

Natural Healing Express Weekly

Column 279 Empowerment

First of all, thank you so much for all the wonderful feedback you have given regarding our previous two articles on a Widower's Journey Through Cancer. It was overwhelming and kind. There is one man in particular who deserves all the credit and if I know John at all, he would insist the inspiration for his writing came from God and through his beloved wife Judi. Peace and Godspeed.

So, to Segway into our next topic, we are reminded by John's writing that life is indeed short and meant to be well lived. One of the books I actually keep in my office is called 100 Things to Always Remember and one Thing to Never Forget by Alin Austin. One of my favorite quotes from this treasure is "Find the pace of life that works best for you. Always marching to someone else's beat is like living a charade. Don't be too bored with one pace, or too overextended with another. Get in Step with your own parade."

In that regard, we will conduct a two part series regarding Empowerment. This will basically be a step by step guide on how to create an amazing life. This week, we will talk briefly on how to prepare for empowerment and then next week, we will discuss the steps along this journey.

How is it that one "prepares" for empowerment? First and foremost, to get where you want to go, you may have to rid yourself of the disapproving, negative and sometimes downright condescending people in your life – yes, time to part ways with what I call "energy vampires". You know the ones. The people that come in and suck up all your time, your energy and leave with loaded up with their negativity. Buh-Bye.

An old farming friend of mine taught me when I was quite young to "water the seeds and NOT the weeds." Actually, his version of that was slightly different, you can read between the lines here, but since I was nine, he did try to clean the language up a little. LOL. And, by Goodness, it is so true in life. How much time to do we spent trying to lift others out of their muck when we are slowly sinking into it because of their refusal to take the first step out? Seriously, just say NO.

Second, start asking yourself the reasons why you want to be empowered. Some are, I want to attract a permanent, lasting, trusting relationship; I need to take better care of myself; I need to learn about money; I want to move away from too much focus on problems; I want to stop worrying so much; I want to sleep better;, etc..

SO, as you define what you want to accomplish along this journey, you need to take stock of your current situation. These are your current views or your core beliefs and their limits. Some include, I could not possibly date him because he is a democrat, she was convicted of a crime at 16, she cannot be my friend; I am not lovable because I am too fat; etc.

These beliefs create self-responsibility, self-esteem and give great insight on to whether you trust the universe or not, whether you can conduct a positive attitude and outlook and whether or not you can flow with change.

Alright, this might be longer than a two part article!

And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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