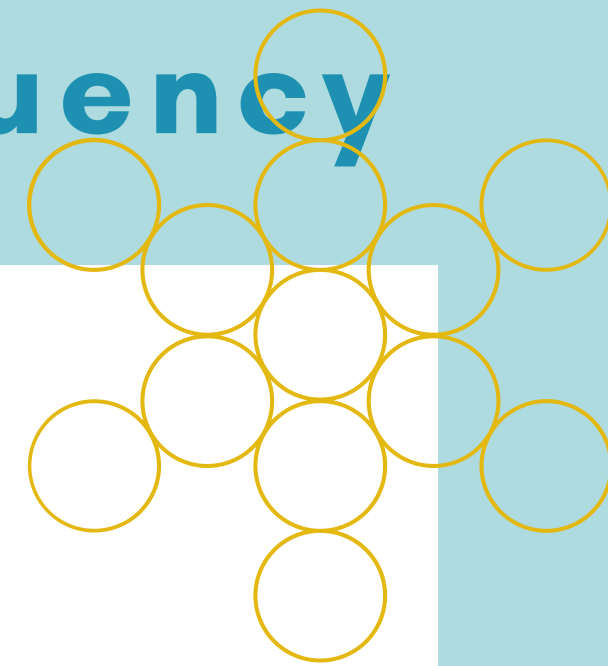


Cultivating Personal Power: Energy/Frequency

