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"Hi There, Please **print this page & tape it to your wall**, so you remember to come to class! We have a lot to cover, and these hand-outs will help you follow along. I am psyched that you are a part of this class!" asha



www.reclaimingyourpower.com
www.birthofyourlife.com
www.womanseed.org

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Reclaiming Your Power Teleclass Dial-In Details:

Topic: *Welcome & Loving Where You are Right Now*

Date: April 8, 2008

Time: 9pm EST / 8pm CST / 6pm PST

Dial-in: (641) 715-3200

Passcode: 215466#

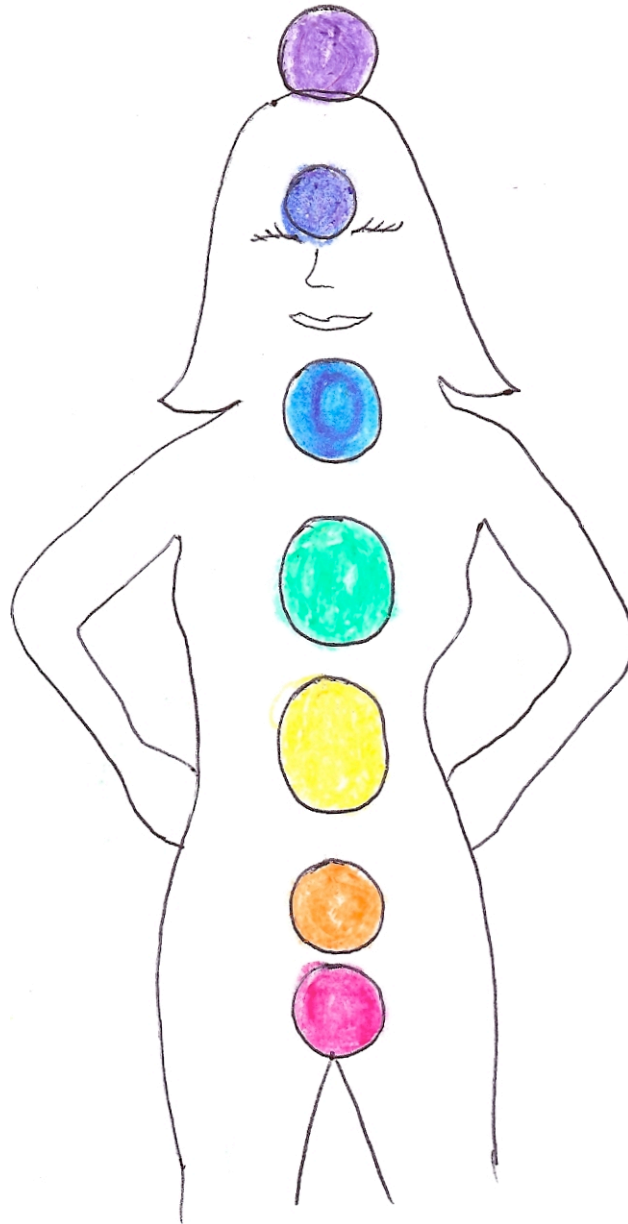
Duration: 75 minutes (approximately)

Mute Option: *6 (if you anticipate having background noise; pets, children, etc., please mute your line)

Otherwise be ready to participate!

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These notes are mostly for you to have during the week. We will cover what we can, and this process is guided by what your needs are as a group!

Intention & Clearing Chakra Exercise



Red-Green
Orange-Blue
Yellow-Indigo
Green-Violet
Blue-Orange
Indigo-Yellow
Violet-Green

White- Entire Body Reclaiming Your Power

Being a Powerful Woman means:

I am here today because:

I remember having my power when...

I lost my power because...

I have not been able to be powerful again because...

I am ready to Reclaim My Power with:

