

The 7 Secrets to Emotional Freedom

Secret #4 Empowerment

My fourth secret to Emotional Freedom is 'Empowerment.' It is about learning to use your voice, take control of your life and accepting how powerful you really are. Your life experiences are shaped by the things you think and feel, and they naturally impact the actions you take.

I think 'Empowerment' is also about embracing life in all its fullness, both positive and negative and understanding that you have choices. Choices mean you have power. Even taking no action or not making a decision is also a choice.

Life is always changing. Making the right choice for you is all you can do, and this is when you have to tune into your feelings, your heart or your gut! Listen to your 'intuitive' self rather than your 'ego' self so you make the right choice for You.

So many of us feel doing what 'we' want over pleasing others is being 'selfish.' I like to think of it as being 'Self-ish.' Bear with me and I'll explain.

You are in control whether you know it or not

Expecting or hoping others will change so you can feel better is futile. When you embrace who you are, and become more Self aware you can change things that no longer serve you. This will ultimately help you begin to feel better. Let others be who they are out of Respect for them and their Soul's journey (Secret #2), and set yourself free to be who you are through Forgiveness (Secret #1).

Playing the 'blame and shame game' is an endless rollercoaster that is impossible to get off, and it definitely robs you of your power to heal yourself physically, mentally, emotionally and spiritually.

I recently discovered the teachings of Dr David Clements, an Oxford trained physicist who at one time was purely focused on logic and what could be proved. But after reading a book about 'Remote viewing' and testing the theories for himself, he opened up a whole new view of life.

I was excited to learn how someone who had been so deeply rooted in science and physics had changed his whole view of life and opened his mind to the fact there is so much more to life than what we see, hear, taste, touch and smell.

Sometimes we can rigidly hold on to our beliefs and refuse to accept anyone else's point of view because it challenges our status quo, which is often based in fear of the unknown. Many don't want to admit they may have a limited view. However, when we respect others and are willing to listen we often learn so much more than we thought.

Do you remember the creative exercise in Secret #1 (Forgiveness) where I asked if you could name two people from black and white, broken images and then name the person from a full colour, complete image? I used it to help illustrate the point that we need to prepare our minds to see new ideas. The first time you hear something unfamiliar that challenges your concept of the world it is easy to recoil from it.

Regardless of whether we are totally happy or not, most of us prefer the familiarity of routine. It makes us feel safer, even if we are not truly happy. We might even say things like '*better the devil you know*' or '*I don't want to rock the boat*' rather than feel the discomfort of something new. Yet our willingness to embrace new ideas is the only way we develop, grow and empower ourselves as human beings.



As children our minds are malleable, we love to learn and explore our surroundings. We experiment and are naturally creative. Yet, at some point in our development we start to shut down our creativity. We learn to conform for a quiet life. Too many of us give away our power to others.

"You are far, far more powerful than you think you are."

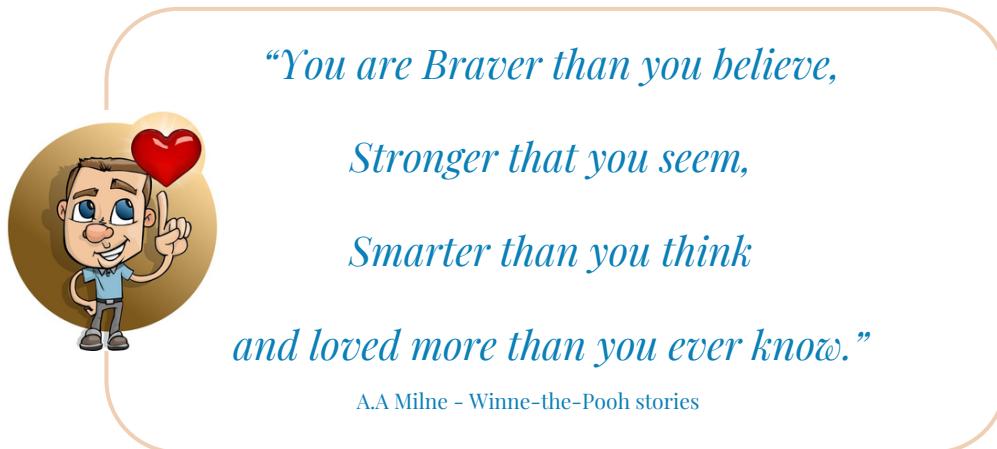
(Wendy Kennedy - from Next Level Soul interview with Alex Ferrari)

I have spent many years reading, listening and learning from a whole range of different scientific and spiritual teachers, channellers and others. Somethings have resonated deeply with me, while other things have not. It is important to pay attention to what feels right to you. I don't believe there is a 'one size fits all' approach to life as I've mentioned in previous notes.