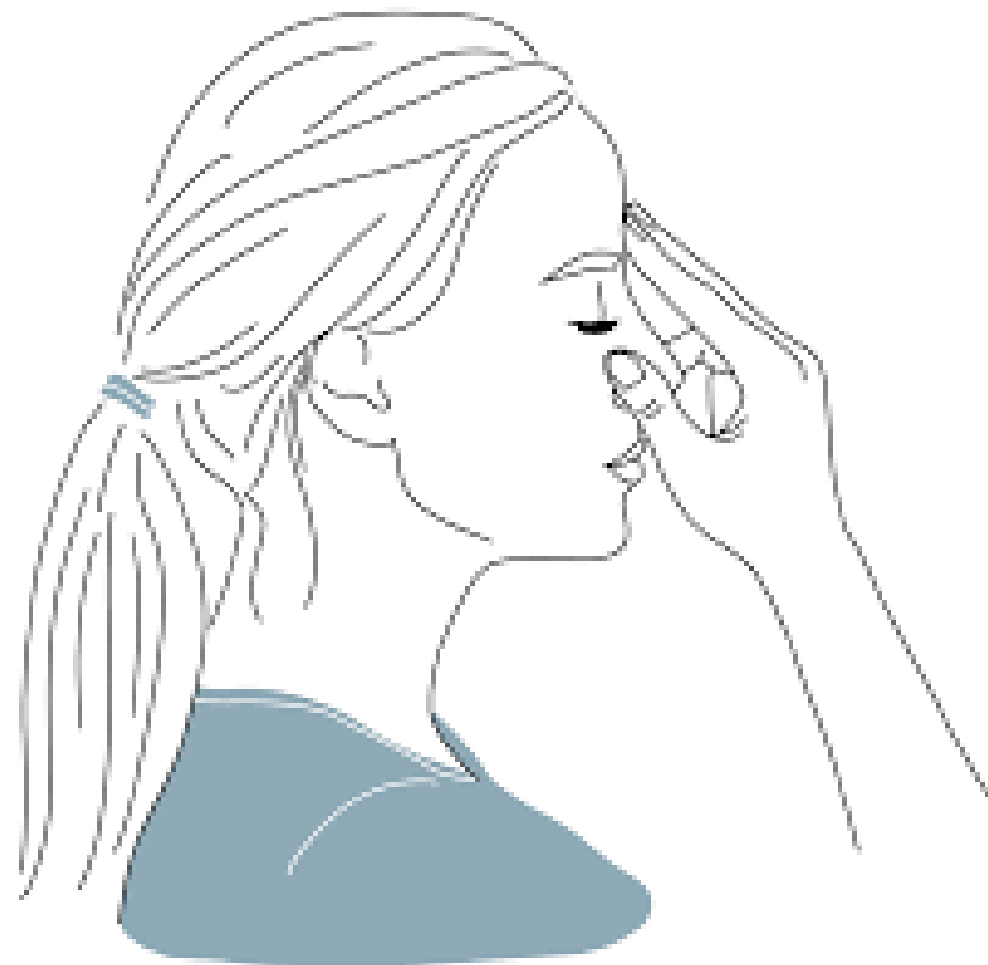
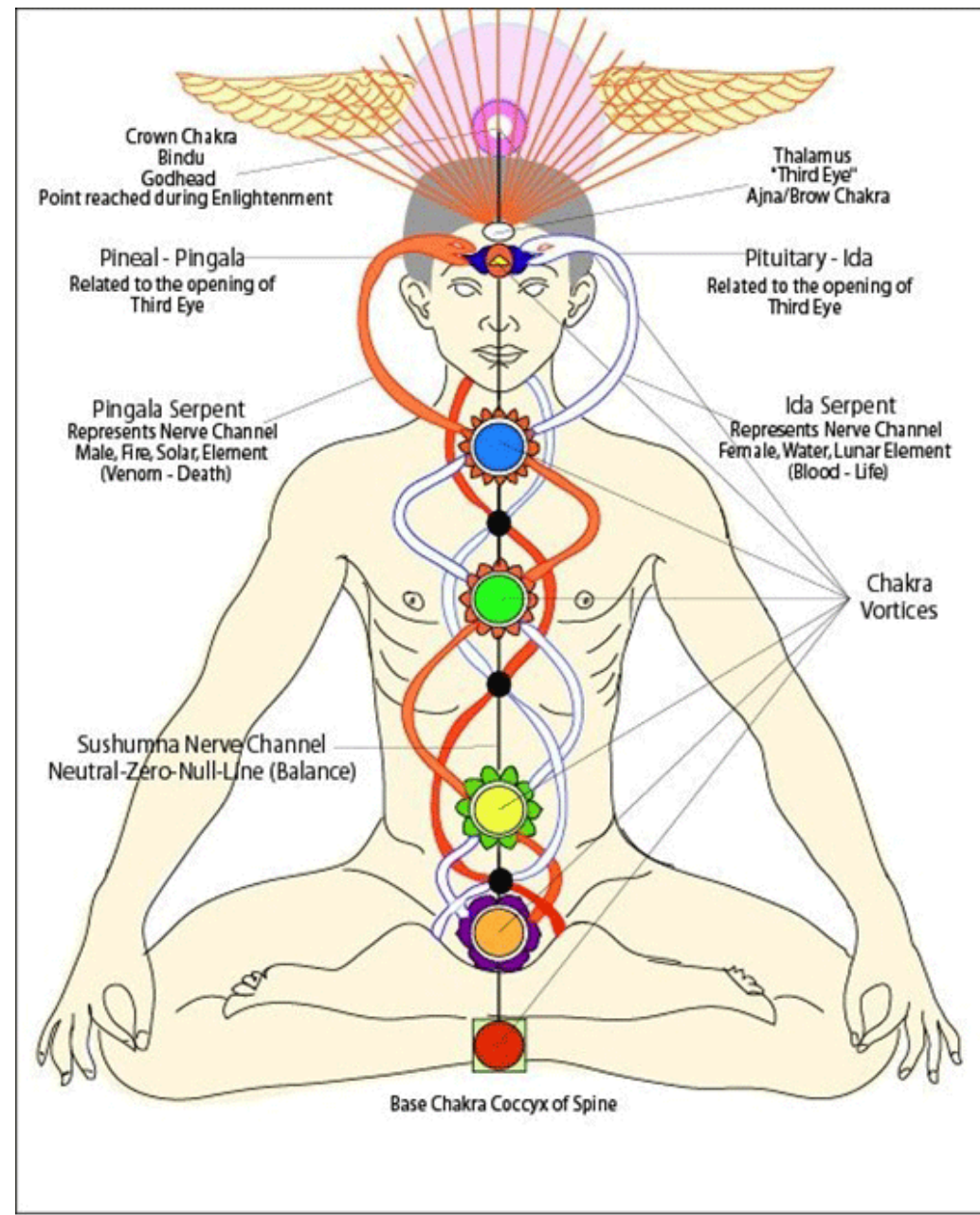
Practices to Bookend your Day & Evening