My Purpose in Life

My Partnership/ Marriage

My relationship with my children

My relationship with my parents

My ability to love & be loved

My ability to experience joy

My connection to Life/ God/ Universe

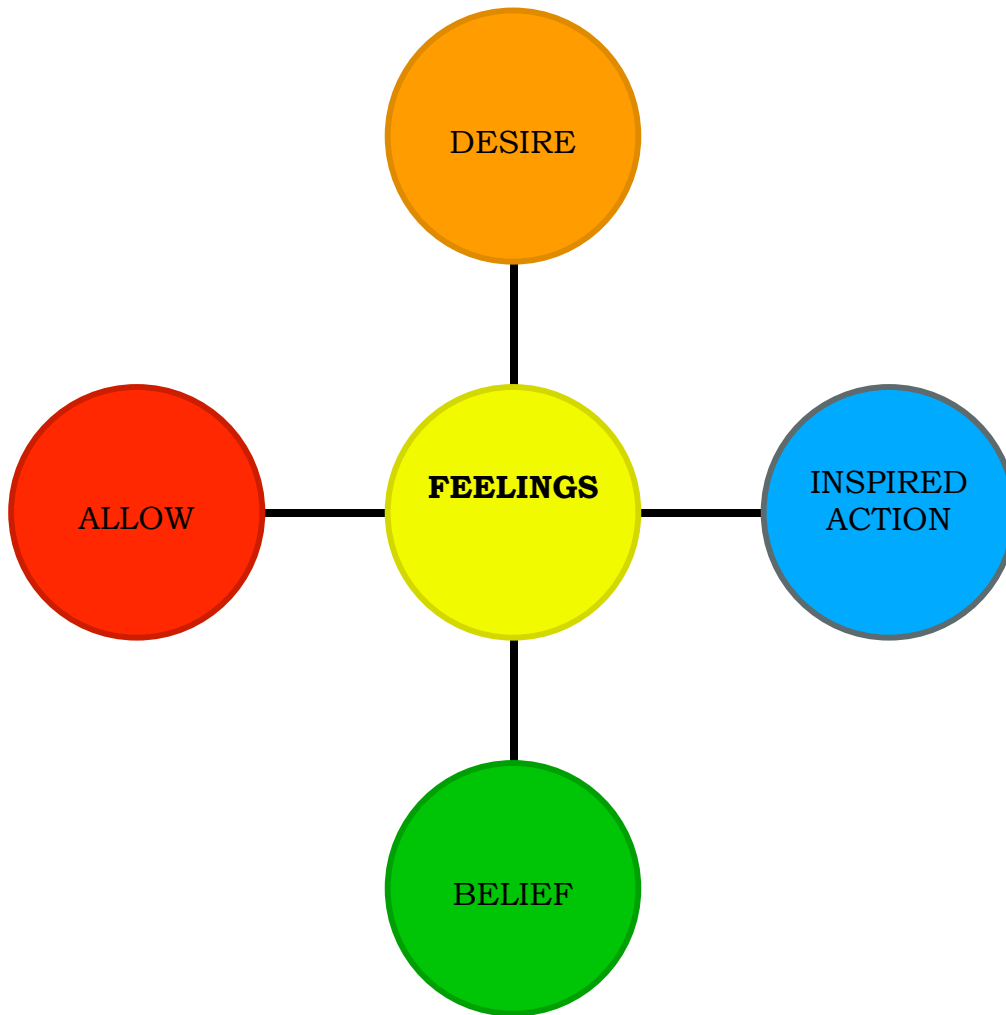
My family

My Life!

My relationship with _____

Knowing that I can _____

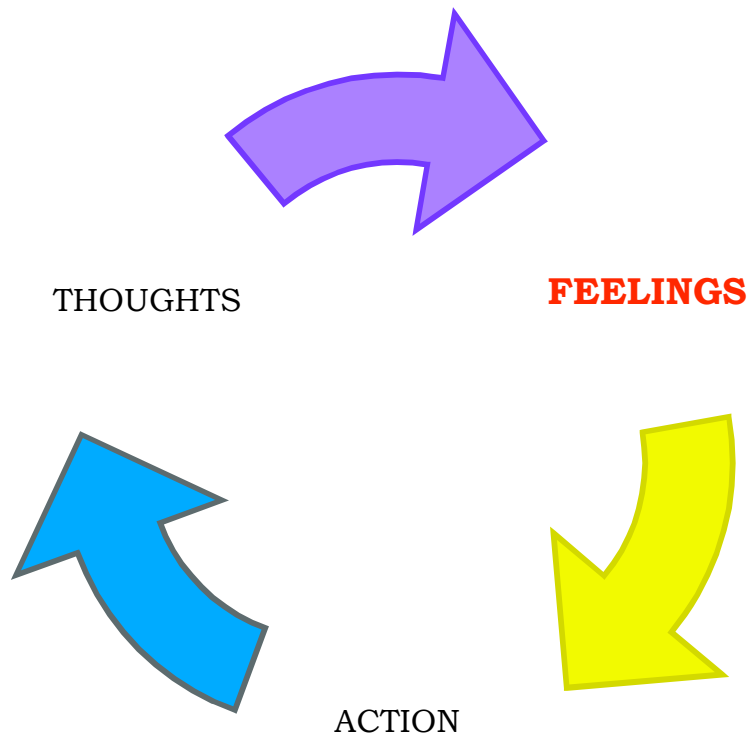
THE CREATION PROCESS



Feelings are at the core of the creation process.

Resources: www.Abraham-hicks.com

Notes:



Thoughts lead to **Feelings**, & **Feelings** lead to Actions

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Feelings; your friend or foe?

Notes:

Feelings & Their Message to you:

- No such thing as *positive* or *negative* feeling
- Feelings have no meaning; you choose the meaning
- Have compassion for your *meanings*
- Be willing to play with shifting your meanings
- The world is your oyster...or your yummy pasta dish!

We live in a balanced & perfect Universe, therefore...

you are perfect & balanced!



Yin-Yang symbol

What are your supportive feelings telling you?

What are your un-supportive feelings telling you?

Shifting from *Longing* to *Loving Right Now*:

I am not authentically powerful because of:

(Examples: my struggle with boundaries, my weight, my relationship(s), my job, my finances, my connection to Life, “I don’t know what I want”, “I am lost”, “I feel stuck”, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

The Balance:

1.Pain

2.Pay-off

3.The Hidden Gift

Write a letter to self or partner or child of gratitude & appreciation. Thanking them for the gift of the experience. The pain/ blocks/ stories all have gifts. See & acknowledge. And give thanks. It will shift out the power.

4. Set the intention for what you now desire:

**5. List 3 ways everyday how this is already true in your life:
Find evidence that it is present in your life now.**

**Make a commitment that you see & experience it in your life ...
what you focus on expands!**

(i.e. I see 3 ways everyday in which the Universe provides my needs and wants even before I know I need or want them)

What is the ONE daily action you commit to take?

HOMEWORK:

Call (or email) your class partner by Saturday.

Feel free to chat, but please cover these items:

- 1. I want to reclaim my power in _____.**
- 2. My hidden gift is that _____.**
- 3. I am committed to see _____ in my life, and this is how I am recording it _____.**
- 4. I choose everyday to: _____ for at least _____ minutes.**