

TRUE YOU AWAKENING

Creating a Power Statement Dyad Practice

1. **Check in with Your Partner.**

Ask your partner, ***“What false belief are we working with?”***

Become clear about the specific belief(s) your partner wants to transform (i.e., I am not safe, Men/Women are predatory and only want one thing, Life is unpredictable and dangerous.)

2. **Support Your Partner to Locate the Somatic Center of the Belief in His/Her Body.**

Invite your partner to close their eyes, take a deep breath and notice where s/he feels the pain of this belief in his/her body.

Ask your partner, ***“Where do you feel the emotional center of this belief in your body?”***

Place your hand on the lowest place on your body where this belief is held, and welcome in those feelings.

3. **Support Your Partner to Properly Name His/Her Belief.**

Ask your partner, ***“If this feeling could name itself, what would the ‘I am,’ ‘men/women are’ or ‘life is’ statement be?”***

Help your client to properly name the belief(s), in such a way that the feelings held in that center are captured in language.

4. **Help Your Partner to Identify the Age of the Part of Him/Her That’s Identified with this Feeling.**

Ask your partner, ***“How old is the part of you holding this belief?”***

5. Invite Your Partner to Explore the Size of the Energy Held in This Center.

Ask your partner, ***“How big is the energy being held here?”***

Notice how large the energy is, noting the density, color and texture of the energetic center of this belief.

6. Break State.

Once your partner has named the belief, invite him/her to open their eyes and shake it out. Ask your partner, ***“What is the best thing about being your current age compared to being ___?”*** (NOTE: Look for the resources & strengths of your partner’s adult self.)

7. Help Your Partner Get Both Parts of Him/Her Connected to Each Other.

Invite your partner to breathe into the center of his/her wise, mature, adult self, and anchor this sense of him/herself down into their hips, down into the earth and out to the edges of the room and/or beyond.

Have your partner place one hand on his/her deeper, wider center, making sure it is deeper and lower than where the younger self in his/her body is. Have your partner place their other hand on the part of their body where the false belief is being held.

Invite your partner to extend love, presence and care from his/her Adult Self to their Younger Self from this deeper, wider center within. Have your partner breathe, and with each breath bring these two parts of themselves into deeper relationship with one another, extending kindness and compassion to the part of them that has been holding the false belief(s).

8. Support Your Partner to Assert What's Really True!

Ask your partner, ***“What is really true regarding this belief that you are/others are/life is _____?”***

Encourage your partner to speak to the younger part of themselves from their adult self, and lovingly explain to the younger part of them what's really true!

Support him or her to stand in strength and be firm, as they fiercely correct the misperception of the younger self, and help that part of them make more empowered meaning of what happened to them.

9. Help Your Partner to Create a Power Statement.

Support your partner to craft a statement that speaks of a deeper, greater truth that s/he can feel in his/her body larger and more powerful than the false belief. A statement of such profound truth that it literally wakes him/her up out of the trance of the false belief.

Encourage your partner to write this statement down and memorize it so that they are able to assert this truth whenever their younger self goes into false meaning.