

TRUE YOU AWAKENING

Creating a Power Statement Personal Practice

1. **Name Your False Core Belief.**

Ask yourself, ***“What false belief am I working with?”***

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

2. **Locate the Somatic Center of the Belief in Your Body.**

Close your eyes, take a deep breath and notice where you feel this belief in your body.

Ask yourself, ***“Where do I feel the emotional center of this belief in my body?”***

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

3. **Properly Name Your Belief.**

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

Allow the feeling to name itself, staying with it until the belief is properly named, in such a way that you are able to capture the pervasive and familiar difficult feeling in language.

4. **Identify the Age of the Part of You That’s Identified with this Feeling.**

Ask yourself, ***“How old is this part of me holding the pain of this belief?”***

5. Explore the Size of the Energy Held in This Center.

Ask yourself, ***“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 you have named the belief, open your eyes and shake it out.

Ask yourself, ***“What is the best thing about being my current age compared to being ____?”*** (NOTE: Look for the resources & strengths of your adult self.)

7. Get Both Parts of You Connected to Each Other.

Breathe into the center of your wise, mature, adult self, and anchor this sense of yourself down into your hips, down into the earth and out to the edges of the room and/or beyond.

Place one hand on your deeper, wider center, making sure it is deeper and lower than where the younger self in your body is. Place your other hand on the part of your body where the false belief is being held.

Extend love, presence and care from your Adult Self to your Younger Self from this deeper, wider center within.

Breathe and with each breath you take, bring these two parts of yourself into deeper relationship with one another, extending kindness and compassion to the part of you that has been holding the false belief(s).

8. Assert What’s Really True!

Ask yourself, ***“What is really true regarding this belief that I am/others are/life is _____?”***

From the adult self, lovingly explain to the younger you what's really true!

Stand in strength and be firm as you fiercely correct the misperception of the younger self, and help that part of you make more empowered meaning of what happened to you.

9. Create a Power Statement.

Craft a statement that speaks of a deeper, greater truth that you can feel in your body larger and more powerful than the false belief. A statement of such profound truth that it literally wakes you up out of the trance of the false belief.

Write this statement down and memorize it so that you are able to assert this truth whenever the younger self goes into erroneous meaning.