

Empowerment Exercise

To be said after yoga Nidra.

You are now deeply relaxed, you may be more relaxed now than you have ever felt before, and in this calm and peaceful state, your mind has become very quiet and still, it is open and receptive to all the positive suggestions that you hear, and these suggestions will continue to have a deep and lasting effect, on you and your life

Through these positive statements, your deep mind will begin to exercise a greater and greater influence over the way you think, over the way you feel, and over the way you are.

Because these suggestions will remain in your deep mind you will continue to feel that positive influence, over your thoughts, your feelings, and your behaviour, just as powerfully wherever you are and whatever you are doing.

Still deeply relaxed now feeling very calm and completely in control as you listen to my voice and everything I say and everything I suggest to you, I would like you to imagine or feel that what I suggest to you is the way that you feel now, and you will continue to experience, the same feelings every day just as strongly wherever you are and whatever you are doing.

While you are in this calm and peaceful state and in your everyday life you feel physically stronger and healthier in every way, you will have more energy and more vitality for whatever you choose to do, you will be more alert and more aware, and deeply interested and enthusiastic in whatever you are doing and whatever is going on around you, you feel more relaxed, more calm, more peaceful and very happy. You feel very good. Every day you will become stronger and have more power, your mind will be calmer and clearer, more composed and you will be in complete control. You will be able to think more clearly and concentrate more easily, solutions and answers will flow to you with ease, you will be able to give your complete attention to whatever you are doing and you will be much more aware of your thoughts and feelings, therefore your mind will become more alert and you will understand things with much more clarity.

Our natural state is one of absolute well-being and in this absence of resistance your physical body not only survives but thrives. By deliberately focusing on good feeling thoughts you allow your physical cells to return to their natural balance. If you remain in this good feeling, non-resistant state, you will not only find that illnesses

and unwanted physical conditions will heal and repair themselves, but you will also manifest a steady flow of well-being and joy.

By releasing resistance and focusing on feeling good, a little more every day you will feel the power of the universe flowing through you. When there is no resistance within you, you will quite simply experience the dominant feeling of well-being throughout your life.

When you take the time to find vibrational balance in your life, your physical well-being will be easy and effortless to maintain. From this place of alignment, beneficial behaviour will be inspired and you will attract wonderful things into your life with ease and grace.

Your body responds primarily to the content of your thoughts, feelings and beliefs. The more that you can release resistance by relaxing and focusing on all the good things that are already in your life, the health of your body will improve exponentially. Your life is supposed to feel good to you and you are meant to feel happiness and joy in your life.

Every day you will be more and more completely relaxed both mentally and physically and as you are more relaxed and more calm each day you will develop much more confidence in yourself and more confidence in your ability to do not only what you have to do each day but also in whatever you choose to do with much more power and much more joy.

At the heart of the universe and the planet that we live on, well-being is at the core, and the same is true of you. All is well and everything is as it should be. We can either allow this well-being or we can resist it but the well-being flows just the same.

When you align with your desires emotionally, which means feeling good. Nonphysical source through the law of attraction will then manifest all you want in to physical reality.

Be easy about your life and feel appreciation for who you are, as you allow all the wonderful things in life to flow naturally to you.

As you do this every day you will feel more and more independent and more and more power within yourself, no matter what conditions may appear in your life. Every day you will feel a greater feeling of personal well-being, a greater feeling of personal safety, security and empowerment than you have felt for a very long time. Because of all these things you will feel much happier, much more contented and

much more joyful in every way and so you will be much more able to rely upon yourself and your own efforts. You will have a much greater understanding of your own strength and power and so you will be able to know that you are in complete control of your life.

Each day you will find more clarity, more stamina, more enthusiasm and you will remember who you are and why you have come. Your life is supposed to feel good to you and you are meant to feel happiness in your life and you are meant to manifest your dreams and desires. One of the best ways to do this is to feel gratitude and appreciation for where you are and excitement and enthusiasm for what is coming next. So feel appreciation for everything that **is** working in your life, appreciation makes you feel good and feeling good will attract what you desire to your life.