

Tips for
Everyday
Empowerment



Practices, Guidance, and Tools to Help You
Feel Strong, at Ease, and Empowered

By the Co-Authors of
Empower Your Life

You hold incredible power within you.

Do you *feel* your personal power?
Do you feel *strong* as you move through the day?
Is *ease* a common way of feeling for you?

If you did not answer yes to all three questions,
then, this e-book is for you.

We have included many simple tips, practices, and
actionable ideas to help you experience

EVERYDAY EMPOWERMENT.

If you want to feel more empowered in your life,
you'll love the tips in this e-book.

Everyday Empowerment is REAL.
And it's here for YOU!

You're worthy. You deserve it. It is yours.

This e-book was created especially with you in mind!
ENJOY!

About this E-Book

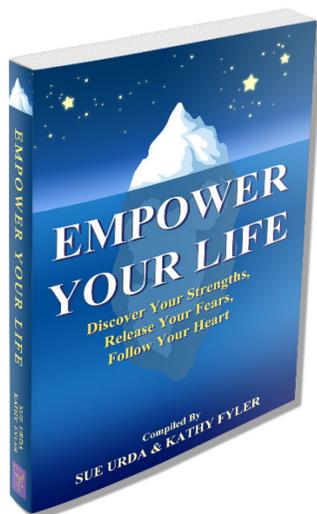
Empowered – it’s something we all want to be, something we want to feel, and yet it’s elusive for many of us at different times in our lives. We aspire to feel good about where we are in life and what we’re contributing, all the while dreaming of ease, strength, and confidence, and we work to bring it into our everyday experience. For those of us who already feel empowered, live in good health, have emotional stability, and spiritual connection, we recognize that it has little to do with inheritance or the luck of the draw, and much to do with mindset and simple practices. The authors of this e-book have found ways to improve their own quality of life and are here to share them with you, so you can do it too!

This e-book is a compilation of mindful and meaningful tips, thoughts, and exercises intended to enhance your own moment-to-moment life experience.

As you read these tips, imagine ways you can bring them into your daily routine. As you do, you’ll find that you’re more engaged with the people in your life, you’ll be less stressed, and you’ll enjoy life’s simple pleasures. You’ll also experience more peace, harmony, and ease with your family, loved ones, friends, coworkers, and community. Mostly, you’ll experience these feelings within yourself. These tips are intentionally brief and to the point because we know you have a full and busy life. Use them to increase your personal everyday well-being and healing.

About the Authors

The individuals sharing these tips are the co-authors of the new book *Empower Your Life*. They have come together to share their personal experiences and journeys to help you have a more powerful, joy-filled, and graceful experience of growth. It is their wish that the tips in this e-book and their stories in the paperback book will assist you on your personal life journey.



Powerful You!
PUBLISHING

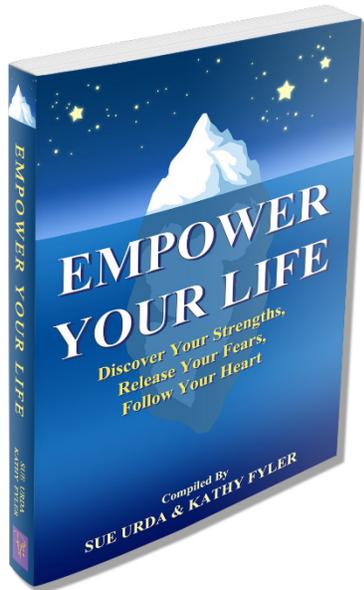


Sharing Wisdom
Shining Light

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www.empoweryourlifebook.com/freebook

Read more about the Upcoming Amazon Bestselling Book ~ Available March 20th, 2018

Do You Want to Feel Empowered in Your Life?
Do You Desire Confidence, Strength, and ‘Knowing’?
It is Yours for the Asking.
Allow these Stories and Lessons to Light Your Way.



Empowerment doesn't have to be elusive. If you're not feeling empowered, it's because you have forgotten the true power that you possess. In fact, this power is your birthright. Empowerment is not bestowed upon a select few—It belongs to you, the co-authors of this book, and to all beings on our planet. We sometimes forget that we are spiritual beings above all else and that we are worthy and deserving of great good, and so we give away our power by listening to the voice of others above our own. This doesn't have to be your experience.

Empower Your Life contains stories of 21 incredible women who've navigated their way through significant, and sometimes life-altering transformations. These women have stumbled along the way, and then decided to face their demons and challenges with humor, grace, and conscious intention. They choose to share their stories to ease your personal journey and to provide motivation, guidance, and inspiration so you can make the empowering

changes you envision for your own life. As you read these stories and allow yourself to feel blessed and grateful, you will more readily access and 'know' your own innate personal power.

Discover Empowerment through these Lessons and Stories:

- Discover techniques to relieve stress, tension, and overwhelm
- Heal your body through mind-body-spirit modalities
- Use truth as a guide for business, personal, *and* spiritual growth
- Step out of your 'job' and into entrepreneurial freedom
- Release the past so you can move forward with ease
- Listen deeply to the voice of your Spirit
- Tap into your passion and live your life on purpose
- Gracefully manage divorce, break-ups, loss, and abandonment
- Experience total freedom regardless of your circumstances
- Recognize that some hardships can lead to great joy

Empower Your Life
Discover Your Strengths, Release Your Fears, Follow Your Heart

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www.powerfuleyoupublishing.com www.empoweryourlifebook.com

Keys to Conscious Creation

Michelle Giliberto

Congratulations! We are creating everything in our lives. Often, our creations are unconscious and we feel like life is happening *to* us. As we become more aware, we create our life experience more consciously and intentionally.

Owning the truth that we are powerful, masterful creators is at the core of empowerment.