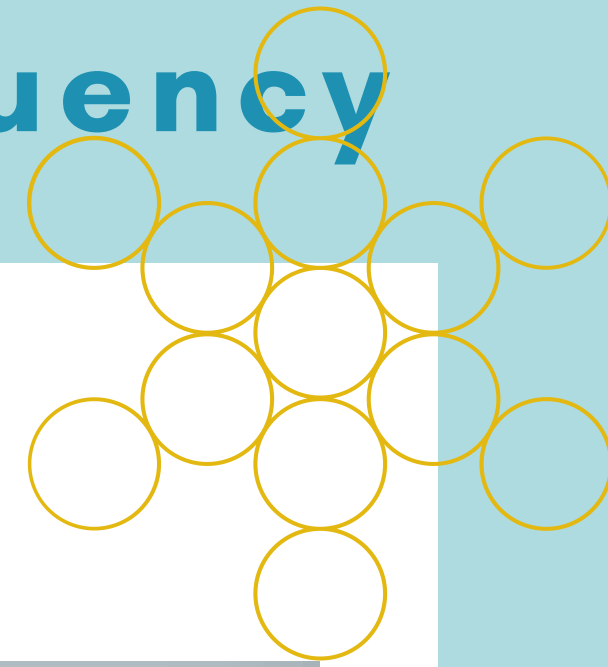
Cultivating Personal Power: Energy/Frequency



Morning: Breathwork & Movement



Cultivating Personal Power: Energy/Frequency



Morning: Breathwork & Movement



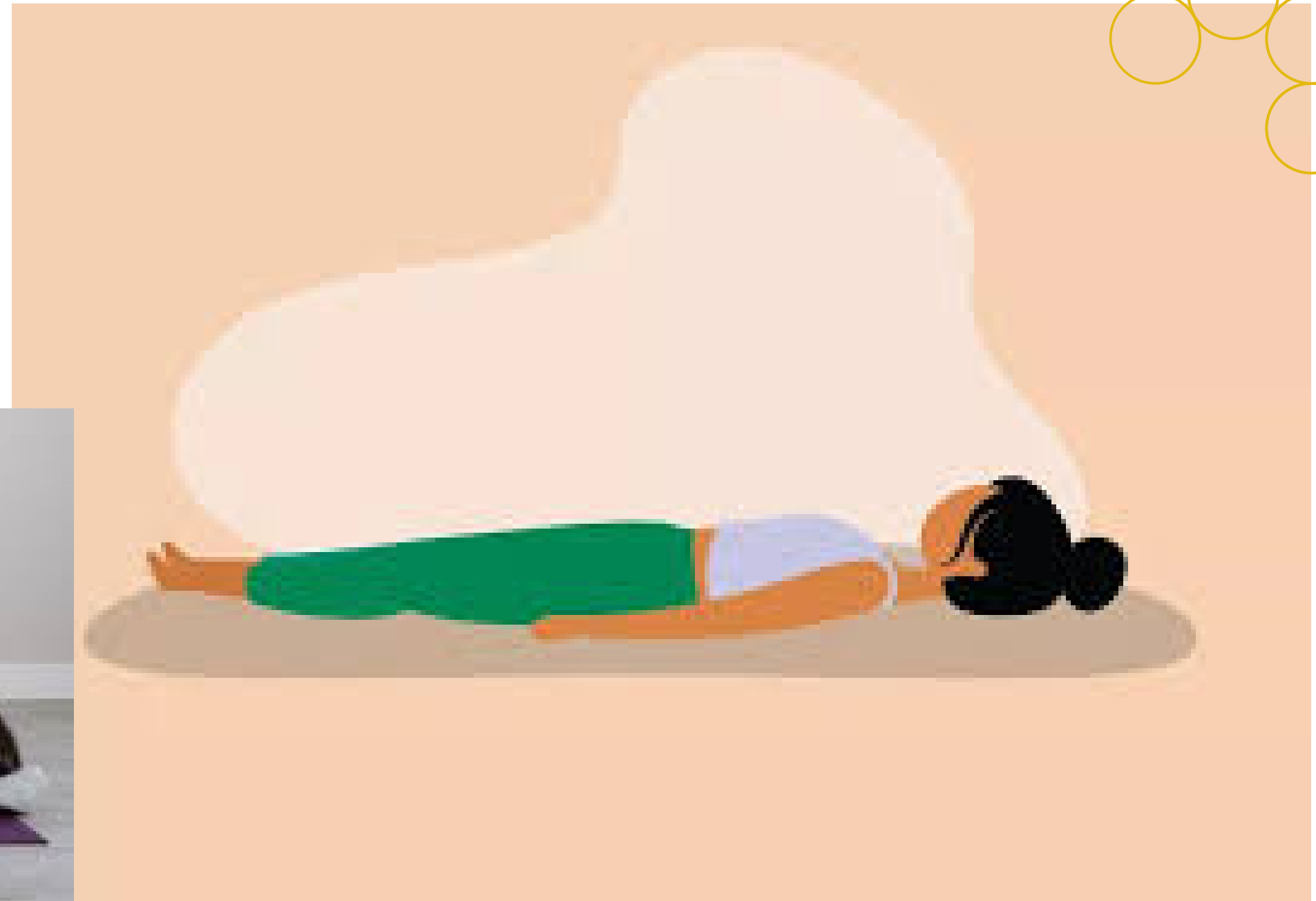
Cultivating Personal Power: Energy/Frequency

