‘Empowerment

**Visualisation Guidance**

When exploring what ‘Empowerment’ is for you, visualisation can be a powerful way to connect with the areas where you feel empowered and ways to foster more empowerment for yourself.

Begin by getting into a quiet and relaxed space. Then take some time to identify what empowerment means to you. As individuals, we may feel empowered by different things and experiences, however, there is a universal feeling of empowerment that comes from knowing we have an element of choice in our lives. Take some time in this meditation to explore the choices you have and reflect on how you can choose thoughts, actions and a mindset that supports you to be more empowered in your life. Embody the feelings of empowerment so that your imagining feels as if you are really living an empowered life. Practicing this visualisation daily will help bring you even closer to the life you want for yourself.

You can find a guided version of this meditation here: [insert link/QR code]

**Transcript of Guided Visualisation for ‘Empowerment’**

**Approx. 10 mins**

In this visualisation, I am inviting you to enter into a state of deep relaxation. Then I will guide you to meditate on stepping into your own personal power.

I will begin and end the meditation with the bell.

Bell

Take a moment to bring your awareness inwards.

Gently letting go of the tasks and commitments, conversations and distractions that could occupy your mind and breathing yo0ur awareness softly inwards. Closing your eyes when you’re ready and letting your breath be the focus for your attention for now.

Your thoughts will invite you to follow them, but you can choose to follow your breath instead…breathing your awareness ever inwards.

Contenting yourself to be fully supported by the seat and the floor and trusting the support beneath you to hold you while you explore your personal power and identify how you feel when you are empowered in your life.

Take a moment to become aware of what the term empowerment means to you….

With your next breath, imagine a gear shift. This gear shift represents the various levels of empowerment you engage with. It’s not about speed but rather the strength of your personal power. We’ll call it your power shift from here on…

The lowest selection on your Power shift is neutral, where you feel no personal power at all… and then from one onwards your feelings of empowerment grow right up to fifth gear, the highest selection, where you feel completely aligned with your personal power.

I invite you now to bring to mind a time, either current or in the past, when you felt your Power shift was in neutral… when you felt powerless or disempowered. What sort of thoughts were you having then? Ho9w did you feel? What kind of actions and behaviours were you engaging in? How did your body feel?

Now imagine that same situation, only move your Power Shift up into first gear. What are your thoughts in first gear of your personal power? What kind of behaviours are you engaging in? How does your body feel?

Now shift into the next gear that feels right for you…notice what is changing….How does this feel in your body? What insights are arising? What are you noticing ab out your personal power now?

Now imagine you are in fifth gear of your personal power.

You are aligned with pure empowerment. Notice how your body feels. Embody empowerment and claim it for yourself.

Where do you feel it? What thoughts support you to be fully empowered? What actions support you to be fully empowered? Lean even further into your personal power and allow it to soak into each and every pore…into each and every cell of you being. Imagine a situation in your life as it is and feel yourself fully empowered in that situation. What are your thoughts? What are your actions? How do you feel?

Take a moment now to anchor your personal power within you so you can access it at anytime.

Allow the anchor to emerge for you... something you will do to reconnect you with this powerful feeling in the future…a word…a gesture…a totem…whatever it is for you.

Take a moment now to reflect on the meditation. What are you bringing with you that will support you going froward?

Allow your next breath to deepen slightly…and softly and slowly begin to bring your awareness back outwards…allowing a little movement back into your body.

You may wish to remain in this meditative state, or you can bring your awareness fully back outwards when you hear the bell again.

Bell