In a recent podcast interview, Wendy Kennedy (while channelling the Pleiadian Collective), was asked what one energetic message they would want to transmit to humans right now, and the answer was 'Empowerment.'

I was blown away by the synchronicity and it helped confirm what I was feeling in my heart.

That 'You are more powerful than you think you are' is a recurring message I've heard from so many different spiritual teachers in the last 20 years. It is also quoted from the Winnie-the-Pooh stories by A.A Milne that many of us heard as children. So why do many adults feel not good enough, not worthy enough or plagued by 'Imposter Syndrome'?



It is only more recently that the full impact of these words have started to really hit home. I now realise many of the things I thought I understood were only the tip of the iceberg, and I acknowledge that myself as an individual, and all of us as human's, have so much more to learn about life and the Universe we share.

I do believe we are at a time in human history and our evolution where the impact of these teachings are changing peoples lives profoundly.

So to circle back a little, we use the suffix 'ish' to connect things. For example saying someone is 'Scottish or English' helps us define someone's country of origin. It is also used to describe something that is similar to but not exactly the same as. For example, we might describe a colour as 'blueish or yellowish.' We all know what that means even if it's not exact.

I like to use an acronym for the work SELF which is Source Energy Life Force. We all have this or we would not be alive in human form. I like to think the word Self-ish (with a capital S) means to be like your Higher Self. Your Higher Self knows everything about you, your dreams, your physical body, your thoughts and feelings etc, and is best placed to guide you on your life path. Therefore it is not selfish to be Selfish. Making the right choices for you is the only thing you can do. Expecting others to change so you feel better is actually the selfish thing. Do you like it when someone insists you do something you don't want to do? No! It feels manipulative and disempowering.

The more you become aware of your own thoughts and feelings, the more synchronicities around you become clearer, and the more empowered you begin to feel. I can't say I am an expert, but I have noticed for myself the funny ways I get confirmation about things when I ask for them. They are often in ways I didn't expect and they often make me smile.

What you focus on matters, literally!!

It has been an emotionally painful journey at times coming to terms with the juxtaposition between what I think and feel on the outside and what I actually believe deep down on the inside!

Why me? Why now? Why not?

Do you find yourself asking 'why' when certain things happen in your life? They may be good things or not so good things. Most of us find ourselves questioning who we are, why we are here and what the point of it all is at some time in our lives.

Like most people, I it is usually after things have gone seriously wrong that I really stop and reflect. A life crisis is often the trigger for many of us to take stock and make life changing decisions. Why do we wait until things have become so intolerable before we pay attention and begin to question ourselves, our life, our world?

I think most people feel safer and are willing to put up with some discomfort in order to keep the peace. It is only when the pain of living as we are becomes so unbearable that we are willing to do whatever is necessary to change things.

That pain may come in the form of the death of a loved one, a serious illness, ongoing physical pain, financial hardship, a prison sentence, a divorce or relationship breakup, etc. The things we have put our faith, hope and trust in are suddenly turned upside down and our lives no longer make sense.

One of the first intelligent questions we learn to ask as a young child is 'Why?' often to the exasperation of parents! Eventually we may hear frustrated responses like 'Stop asking why!' and 'Because I said so!' and we subconsciously learn to stop asking 'Why?'

Unfortunately this permeates into our adult life. We don't question things until they are so bad that they can't be ignored.

True Story

I have lived a lot, if not most, of my life feeling not good enough and settling for less because I didn't have the courage to stand up for myself. Not because of anything anyone did, but because I didn't have faith in my own power. I felt disempowered and therefore felt I should be grateful for what I had and not expect more.

Many years ago when I tried my hand at network marketing, someone asked me what I really wanted out of life and I was like a rabbit in the head lights. I couldn't answer the question and I felt embarrassed as others looked at me waiting for an answer that I couldn't give.

I remember trying to join in the group activity, which was to create a vision board using magazine cuttings. I flicked through the magazines, seeing images of cars and holidays and houses etc. And I couldn't cut anything out. I literally had no idea what I was supposed to want. To be honest I felt a bit pathetic really.

It was a few years after this that I joined a 6-month Self Discovery program online and we were asked to write out our DMP (Definite Major Purpose). This was meant to be a written form of a dream board, but again I was totally stuck. I felt like I had no dreams, no purpose and nothing that I felt free to want that was outside of my monthly financial budget!