Evening: Yoga Nidra

Yoga: union, or to yoke

Nidra: sleep

Deep rest meditation



Cultivating Personal Power: Energy/Frequency

Evening: Yoga Nidra

Preparation for Death,
Contact with your Higher Self



Cultivating Personal Power: Energy/Frequency

Evening: Yoga Nidra

Restores your
your body's
parasympathetic
nervous system;
A nervous system
reset.



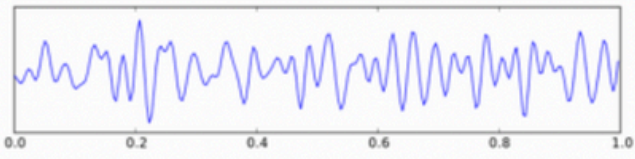
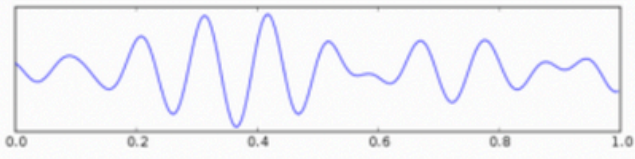
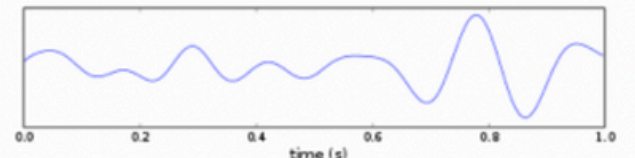
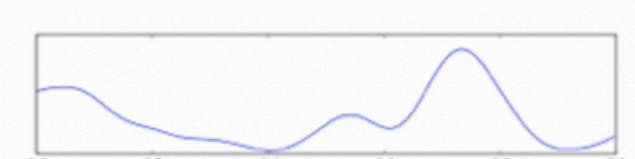
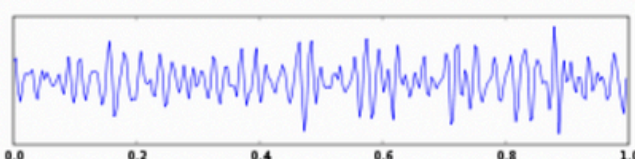
Cultivating Personal Power: Energy/Frequency

Evening: Yoga Nidra

Facilitates heightened states of creativity and insight.



OUR BRAINWAVE STATES

State	Brainwave	How We Feel
Beta		Awake, alert. This is the state of mental processing, focus and thinking.
Alpha		Deep relaxation. This state is the gateway to Yoga Nidra, where our bodies begin to rest and our minds can explore deeper consciousness rather than active thinking.
Theta		Deep meditation and light sleep. The state where we experience the most insight. Theta is where we dream.
Delta		Deep sleep and deep healing. This is our most restorative state, where we sleep without dreams. People with chronic pain or health issues like fibromyalgia and alcoholism may not be able to access this level in regular sleep.
Gamma		Peak mental and physical performance, also experienced when we feel deep gratitude. Gamma is the newest wave state discovered, also known as the "harmonizing" frequency that incorporates experiences.

Cultivating Personal Power: Energy/Frequency

Evening: Yoga Nidra

A sankalpa works like a seed of transformation, a seed that you plant in your subconscious, and that then grows and bears fruit over time.

SANKALPA

संकल्प)

Your heartfelt intention.

San= an idea that is formed in the heart.

Kalpa= “This is the rule I will follow above all other rules”.