Tips for conscious creation:

1. Be the witness to your life. Step outside of a situation as if you are watching a movie. Notice the one (YOU) who is stressed, sad, happy, angry, whatever you are. This allows you to see your current reality and to think about how you want that situation to be and unfold.
2. Ask, "Is this my dream? How do I want to feel?" This helps you get clear on what is authentic for you.
3. See the signs. Start to notice or recall where you already felt like you were living your dream, even if it only lasted a moment.
4. Flow positive energy towards your dream. Feeling gratitude is one of the quickest, easiest ways to create conscious change in your life.

As you bring more awareness to your feelings, actions, and circumstances, you will more easily be able to consciously create your life.



ABOUT THE AUTHOR: Michelle Giliberto is a passionate, intuitive healer who uses her extensive knowledge of Metaphysical Anatomy, Dowsing, and Energy Kinesiology to facilitate physical, mental, emotional, and spiritual transformation. After twelve years in the corporate world, Michelle embarked on a journey to help her children heal from chronic illness. She also co-founded Epidemic Answers, a non-profit organization that connects parents and caregivers of compromised children with recovery solutions. Today, she operates Healers Who Share, a company that produces quantum healing formulas and offers empowering educational seminars. Michelle, who is also a Reiki Master and Theta Healer, serves clients in person and remotely throughout the United States, Canada, and Europe.

Michelle Giliberto
Healers Who Share, LLC
www.MichelleGiliberto.com
www.HealersWhoShare.com
info@michellegiliberto.com

How to Talk to a Dying Loved One

Janie Rakow

There are no special skills needed to talk to anyone who is dying. After ten years of working with terminal patients, I have learned these helpful tips:

- Acknowledge their fears. Most people fear the process of dying. Give them space to talk about it.
- Understand that they are grieving—they are leaving behind loved ones. Sympathy and understanding are better than trying to tell them it will all be OK.
- Don't tell them "keep fighting". If they don't "win the battle", they feel they have failed.
- Make their favorite meal, even if they can't eat it. The aroma will bring a smile to their face.
- Encourage them to tell you stories about their life. You can create beautiful memory projects with them that will be handed down for generations.
- Tell them how much you love and appreciate them. We often forget these simple words, and after they die, it's too late.
- Hug and kiss them. Even though they may appear frail, they are still living, breathing, and feeling. They need your affection.

Simply being there to listen is one of the greatest gifts you can give a dying person. You can't heal them or change their diagnosis—you can offer them your love.

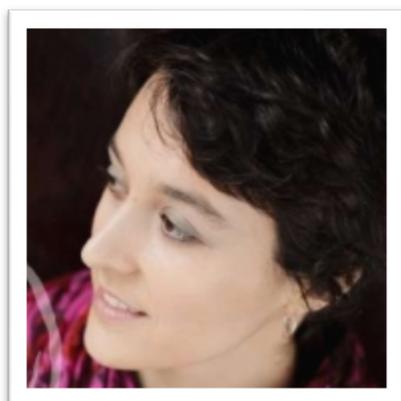


ABOUT THE AUTHOR: Janie Rakow is cofounder and President of The International End of Life Doula Association (INELDA), a nonprofit organization dedicated to bringing deeper meaning and greater comfort to dying people and loved ones in the last days of life. Janie has been a hospice volunteer since 2001, and in 2015, she joined forces with end of life expert Henry Fersko-Weiss to start INELDA. Today, Janie, Henry and their partner Jeri Glatter work tirelessly to bring greater awareness and understanding of doula work. Janie's work as a doula is complemented by her years of experience as a certified Emotional Freedom Technique (EFT) practitioner, hypnotherapist, and Reiki Level II practitioner.

Janie Rakow
International End of Life Doula Association (INELDA)
www.inelda.org
janie@inelda.org
www.facebook.com/inelda.org

Self-Love

By Amy J. Hellman



Amy J.'s journey as a teacher began over 20 years ago. Since then, she has had the pleasure of instructing individuals and groups of all ages and backgrounds in subjects ranging from academic to self-healing and more. Amy J. holds a master's degree from the University of Oxford and a master's and Certificate of Science from the ThetaHealing Institute of Knowledge. She uses her extensive background in academic instruction and the healing arts to guide those who are ready to more health, presence, and abundance in their lives.

Amy Jayalakshmi
Manna Healing with Amy J.
www.manna-healing.com
amy@manna-healing.com
706-804-2695

Walk in Your Truth

Fiona Johnson

We spend so much of our time trying to live up to someone else's expectation of who they think we should be that we lose who we are along the way. Instead, spend time in search of who you are, and when you do discover it, live in that truth.

How to walk in your truth:

- Let your core value be your guide and your mantra along your journey. Let it be the source from which the authentic you operates.
- Never attempt to live someone else's dream. It's okay if your dreams are different from others, because that makes you unique. Embracing this difference allows your confidence to soar beyond your own expectations.
- Release the past, and grow with life. If you spend too much time reflecting on your past, you will miss living in the moment and experiencing the gift of life in the present.
- Make time for yourself. The quality of the attention you give to yourself will be reflected in the quality of the attention you receive and allow from others. Never lower your standard to fit in—you will regret doing so.

Always walk in your truth. You only live this life once, so make it count.



ABOUT THE AUTHOR: Fiona Johnson is a Consultant, certified Life Coach, Motivational Speaker, and Mentor with a passion for guiding others to discover their core value and to stand in their truth. She earned her Coaching Certification from Work Life Destination and her DISC Facilitator Certification from DISCcert Inc.; she also holds a Pre-Law Degree from Broward College; and B.A. in Psychology from Florida Atlantic University. Fiona is the founder of Speak Hope International, an organization dedicated to bringing hope to the hopeless and guiding their clients to realign their perspective to recognize the greatness in themselves. Fiona lives in Tamarac, Florida.

Fiona Johnson
Speak Hope International
www.speakhopeintl.com
pursuit@speakhopeintl.com
954-991-9155

Unsent Letters for Release OR Release with Unsent Letters

Jessica Tucker

Would you like to release feelings, thoughts, and other experiences that are holding you back from healing? Use the unsent letters technique of writing letters that are never sent.