I then discovered Pinterest and I created a board to save images that appealed to me that I might love in a new home. At first all I could save were images of cushions or bed covers. but gradually over time I gained more confidence to save images of bigger things.

I wrote out my Definite Major Purpose as required and read it daily as part of the course requirements. yet I felt it was still quite vague. I began to feel a bit more empowered and soon the idea of doing what I love, which was craft and music, became the focal point of a new business idea.

In 2014 I left my 15 year teaching position as a peripatetic instrumental tutor in a prestigious school to pursue my new business helping people reconnect with their own dreams through the medium of self development and creative art. I had enough savings at the time to tide me over and I had (what I thought) was full faith in my new dream.

However, after a fantastic start and some enthusiastic and wonderful clients, things began to unravel. **I needed** to generate a more stable and healthy income if **I wanted** to succeed. The 'Lockdowns' put a stop to the in person workshops. **I needed** to move my business online to stand any chance of success. I invested in a few different mentors to help me and I kept going. After all, isn't the mantra of entrepreneurial mentors 'Never **give up!**'

I kept going, and kept going, and kept going. Despite the fact that **I had run out of savings** and was now quickly **getting into debt**. But **I wanted so badly** to believe I could do this. **I needed** to prove to myself and others that I cold make this work. I kept going and kept going and kept going. Until eventually everything literally backfired and my life imploded. I had no money, I had no online clients, I had no viable business. I had no way of rectifying the situation and I literally didn't know what to do.

Without going into details, I found myself up a creek without a paddle and was left feeling angry, sad, humiliated and lost. Why hadn't my dream worked? Why did things work out for other people but not me? Why? Why? Why?

The questions were endless. I was heartbroken and quite literally wanted to crawl under a rock and never come out again. It all took its toll on my health too. I didn't recognise myself anymore physically, mentally or emotionally. The woman staring back at me in the mirror wasn't me as I knew here. She looked so sad, defeated and exhausted.

I took a full time job and gave up on my dreams as a stupid idea. I must have been crazy to think I could be an entrepreneur! Who did I think I was!?

It has taken me about four years to work through a mountain of emotional baggage to feel I could even contemplate my creative spirit again. It has taken a lot of soul searching and understanding to be able to face putting anything out in the world again. But this time I am doing it my way and not the way others said I should do things.

I want you to go back and re-read the two paragraphs in italics on the previous page, paying particular attention to the words in bold.

It took me a long time to realise how desperate and lack focused I had become in the process of trying to succeed. I became so focused on what I didn't havemoney, clients, security, peace of mind, joy..... that I literally disempowered myself and my Self. I didn't understand this at the time. I was so upset and angry that I didn't give myself the space to listen to my heart. I threw in the towel, give up on myself and my dreams. I felt I was the one exception in the whole human race that didn't have a Higher Self and the Universe certainly didn't 'have my back.'

Letting Go of the Old

It has taken letting go of everything I thought I wanted, who I thought I was and why I thought I wanted it to eventually feel empowered. This is not meant to be a 'whoa is me' story, but rather one I hope will encourage you to know you are not alone and this too shall pass.

I have come to understand that I do have gifts to share with you. Not necessarily the whole world, but people like you who have found my little page and are enjoying reconnecting with your creative spirit again. There are many things I can take away from this huge bump in the road, but one of the most profound is understanding that I will never again pay money I don't have to someone else for advise about my dreams!

Why? Because I am the creator of my dreams and I am the only one who knows how I feel. I made the decision to make my teaching notes, journal exercises, creative videos and mandala drawings available to anyone who could benefit from them for love, not money.

I never want to cause anyone else to feel they can't get help unless they have thousands in the bank or are prepared to wrack up credit card debt! The whole point of my dream is to empower others, not cause them financial hardship. That does not empower anyone! Believe me I know!

When you give with an attitude of love, expecting nothing in return, the Universe will respond with love because that is what it is. Love is the answer to all the world's problems and struggles. If we love, forgive, respect, and heal our own emotional pain we will empower ourselves and others and change the trajectory of human kind.

Why creates Wise-dom

Your Subconscious Mind accepts what you believe. The thoughts you have and the emotions you feel contribute to your belief system. Sometimes beliefs are installed so deeply that we don't even know what we truly believe until something happens to make us question ourselves, our life and the purpose of even being alive.

Consciously I told myself over and over that my dreams were possible, but Subconsciously my heart didn't believe a word of it. While my determination to succeed was admirable, I didn't have the courage to face the truth of what was happening around me. I believed what others told me instead of what my heart was desperately trying to let me know.