Cultivating Personal Power: Energy/Frequency

Evening: Yoga Nidra

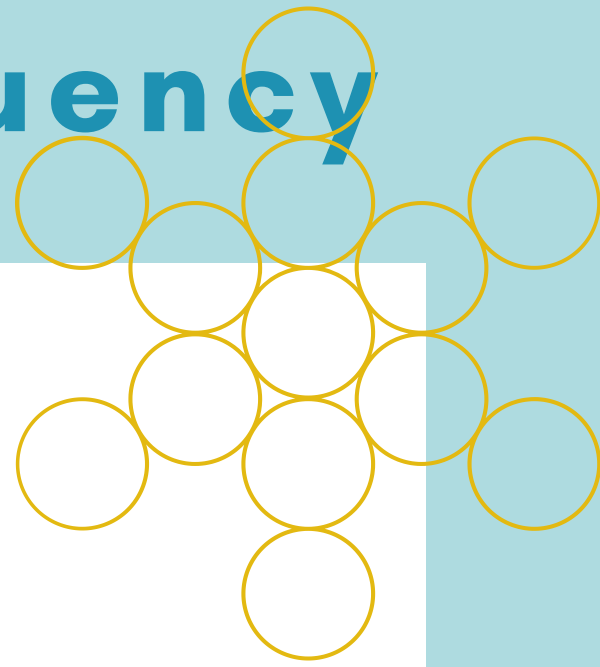
- "I am valid" or "I am valuable" or "I am worthy."
- "I am loved."
- "I accept." I
- "I have enough."



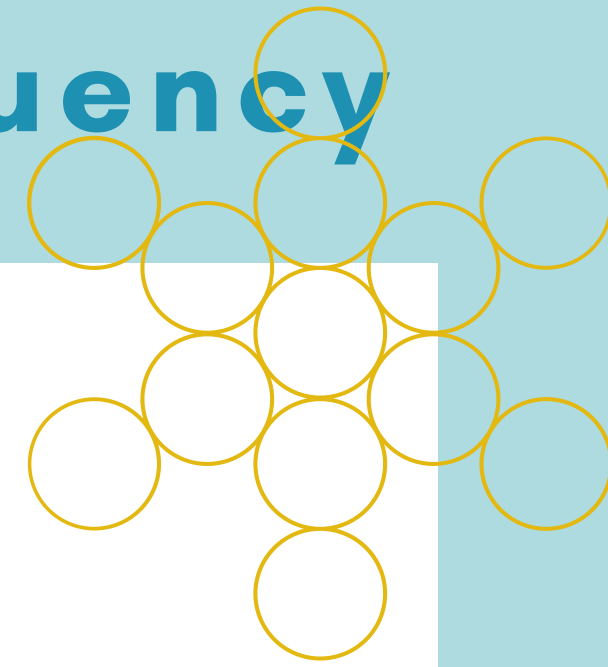
Cultivating Personal Power: Energy/Frequency

Evening: Yoga Nidra

Your brain goes into a theta and even a delta state. This enables you to rewire old habits and enable new patterns to form.