Follow these simple steps:

- Start writing. Let it all out. Don't censor yourself, don't edit, don't worry about grammar or spelling. Simply write it.
- Take breaks if needed. Then, add more to your letter until you feel you have said everything that you needed to say.
- After you feel your letter is complete you can read it out loud to yourself, a counsellor, a much-trusted person, or a pet. I recommend a neutral person.
- Once it is read, don't speak about the letter. You can burn it with sage, rip it up, throw it out—whatever method you choose, simply LET IT GO.

That's it! Have the intention that after you write it, read it, and let it go—it's done. If you feel you are still living in the "letter" that means you haven't let certain parts go. You may have to write it again, read it out loud, let it go a few times. You'll know you are complete when you feel the release of the person or situation. Blessed be.



ABOUT THE AUTHOR: Jessica Tucker is a teacher, writer, and healer passionate about helping people of all ages become the best version of themselves. She has diplomas in Community Social Service Work and Early Childhood Education, and for the past ten years has traveled the world teaching English to children and providing after-school care and daycare. She also teaches infant massage to parents. Jessica is a certified yoga teacher and Reiki II practitioner and incorporates crystals into her work to better assist her clients in their healing journey. She lives with her family in Calgary.

Jessica Tucker
jessica.tucker133@gmail.com
780-972-0003

Popcorn Practices for Positivity

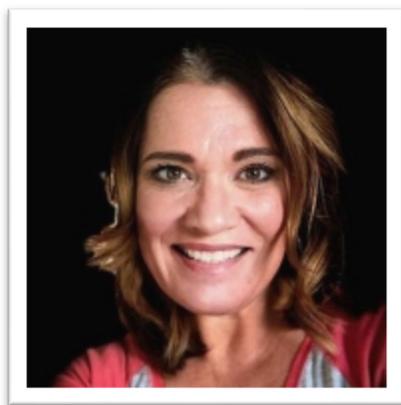
Roseanne Dawes

If you're looking for positive changes in your life, you must start with positive changes in your mind.

Here are some QUICK TIPS to raise your energy in all areas of your life ~ POPCORN STYLE!

- P:** PRAY daily for guidance in every area of your life and look for the miracles every day.
- O:** ORGANIZE your day with a MAGIC MORNING routine and start on the right foot.
- P:** Praise God regularly and give gratitude in ALL things—even the challenges that are uniquely designed for YOU to become the best version of yourself.
- C:** CREATE something beautiful in your life every day—even if it's just in your mind!
- O:** OPT-IN for SERVICE opportunities that are abundantly around you. They are always there—waiting for you to notice!
- R:** RESPOND instead of react. Learn and stay emotionally intelligent so you can respond to challenges and other happenings in your life.
- N:** NURTURE yourself through daily self-care practices. Taking care of you is the foundation of how you will respond to every other area of your life.

Your daily self-care routine will give you the added strength and positivity you need in your life to create lasting relationships, build successful businesses, and enjoy the fruits of your labors.



ABOUT THE AUTHOR: Roseanne Dawes is a health and life coach dedicated to helping her clients see the beauty in the world and achieve balance in their lives. She holds a master's degree in Elementary Education with an emphasis in Music, is certified in several energy healing modalities, and has a wealth of life experiences, all of which she incorporates into her practice to create a unique healing experience for each person seeking her assistance. Aside from her husband, four children, and two beautiful grandchildren, Roseanne's greatest joy is looking at the possibilities life has to offer and receiving inspired ideas to make things happen.

Roseanne Dawes
Here's To Healthy Living
www.iamroseanne.com
herestohealthyliving@gmail.com
435-749-1433

Pain. No. More.

Michelle Dillard

I have seen thousands of movies and I always gain some wisdom from each one. One movie that really struck me is the remake of “The Island of Dr. Moreau”. In the movie, the hybrid creature realizes that he has an implant that can bring about excruciating pain when a remote control button is pushed by Val Kilmer. The purpose of this implant is to keep the hybrids under control by bringing about pain. Once the hybrid realizes this and removes the source of his pain, he is no longer under anyone’s control.

His exact words to Val Kilmer are: ***Pain. No. More.***

So often we build our own little prisons of pain and continue to live in them. They can be horrible jobs or bad relationships—we complain, but never change, even though we have the power to do so. Your pain has become your security blanket and you have become comfortable in your misery.

What to do? Recognize the pain and remove or release it from your life.

Life is already challenging, so don’t add more than is absolutely necessary. So often we live our lives in chains, when we already have the key!

Realize the power you have over your life, release yourself, and be free!



ABOUT THE AUTHOR: Michelle Dillard is a Certified Professional and Stress Management Coach passionate about helping her clients become the best version of themselves. She holds a master’s degree in Social Work from Columbia University in New York and a master’s degree in Guidance & Counseling from Long Island University, also in New York. In the past she has worked with abused children, substance abusers, and parolees. Inspired by her own life experiences, she seeks to assist others suffering from poor self-esteem realize their inherent worth and value as human beings and make emotionally healthy choices in all areas of their lives.

Michelle Dillard
Dawning Light Coaching
www.dawninglightcoaching.com
michelle@dawninglightcoaching.com
302-507-7898

Sojourners of Truth

Anita D. Russell

As you squeezed out of the security of your mother's womb, you began a lifelong sojourn towards the truth of who you *really* are. As you grow, you create a life story while searching for the voice to tell it. The key to finding your voice is to soar higher than any doubt, fear, or unbelief. SOAR is an acronym for *Step Out And Redesign You*.

Here are 10 SOAR Values to help you as a sojourner of your life truth.

1. Faith, trust, belief: Everyone has faith, trust and belief in something or someone.
2. Vision, purpose, action: Vision empowers purpose; the fulfillment of purpose is impossible without action.
3. Life transitions: The dynamics of circumstances, choices and consequences bring about change.
4. Managing relationships: The core of human development requires ongoing effort and commitment.
5. Community and family: Contribute and make a difference.
6. Personal economy: Unique, constantly changing based on what matters to you.
7. Continuous improvement: Make it a lifelong mindset.
8. Creativity: Always create to innovate.
9. Fluid living: Nurture your mind, body, and spirit holistically.
10. Legacy: Your influence is your legacy; make it good.

