

Natural Healing Express Weekly

Column 280 Empowerment, Part Two

This week, as we continue our series on empowerment, I need to take a minute out and mention a dear friend who was quite an inspiration in this life. She has now lost her long fought battle with cancer, but the way she fought and how she learned to “live” as she fought was quite a demonstration of empowerment.

She was a teacher by trade. She led by example on how to look the negative nellyies; and furthermore, the people who betrayed her, right in the eye and march on. Sure, she was deeply hurt, scared at first and angry. And, it seemed like the blows kept coming. But, with her amazing strength, she made a lifestyle decision. During one of our conversations, she said, “I want to truly “live” life. I want to do things I haven’t done. I want to prepare my children and family for my transition and I want to leave behind a legacy of strength and truth.” She wanted to make memories that those around her could cherish forever.

So, quite unselfishly, she fought. And she fought hard. She wanted to give everyone she knew an opportunity to learn from her situation. She was indeed a teacher to us all. She expressed her love for family and friends as she faced her battles—all with a smile on her face. And on those dark days, that is a feat in itself. But, she had learned to live “empowered”. And now, through the grace of God, she is in eternal rest. Godspeed, dear Kelli, the victory is yours!

As we continue our series on Empowerment, we look quickly back to last week’s article about getting ready for Empowerment and we discussed the steps of Planning the Route, Manifesting the Journey with Creative Thought, Mental Clearing, Visioning and shined a little light on Personal Power.

This week, we will chat about methods of building Personal Power with those being – Commitment, Discipline, Support System , Inner Guidance, Lightness, Love and Finding Your Own Truth. Let’s define their meanings.

Commitment is the willingness to stick to your vision despite the inevitable peaks and valleys that will happen.

Discipline is the hands-on aspect of commitment. It is what you “do” everyday to keep your vision alive and moving forward.

Support System is everyone in your life that is dedicated in some way, shape or form to helping your move forward with your vision.

Inner Guidance is the “intuition, the hunch, the knowing” that lies in your gut. I will quickly mention how to connect with your inner guidance for those of you who need a little coaching. First, Get Still. Hunches rarely show up in chaotic environments. Second, Ask! As you pray, meditate or walk in nature, ASK God/The Universe/Holy Spirit what you want to know. Third, TRUST..A lot of folks do not trust their

inner guidance and come to regret it. It is rarely wrong. And Last. ACT...Like the lottery, you cannot win if you don't enter.

Lightness is the ability to shed the negativity and lose those "dark energies" around you. You know the ones that have lied, cheated, betrayed, manipulated...Ya, those. Flush the turds. Lighten the load. You will be amazed at who and what will come into your life after you create more "light" in your world.

Love. Love in this discussion is the ability to love ourselves, to love one another and to be loved by others. The ability to give and receive love is critical to empowerment. You would be extremely surprised to find the number of ladies out there who have no problem in the "giving Love" department but have a ton of issues learning how to "receive love". I should do a whole seminar on this alone, but the numbers are staggering. In a sentence, it is the lady in your life that does everything for everyone else first and doesn't get much in return.

Finding Your Own Truth is learning what is right for YOU. Not because someone else told you what to believe or how to act. Your own truth must become the guiding force for creating the life as you want it. And no one but you can create that truth.

For example, a dear friend of mine at 73 years young has just started a silk flower floral design business called Bonnie's Pretties. She has always had this in her heart, but the opportunity has now arisen. So, when we were working on the slogan for her business, Bonnie quickly found her "Truth".. And, as usual, it is hilarious. Bonnie's Pretties – Unique Floral Designs – It IS what it IS.. So come on by and take a look at her "pretties".

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 204 W Main St, Lena, IL 61048.

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