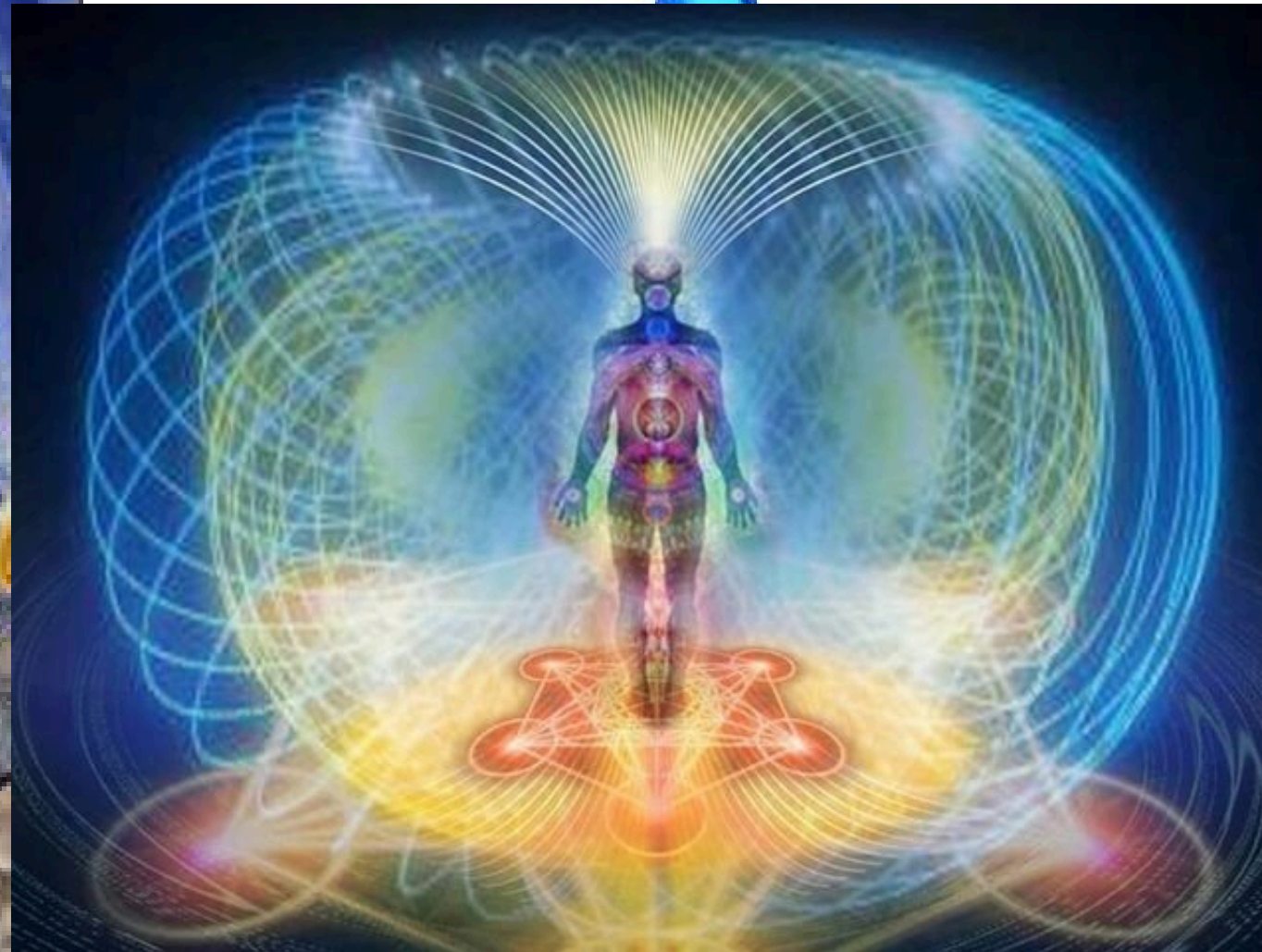
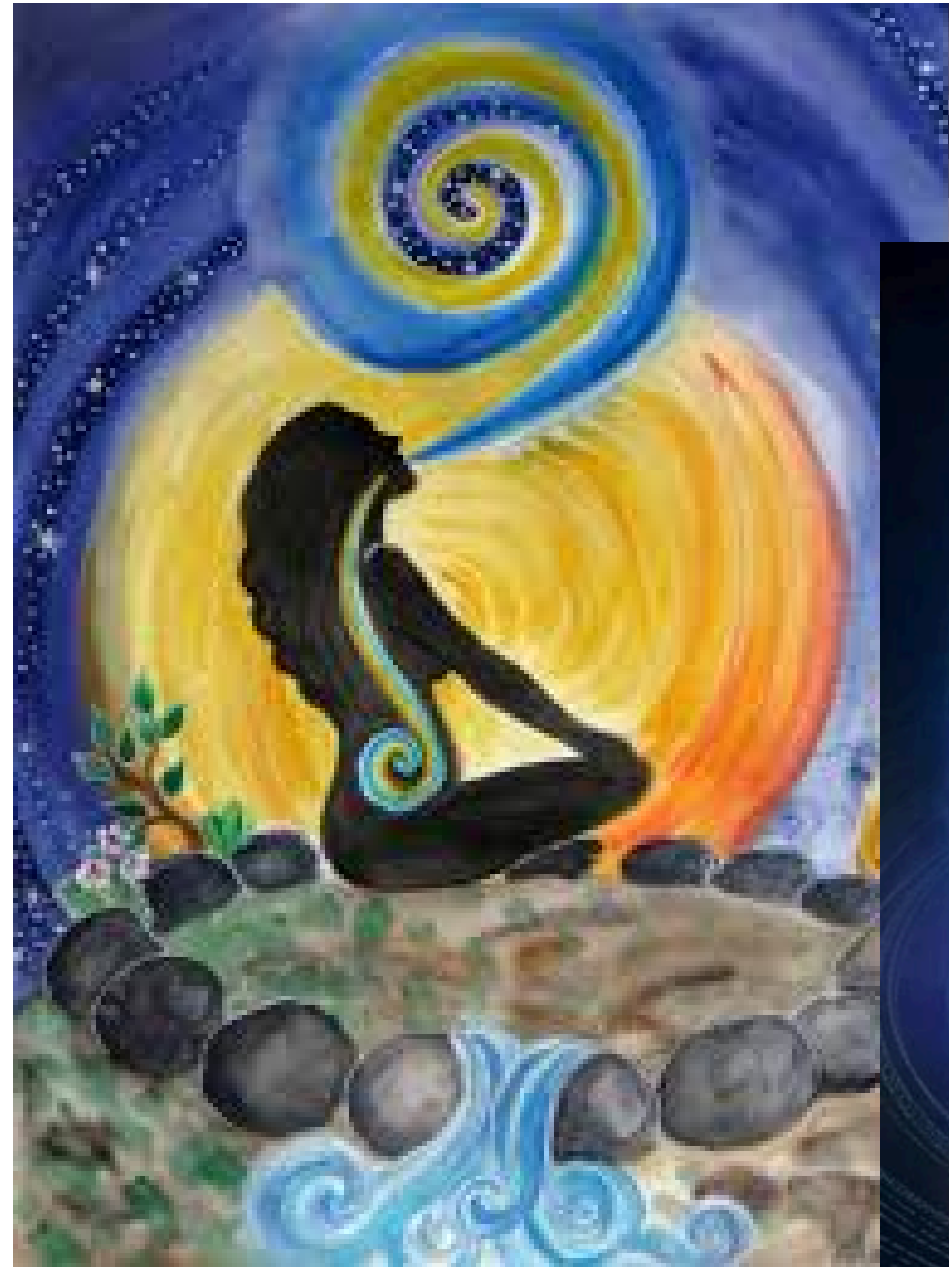
Cultivating Personal Power: Energy/Frequency