I don't know if you are of the school of thought that 'there are no accidents' and 'everything happens for a reason?' I like to think this is the case. For me, to believe life is random and we have no control over anything makes a mockery of life. What is the point in anything if we are all subject to random, chaotic twists of fate with no hope of escaping? When we own our 'shit', and take responsibility for our thoughts and feelings, we empower ourselves and are no longer slaves to the 'fickle finger of fate.'

Asking 'Why?' is one of the most fundamental and simplest questions we ever learn to ask and one that we should continue to ask through out our lives if we are to feel empowered. When circumstances are going well or not so well, asking 'Why' can help you understand what you thought, felt or believed that created the circumstances. Only then can you understand how powerful your really are and continue to do what you are doing or course correct where necessary.

Whys Woman

This month's project is inspired by my story of three wise women. It is about learning to understand why you believe what you believe, why you do what you do and when it might be a good idea to make some changes.

The fun recycling project will show you how to make your own 'Whys Woman' to put in a plant pot as a visual reminder to guard your thoughts carefully. You always have a choice in how you think, feel and react to life's circumstances.

As always, feel free to follow my demonstration or use it as a springboard to create your own ideas. You can draw, paint, sculpt, sew or knit your own Whys Woman however you want. The main thing is to create a visual trigger about the topic of Empowerment to remind you to question everything and empower yourself.

In the video you'll also hear my story of two little caterpillars, one who takes the time to reflect and listen to his heart, while the other just keeps going regardless of the situation. I hope you enjoy it. I am sorry the quality of the video is a little poor. It was created over 5 years ago. But I hope you enjoy it for what it is.

There is empowerment in wisdom. We become wise when we learn from the past so we can change the future. Asking 'Why' is the first step to understanding yourself.

Use the reflective journalling questions to dig deeper into your beliefs. Answer as honestly and openly as you can. This is for your eyes only.

The worksheet questions are written in 'first person' to enable you to tap straight into your own heart and not over think. There are no right or wrong answers. Empowerment is about being brave enough to look honestly at why you do what you do, believe what you believe and where you might want to make any changes to change your future.





Empower Yourself

WHO IN MY LIFE ENABLES ME TO FEEL GOOD ABOUT MYSELF?

1.

2.

3.

WHAT IS IT THAT THESE PEOPLE DO, SAY OR EXUDE THAT HELPS ME FEEL GOOD?

1.

2.

3.



Empowerment

WHO IN MY LIFE ENABLE ME FEEL SMALL OR INTIMIDATED?

1.

2.

3.

WHAT IS IT THAT THESE PEOPLE DO, SAY OR EXUDE THAT MAKES ME FEEL SMALL OR INTIMIDATED?

1.

2.

3.



Empowerment

WHAT ACTIVITIES DO I DO THAT HELP ME FEEL EMPOWERED AND WHY?

1.

2.

3.

WHAT OR WHO AM I PUTTING UP WITH IN ORDER TO KEEP THE PEACE?



Empowerment

WHEN I FEEL DISEMPowered WHERE DO I FEEL IT IN MY BODY?

WHEN I FEEL EMPOWERED WHERE DO I FEEL IT IN MY BODY?



Empowerment

WHAT CAN I DO TO START TAKING BACK MY POWER?

WHEN WILL I START DOING SOMETHING TO FEEL MORE EMPOWERED?



Empowerment

WHAT EMOTIONAL, PHYSICAL OR MENTAL BARRIERS DO I NEED TO REMOVE TO HELP MYSELF FEEL EMPOWERED?

HOW WOULD FEELING EMPOWERED SERVE ME AND THOSE I LOVE?



Empowerment

WHAT ARE MY BIGGEST TAKE AWAYS FROM THIS TOPIC ON EMPOWERMENT?

WHAT WILL I DO DIFFERENTLY AS A RESULT OF FOCUSING ON EMPOWERMENT?



Hi There,

I hope you enjoy making your own Whys Wise Woman yourself or with your children/grandchildren. Or use the idea to create your own creative project, illustration, artwork, or sculpture. Use the creative time to discuss how thoughts are energy and your heart is always speaking to you if you take the time to pay attention.

We all have challenges in life that can knock us off our feet, be it literally or metaphorically. If this is you right now, be kind to yourself. Trust you are right where you need to be to help yourself become the very best version of yourself, even if all looks hopeless right in this moment.

Remember there is no one size fits all solution to processing our emotions and thoughts, but the one person who knows you best is you.

If you need help please email to arrange a no obligation chat at sandra@sandraowen.com

Recommended Reading:

Permission to Feel by Professor Marc Brackett

With Best Wishes,

Sandra xxx