Focusing on these values will help you live your truth.



ABOUT THE AUTHOR: Anita D. Russell was born and raised in Pittsburgh, PA. Her fluid life spans multiple disciplines, including ministry, pharmaceutical R&D, learning and development, web design, e-learning design, and youth and community leadership. Now working independently, Anita is the founder and creator of The Place to SOAR and SOAR Travel Ministry. She is also a John Maxwell Team life coach and a writer. Anita was first published as a contributing author in *Motherhood Dreams and Success: You can Have It All*, an anthology filled with inspiration and wisdom by a diverse group of women from around the world.

Anita D. Russell
The Place to SOAR
www.theplacetosoar.com
anitarussell@theplacetosoar.com
609-837-7237

I Am Fully Sourced

Sharon Plache`

Empowerment is the process of being “*resourced*” or “*fully sourced*” to the best of your abilities in every moment.

Here are of the main resources to call on:

- MIND – focus and attention, effective utilization of time, lifetime learner, finances
- BODY - well rested, meditation and mindfulness in thoughts and actions, breathing exercises, healthy fresh food, moderate exercise and dancing
- SPIRIT - connected to Source, a Higher Power, nature, art and beauty, belief and confidence in yourself
- CONNECTION - partner and family, friendships, animals, networks

All of these may not be available at every moment however they will support and sustain you in the best and worst of times.

ASK YOURSELF: *What are the top resources I can access and utilize to be empowered?*

- Take a moment and realize **YOU are your greatest asset.**
- Now list the top “*sourcing*” aspects that you already have in your life.
Bless them for being with you.
- What additional “*resources*” would you like to cultivate?
Visualize them in your life now.
- Put your hand on your heart and affirm; “***I am fully sourced, amazing, and empowered***”.

As you consciously tap your innate resources, you will experience more peace, ease, and grace in your life. Namaste`



ABOUT THE AUTHOR: Sharon Plaché is a creative and caring intuitive teacher, mentor, and healer. She has been in the Healing Arts since 1989. She is a practitioner, mentor, and teacher of ThetaHealing®, Innerwise®, NLP and MER®. Her retreat center in San Diego offers classes, trainings, aquatic bodywork, therapeutic massage, yoga, meditation and more. She is grateful to be a practitioner for the Wave Academy, which offers support to Veterans with PTSD. She is passionate about empowering clients to discover, grow, and create in all areas of life. Her combined thirty-five years of education and varied life experience gives her compassion and commitment.

Sharon Karise Plaché

www.SharonPlache.com

info@sharonplache.com

www.facebook.com/SharonPlache1

619-339-8177

Tapping Your Affirmations to Make Miracle Happen

Jane Del Piero

Miracles happen everyday. These two simple tapping exercises will help you manifest miracles in your own life.

1. Place your hand on your heart and notice where the most sensitive area under your hand is. Now begin rubbing your chest in this area in a clockwise circle as you chant: "I deeply love and accept my self, I deeply love and accept myself, I deeply love and accept myself". Repeat over and over and over.

We are working on two different levels to reformat the neural pathways in your brain. Do this exercise every morning before getting out of bed and every night before falling asleep. It's a powerful boost to self-confidence.

2. Another magical tapping chant is tapping the index fingers together, length-wise. While tapping fingers continuously chant: "I forgive myself. I am doing the best I can. I am learning. I am growing. I am healing. I forgive myself". Repeat over and over and over.

You will create new, positive neural pathways by tapping and chanting your way to a positive life... and who knows? You may create miracles too.



ABOUT THE AUTHOR: Jane Del Piero is a Medicine Woman, Modern Day Shaman, Acupuncturist, Nutritionist, Sound healer, Ascension and Soul Path Transformational Guide. She helps individuals heal everyday aches and pains, then dives deeper to facilitate a personal journey that allows them to step into their own power and truth by releasing self-doubts, limiting beliefs, and fears, and old patterns and behaviors that no longer serve them. Jane is also a co-host of The Wild Women's Circle in Telluride, Colorado; the creator of Sacred Hoop, a monthly shamanic and ceremonial class; and a Kundalini / Tantra yoga instructor.

Jane Del Piero
LuvLight LLC
www.luvlight.net
jane@luvlight.net
303-807-8355

Art of Living Kathy Sipple

“Life is not an exact science, it is an art.”
~Samuel Butler

The story surrounding Michelangelo’s sculpture, the David, is that he started with a block of flawed marble already rejected by another artist. Upon seeing the awe-inspiring final result, he was asked, “How did you know this masterpiece was inside?” and he answered that he removed everything that wasn’t part of the masterpiece, until only masterpiece remained.

How many of us choose a major, a spouse, what religion to follow, or whether to follow one at all, based on what people we love tell us we should do?

Even when those ‘shoulds’ arise out of love, they are never coming from a place of allowing and, therefore, always serve to obstruct the most beautiful, authentic version of ourselves we could be if we dared to excavate the depths of who we were really meant to be.

I claim for myself the title of *Social Artist*. I decided to chip away parts of my persona that were not part of my essence. I may not finish, but in the becoming, I will fulfill my artistry.



ABOUT THE AUTHOR: Kathy Sipple resides just outside of Chicago near the Indiana Dunes with her husband John and their black Labrador retrievers, Bodhi and Pema. She is a frequent keynote speaker and trainer and host of 219 GreenConnect podcast. She holds a B.A. in Economics from the University of Michigan and is a member of Mensa. She won a Golden Innovator Award from Barbara Marx Hubbard and Conscious Evolutionaries Chicagoland for her empowering and groundbreaking work in social media. Sipple works online with clients everywhere to provide social media strategy, training, and coaching.

Kathy Sipple
Social Artist
www.kathysipple.com
kathy@cothrive.org
219-405-9482

Raise Your Vibration – With Ease!