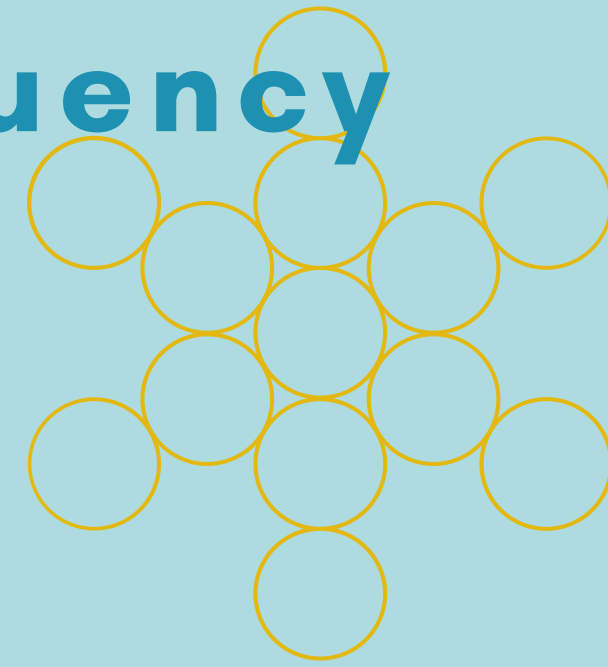
"Relaxation does not mean sleep. Sleep gives only mind and sense relaxation. Bliss relaxes the atma, the inner self; that is why, in tantra, Yoga Nidra is the doorway to Samadhi."

Swami Satyananda Saraswati

Cultivating Personal Power: Energy/Frequency



Cultivating Personal Power: Energy/Frequency



The pursuit of cosmic truth takes on enormous significance when you realize that the great spiritual masters were teaching that mystical truths are the ultimate means of personal empowerment and inner liberation. A mystical truth is not something you “learn,” but something that is revealed to you; and in the process of revelation, you are transformed by the power of that truth. It becomes part of your own consciousness. You are no longer separated from the divine truth, no longer merely searching for divine truth; truth has found you and transformed you. Such truth shatters the limitations of ordinary reason.

Caroline Myss