Barbara Pabisz

Each day brings with it the promise of a fresh, positive outlook and good vibrations!

- **Morning:** Before you rise from your morning bed, find one thing to be thankful for. No matter if you “think” it is something small. If you “feel” it, it is significant. Feel it, don’t think it! Send thanks to the universe for everything in your life—the good as well as the challenges. This will begin to raise not only your own vibration but the vibration of those around you.
- **Fearful times:** When you feel FEAR you have two choices:
 - Face Everything And Run or
 - Face Everything And Rise!

If you’re going through something difficult, try doing something for someone else to center you and raise your mood and vibration. Everyone benefits!

- **Positive thoughts:** Look for and be open to at least three positive things throughout the day. When something positive occurs, send out a big thank you to your guides and to the Universe.
- **Nighttime:** Lastly, before sleep, review the day’s positive events with a grateful heart.

As you practice daily gratitude and place more awareness on your vibration, you’ll invite more positive experiences into your life.



ABOUT THE AUTHOR: Barbara is a Certified Master Sound Healer & Teacher, Biofield Practitioner, Reiki Master Teacher, retired Certified Equine Sports Massage Therapist and passionate animal lover. A born intuitive, she recalls practicing energy healing on her pets at the age of five. Her gifts of clairvoyance, clairsentience, and clairaudience were exponentially heightened after suffering a traumatic brain injury from a car accident. After years of chronic pain and cognitive problems, Barbara was Divinely guided to Sound Healing, which dramatically improved her health and led her to help others. Today Barbara offers sound healing and meditation sessions for individuals and groups. She belongs to the International Academy of Sound Healing, Sound Healers Association, and Reiki Membership Association.

Barbara Pabisz

www.im4sound.com

im4sound@gmail.com

You've Got The Power

Lucy Irene Vajime

The power to achieve and reach immeasurable heights is within all of us. You just need to source for it to reach it.

Here are some steps to take to reach your power and your potential::

- **START:** You have all you need get started. It is within you. Start from where you are with what you have. There's no other way to start.
- **NOW:** The right time to start is now. Don't wait, especially if you have a desire in mind and are feeling inspired or motivated. Do it now.
- **ASK:** Ask for help if you don't know how. People are always willing and happy to share their knowledge and experience with you.
- **MASTER:** Be a master of yourself and not a victim of circumstance. You have a choice at all times to rise above. You are more powerful than you know.

As you take action and practice the above steps, you will see yourself as more capable and you will feel more empowered. I believe in you. Believe in yourself.



ABOUT THE AUTHOR: Lucy Irene Vajime is a writer, professor of literature, and Certified Law of Attraction Life Coach. Born and raised in Ghana, she lives with her family in Nigeria, where she has taught for over two decades at Benue State University in Makurdi. Her own experiences and love of teaching inspired her to help others navigating life transitions. In her coaching practice she aspires to empower her clients with processes to manage their lives, rather than allowing the world to manage them.

Lucy Irene Vajime
www.lifecoachliv.com
livajime@yahoo.com
+234-803-448-7997

The Ultimate Secret to Feeling Good

Angela Papay

Do you want to feel good? Do you want to feel good on a regular basis?

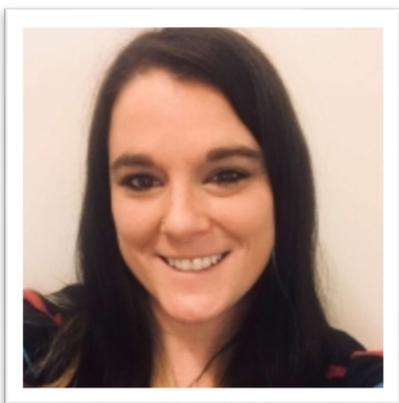
Here is the ultimate secret that most people ignore: If you want to feel good, do good.

Do something for someone else. Get out of your own head and reach out to someone else with a kind word, a friendly smile or an unexpected gift. The more you do this, the better you'll feel. This is the fastest and surest way to get out of a funk, to break a bad mood or to cancel a pity party.

Look beyond yourself and see what you can do for someone else in your home, in your neighborhood or even in your online community.

You don't have to give money or the shirt off your own back unless you want to. Many people are in need of compassion, understanding or encouragement. You have no idea how much a smile at a stranger can change a life. We hear stories like this all the time. Be part of the story.

Do good. Feel good.



ABOUT THE AUTHOR:

Angela Papay knows firsthand how hard it is to recover from catastrophic loss. Widowed during her third pregnancy, she struggled to care for her children while battling depression and anxiety. Her journey to wellness taught her the power of connectedness and inspired her to use her own experiences to help others. To this end, she translated those experiences into practical, empowering lessons, which she shares through her website, ALighterSoul.com. As a Robbins-Madanes Certified life and resilience coach, she helps women discover their inner power for overcoming grief, heartache, and self-destructive behaviors. Angela is newly remarried and lives in Ohio with her husband and their five children.

Angela Papay
A Lighter Soul
www.alightersoul.com
angela@alightersoul.com
330-714-2758

Plug Into Your Divine Power Daily

Christina Ammerman

Consciously connecting with your Divine Power brings new energy to your whole day.

The good news is, you don't need to spend an hour in a meditation room, sitting in lotus position, to get this power. A simpler way is to add it to something you already do, like brushing your teeth.

Right now, set a reminder to follow this visualization tomorrow morning before you start brushing your teeth:

Imagine a stream of pure white light coming from way up above into the crown of your head. Imagine that light flowing slowly down your spine. Notice what feelings and images you experience as that light moves down to your tailbone. Imagine it continuing out your tailbone, down into the Earth, all the way to its burning core, penetrating that core to the magnetic iron crystals inside. Now you are suspended between the heavens and the heart of Earth in pure white light.

Stand in that feeling while you brush your teeth. With a few day's practice, you'll be able to hold the image for the whole time that you're brushing, which means 3-5 minutes of consciously anchoring Divine Power into your being. That's enough to fuel your whole day.



ABOUT THE AUTHOR: Christina Ammerman is a Master Energy Healer and Spiritual Mentor at Zenquility, a center for healing and higher consciousness in Gainesville, VA, of which she is also Founder and Director. Her passions include evolving human consciousness, Universal Law, and music; you can frequently find her singing with the overhead music in the local grocery store. Christina's calling is to connect with everyone who wishes to heal their Core Wound and embody Divine Love, Wisdom, and Power in their everyday life. To discover which Core Wound is holding you back from your true power, take the online quiz at CoreWoundQuiz.com.

Christina Ammerman
Core Wound Healer

www.ChristinaAmmerman.com

www.CoreWoundQuiz.com

Find Your Power Within!

Jen Silva

Each of us holds the power within ourselves to change our lives. Here are some tips to help you find it:

- Relax, Be Still, & Breathe—When our mind is quiet, our answers come.
- Trust Your Intuition—When information comes from a still mind and no anxious thoughts arise, trust it.
- Become Aware of Your Power—Become aware of how you give away your power and practice taking it back. Stand tall, hold your head high, speak up, and be heard!
- Let Go of What Holds You Back—Very often this means letting go of the past; grudges, anger, guilt... Let it all go.
- Create Affirmations and Repeat them over and over—Sometimes we must fake it 'til we make it.
- Take Responsibility for Your Thoughts—Know that it is a choice to believe your thoughts. We can change our thoughts to more empowering ones.
- Be Kind to Yourself—Treat yourself as you would your best friend, you deserve it!
- No More Negative Self-Talk—Be aware of when you criticize yourself and instead focus on your strengths.
- Patience—Nobody is perfect. Be patient with yourself.

You'll know you have found your power when you begin to go within for the answers you need.



ABOUT THE AUTHOR: Jen Silva, CEC, ELI-MP, is an Empowerment Coach and graduate of the Institute for Professional Excellence in Coaching. Even with the growth of gender diversity in the workplace, Jennifer believes women are still held back from advancing in their careers relative to their male counterparts. One reason for this is the core thoughts and limiting beliefs that many women hold about themselves. Jen's unique approach facilitates a dramatic shift in each's woman's perspective about who she is and what she can accomplish, allowing her to step into her personal power and become a more effective, dynamic leader.

Jen Silva
Jennifer Silva Coaching
JenniferSilvaCoaching@gmail.com
908-752-5287

3 Steps To A Positive Mind

LeNae Goolsby

The Universal Law of Attraction states, “like attracts like.” Negative or critical thoughts attract other thoughts of the same vibration. Soon, we spiral down a rabbit hole of thought patterns that lead to negative and critical beliefs and behaviors, and life becomes unpleasant.

Here is a quick, practical method to stop the negative thought spiral and pivot it so your thoughts serve you. I call this the “Sh*t, Shift, & List” process.

Step 1: Awareness: When you realize your thoughts are critical, negative, and judgmental, you have the power to redirect your thoughts towards those that serve, honor and support you. The key is to become aware and mindful of your thoughts. This awareness is an “Ah-ha” moment for you.

Step 2: Intention: When you catch that monkey mind, you have the power to set the intention to shift those thoughts around. You are now in control of your thoughts—not the other way around.

Step 3: Gratitude: Now, list ten things/people/experiences that you love and/or are grateful for. This is where the magic happens.

When you are mindful and aware of your thoughts, you have the power to set intentions and create thoughts that serve you by shifting your focus towards that which you love and are grateful for. This creates a positive mind.



ABOUT THE AUTHOR: LeNae Goolsby is a personal power activator, intuitive soul coach, and author of numerous globally syndicated articles and two books thus far. She is a leader in the business of integrative medicine and is the practice administrator for Louisiana’s premier integrative provider, Infinite Health Integrative Medicine Center. LeNae holds a Juris Doctor from Tulane and a certificate from the Duke University Integrative Medicine Center Leadership Development Program. When she’s not somewhere on the I-10, LeNae is keeping up with her three children, affectionately known as IV, Huck and L-Belle.

LeNae Goolsby
Personal Power Activator, Author, Speaker & Soul Coach
www.LeNaeGoolsby.com
lenae.goolsby@gmail.com
@URWorthTheLove

Following Your Soul's Path

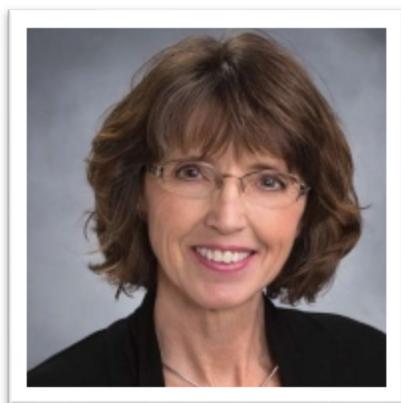
Cindy Chipchase

Life is a personal journey of self discovery, learning self-love, and forgiveness. The journey is unique to each soul. There are no wrong paths, only lessons—each containing beautiful gifts. We often allow others to influence our decisions, taking away our lessons and our power. We may allow this simply if we are confused or unsure.

Here are some tips to help you stay focused and follow your soul's unique and beautiful path.

- Develop and strengthen your connection with a Higher Power through daily meditation, prayer, or stillness. This helps allow for connection and alignment which can bring you more clarity and inner knowing.
- Journal 5-10 things daily that you are grateful for. As you write truly "feel" the gratitude for each.
- Read 10 pages of an inspirational book daily.
- Practice self-care—simple things such as nourishing your body with good nutrition and exercise. Find time to nurture your creativity and check in where you are emotionally; is there something that you need to let go of?
- Connection is key, we truly grow and thrive with heart-centered connections. Find your "Tribe"—people who believe in you, encourage, support, and celebrate life with you.

Trust yourself. You are your own best navigator.



ABOUT THE AUTHOR: Cindy Chipchase is a Reiki Master, Yoga Teacher, Certified Life Coach and Founder of the Circle of Hearts Society for Women – Connecting and Supporting Women of the North, a society that focuses on heart-centered connection, support, and empowerment of women. Her passion for empowering women evolved from her own healing journey facilitated by Reiki, Yoga and the support of a strong “Tribe” of women who embraced and supported her. Cindy lives in the geographical center of beautiful British Columbia, Canada with her loving husband of forty-five years. They have three amazing adult children, grandchildren, and great-grandchildren, as well as three dogs.

Cindy Chipchase
Loving Yourself Freely Life Coaching
www.lovingyourselffreely.com
cindy@lovingyourselffreely.com
250-567-0219

Grounding Breath

Debbie Peever

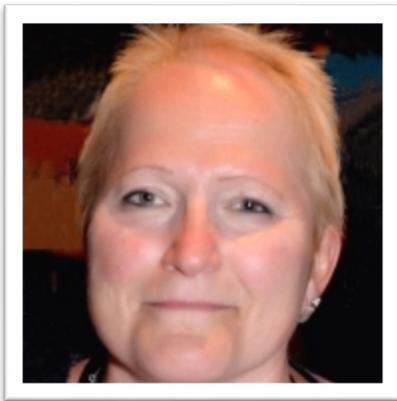
Having spent nearly half of my human existence working with energy—whether it be bodywork, mediumship, channeling, light, sound, or shamanism—one principal remains constant. When working with energy, being fully grounded is necessary to have the energy pass through you, thus reducing energy stagnation within your own physical and energetic bodies.

We are all familiar with electricity. For electricity to follow a path it must have a ground. Without a ground, electricity will go wherever it feels like. It may accumulate and cause a blow out or surge and create sparks. When we interact with energy we become the vessel that the energy connects with. Being grounded allows us to become a conduit instead of a sponge.

Here's a grounding exercise for you. I recommend the bathroom as an ideal place to go for some privacy in an instant.

- Stand or sit.
- Feet shoulder width apart.
- Tongue on roof of mouth, inhale through the mouth to a count of four.
- Hold for a count of four.
- Tongue still on roof of mouth, exhale to a count of eight.
- Repeat three times.

Practice grounding regularly so this technique becomes as natural to you as blinking, and you will remain light, open, and grounded.



ABOUT THE AUTHOR: Debbie Peever is an intuitive healer, instructor, and owner of Northern Lights Holistic Health and Healing, which is nestled in the foothills of the Canadian Rockies in northern British Columbia. A Registered Reiki Master/Teacher, she is also certified in Aroma Touch Technique and Meridian Massage, trained in Craniosacral and Trigger Point Release and offers a variety of techniques to support the health and well-being of body, mind, and spirit. Debbie, who also holds a degree in Education, combines her experience as a classroom teacher with more than fifteen years of study in Holistic Healing practices to provide her clients with transformational workshops and programs.

Debbie Peever CACR™, BGS Ed, RT-CRA

Certified Angel Card Reader, Education Degree, Registered Teacher Canadian Reiki Assn.

www.northernlightsholistichealthandhealing.ca

northernlightsholistichealth@gmail.com

www.facebook.com/northernlightsholistichealthandhealing

Weird is Not a 4 Letter Word

Danielle Dawn Hayes

You are a truly unique Being! You are a Being of Light that came to have a unique experience, to learn to express yourself in your environment. You have a purpose!

Many of us are told there is something wrong with us because we are different in some way. We are shamed for our differences, called weird, ostracized, and worse.

However, a beautiful, symbiotic flow is created when we each express ourselves uniquely. I share what I have to offer to those that resonate with it. Those people do the same thing...so on and so forth, until it comes back around and I receive what I am looking for from those Beings that have that to offer.

1. Remember, what people say about you is a reflection of them, not you.
2. When you see others that are different from you, remember that they have a purpose too.
3. Learn to cut through the noise of others and listen to your Soul's voice.
4. Be willing to protect that which makes you unique, hold it close and share it wisely until your confidence grows and then... SHINE BRIGHT!

With Love from Your Sister in Being-ness.



ABOUT THE AUTHOR: Danielle Dawn Hayes is a Life Coach who incorporates health and wellness techniques for a truly unique approach to empowerment. She holds a B.S. in Psychology and a M.Ed. in Counseling from Ohio State University, where she was an award-winning student and published academic author. Danielle is currently writing a book about finding her soul path and is developing a program to help others do the same. Forever the non-conformist, after living her entire life in Ohio, she has picked up stakes and is travelling in search of new horizons while continuing to work with clients virtually and over the phone.

Danielle Dawn Hayes
Being My True Self
www.danielledawnhayes.com
danielledawnhayes@gmail.com
Blog: www.beingmytrueself.com

Connect to Nature, Connect to Self

Susie Kincade

I love coaching my clients in nature because we ARE nature. This connection naturally heals the body, deepens intuition, quiets the brain, and increases endorphins while decreasing the stress hormone, cortisol. Brain science proves the positive effects of being connected to nature. In coaching, it's where a lot of "aha" moments happen.

Here is a 15-minute sensory awareness exercise to help you drop into that magical, healing place of being fully connected to nature and Self.

- Outside, close your eyes and feel your connection to earth. Feel gravity holding you. Breathe deeply 5-10 times, inhaling from Earth's center, exhaling tension/busy thoughts.
- One at a time, focus on your senses, spending at least 2 minutes exploring each:
 - Touch: feel the air/sun/moisture.
 - What do you smell? Open your mouth; taste the air.
 - Listen all around you, including above, below, behind.
 - Lastly, open your eyes; focus softly, noticing shadow, light, color, patterns, movement
- Now expand all your senses together in every direction.
- Come back to your earth connection. Take a deep gratitude breath.

Practice this sensory awareness meditation and soon you'll be able to do it in several breaths from anywhere!



ABOUT THE AUTHOR: Susie founded Women's Empowerment Workshop in 2009 to empower girls and women of all ages and ability with courage, confidence, and self-awareness. In her unique, nature-connected coaching programs, nature is both the metaphor and the medium to help clients discover their personal power. An aspiring Olympic athlete, Susie was the first woman to compete on a men's varsity collegiate athletic team, diving for UCLA in 1972-74. An avid outdoor adventurer who innately understands the power of our connection to the natural world, Susie is a personal coach in Vail, Colorado, a trained ceremonialist, Awakening the Dreamer facilitator with the Pachamama Alliance, and TEDxVailWomen speaker.

Susie Kincade
Women's Empowerment Workshop
www.womenempower.us
susie@womenempower.us
970-328-5472

Empowerment ~ It's All in Your Head

Sue Urda

Empowerment does not happen to you, get bestowed upon you, or is earned. Personal empowerment is simply a choice you make in each moment—and you make it with your thoughts.

Your thinking mind is incredible. Your brain is the most complex computing device that exists. When functioning at full capacity, it answers every question you ask and completes every task you assign, while at the same time performing all the functions necessary to keep you alive. It even takes on the role of driving your car when you are preoccupied—as evidenced by the times you arrive at your destination without remembering how you got there.

Here are three keys to empowering yourself by directing and positively focusing your mind:

1. Ask and think empowering questions; *What's good about this? What's the best solution available to me? Who loves me? How can I serve?*
2. Speak affirmations of vibrant health, business success, loving relationships, etc. *My body serves me. Success is my birthright. I am loved.*
3. Focus on the positive aspects of people, things, and circumstances. *I admire her fortitude. I'm grateful my car is reliable. I learned something new today.*

As you direct your thoughts, you will discover and expand your innate power.



ABOUT THE AUTHOR: Sue Urda is the Feel Good Guidess. She is an Award-Winning and #1 Bestselling Author, Speaker, Inspirer, and Co-Founder of Powerful You! Women's Network & Powerful You! Publishing. Sue is a two-time honoree on INC Magazine list of the 500 Fastest-Growing Private Companies. Having started three companies since 1989, Sue knows the challenges and joys businesses face, and she is committed to helping entrepreneurs and all women thrive, get connected, share their stories, and feel good. Sue loves assisting individuals in their pursuit of success, purposeful living, and freedom. Sue's mission is to help people *find the feel good* and live in that space every day.

Sue Urda
Feel Good Guidess
Powerful You! Inc.
www.powerfullyou.com
www.SueUrda.com

The Power of Celebration

Kathy Fyler

Do you have any idea how empowering celebration can be? It's life-affirming and empowering to acknowledge the good things that happen—and yes, there are good things to celebrate each and every day.

Here are a few celebration tips:

1. Keep a Journal – write your accomplishments for the day. Need some inspiration? Pull out your journal and read it.
2. Get Excited - When something good happens, get excited. Dance, Sing, Jump!
3. Share the Good - Tell someone you love. Joy shared is joy multiplied.
4. Reward Yourself – Go out for a great dinner, walk on the beach, treat yourself to a spa day.
5. Practice Gratitude – Be grateful for people, things, and circumstances in your life. Your positive vibration brings more good to you.
6. Create a Habit – When you go to bed, think about your day and all the positive things that occurred. In the morning, create a positive expectation for the good that is ahead for you.

The more you bring your conscious awareness to the good that fills your days—even in challenging times—you will find more and more things to celebrate, and your mind and heart will be filled with joy and positivity.



ABOUT THE AUTHOR: Kathy's earlier career includes being a Critical Care Nurse, Project Manager for a technology firm, and owner of a \$5 million manufacturing company. In 2005, Kathy followed her calling to make "more of a contribution to what matters most in this world". Using her experience and passion for technology and people, she co-founded Powerful You! Women's Network and Powerful You! Publishing to fulfill her personal mission of assisting women in creating connections via the internet, live meetings and the published word. Kathy is an Amazon #1 Bestselling Author who loves to travel the country connecting with and teaching women.

Kathy Fyler
Co-Founder of Powerful You! Inc.
www.powerfullyou.com
www.powerfullyoupublishing.com
info@powerfullyou.com

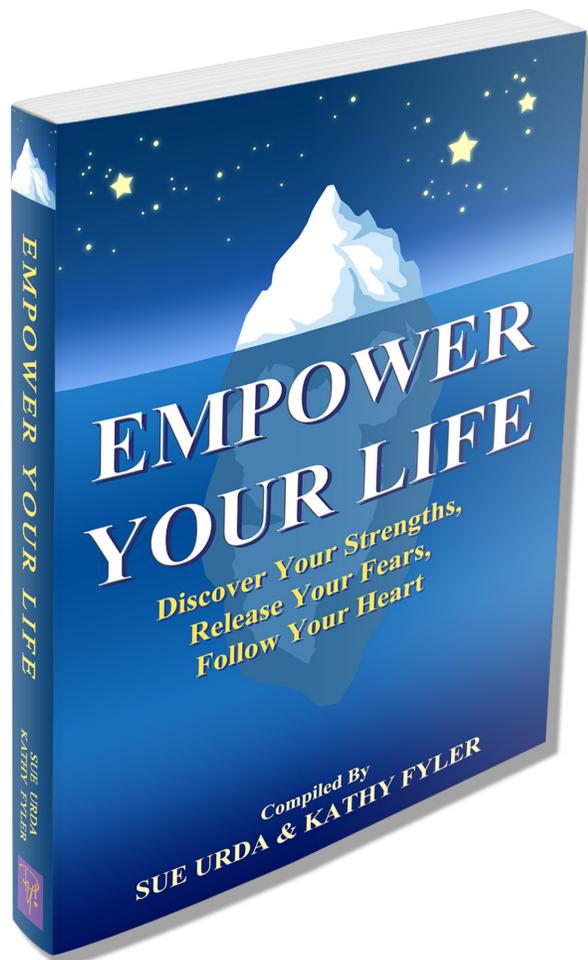
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