

The Empowered Life And Your Connection To The Soul-Self

By

Cassandra Blizzard

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Sample

Special thank you to my husband Don for believing in me when others did not. All my love.

Books By Cassandra Blizzard

~[Seven Years of Surrender](#)~

~[A World Without Color](#)~

~[The God Point](#)~

~The Empowered Life And Your Connection To The Soul-Self~

~The Empowered Life: The Workbook~

Contents

[A Note From The Author](#)

[The Ordinary Chaos Of Life](#)

[The Core Self Explained](#)

[Personal Power Concepts](#)

[The Agreements We Make](#)

[Perceptions of Self: Our Opinion Of Self Can Help Us Or Hurt Us](#)

[Ways That We Give Our Personal Power Away](#)

[How We Unknowingly Sabotage Self](#)

[Fear](#)

[How We Make The Major Decisions In Life](#)

[Relationships](#)

[People Pleasing](#)

[When It Matters Too Much: The Seriously Sensitive Individual And The Challenges We Face](#)

[Things Beyond Our Control](#)

[So Tired Of The Struggle](#)

[Taking Your Power Back](#)

[Self-Reliance](#)

[A New Perspective of Self: The Ego That Works For You](#)

[Setting Positive Boundaries](#)

[Enabling Self By Setting Reasonable Goals In Life](#)

[Self Acceptance: When You Make A Mistake](#)

[Soul Help](#)

[Discovering The Core You: What You Were Born To Do](#)

[The New Balanced You](#)

A Note From The Author

This book was borne from years of conducting sessions with clients from all over the world. I began to see patterns with people, even myself, and I got to a point that just telling people what was coming into their future wasn't enough for me. I wanted to give them the tools to make positive changes in their life, and the tools to deal with difficulties and challenges in their life. I wanted people to understand the core of the Soul, how the Soul perceives physical life, and I wanted people to learn how to find joy in life. Overall, I just wanted more for my clients.

A small percentage of people will go to a psychic just to try to see around corners, so to speak. They want to know what is coming. Just telling them something is not necessarily empowering. In fact, just the telling of something without the tools to navigate obstacles can be disempowering. So, I began to add substance to my readings by coaching people on how to deal with anything negative, how to change their relationships, how they view Self, how to have success, how to perceive success, and how to remove stumbling blocks. Essentially, I was teaching them to be empowered and happy and to take control of their lives. Not everyone wants this. Some people still want the standard issue psychic reading. Even worse, some people want the standard tarot card reading. But with a standard tarot card reading, clients can go away from the table and feel worried, stressed, and totally powerless to effect positive change in their lives. What's the point of that? It's the ultimate disempowering experience.

My book series is for all the Soul seekers out there who want something more out of their physical life. This particular book-set *The Empowered Life And Your Connection To Your Soul-Self* and *The Empowered Life: The Workbook* emphasizes the ways in which we give away our personal power, how we allow others to disempower us, how we disempower Self, and is an aide in helping to achieve a healthy balance in life and move toward a more positive, fulfilling future. These books are meant to be used together as a set, and they are not meant to be casually read in one sitting. Far from it. Both of these books are meant to be used repeatedly and digested over time. You may find some things within the book to be repetitive, but there is a purpose behind that. These books are constructed so that you can go to any section and gain information without constantly flipping back and forth in frustrating searches. These books are meant to enhance your life and are meant to be used whenever you need them. Don't expect to read through these books in a few days. Take it slowly and, little bit by little bit, absorb what is offered within these pages. *The Empowered Life And Your Connection To The Soul-Self* and *The Empowered Life: The Workbook* each can stand on their own, but it's best if you read the entire series as it was meant to be absorbed in a particular order, starting with *Seven Years of Surrender*, *A World Without Color*, and *The God Point*. If nothing else, at least read *The God Point* for a deeper understanding of the Soul.

The first half of *The Empowered Life And Your Connection To The Soul-Self* is all about the ways in which we give our personal power away, while the second half helps you to begin a new journey toward self-discovery, healing, and balance.

There are very few people who escape this physical life without having the experience of feeling like giving up. Life can get so hectic and out of control at times that we feel like we don't have any control at all. What we believe about ourselves becomes our reality; and in so many ways, what we believe about ourselves forms our future. I'm not speaking in airy-fairy, New Age terms here. I am talking about the real deal. What we believe about Self is critical to our emotional, psychological, and physical well being. It's important that we all learn to harness our beliefs and to understand that our beliefs can be a detrimental force in our lives or they can be a positive force in our lives.

Many people know what they *don't want* in life, almost without giving it any thought, and they live their life in a sort of avoidance pattern. When we live by this avoidance pattern, we stop focusing on where we are supposed to be and what we really, really want to do in life. We stay rooted in this avoidance pattern until we believe that that is what life is all about and that is all we get in life. Most people who are stuck in intolerable situations believe that they don't have any control over their life. That's where I come in. Everyone to some degree has control over their life. We make choices daily that either bind us or free us. But we sometimes forget that we even have a choice in any given situation. And some of us are not aware that even *how, if, or when* we make a choice is in itself a choice.

"Well," you might argue. "What if you are a prisoner of war, and you're stuck in a concentration camp somewhere, you get fed one slop-meal a day, if that, and you have no contact with anyone but your prison guards? You don't have any control over that, do you?"

You may not have control over where you currently are, but you still have control over the belief system that you form in your head daily. You have control over what you think and feel about the situation. And you can still believe that you will find freedom every single day, even when faced with the worst possible circumstances, rather than believing that you will rot in that prison forever.

Our paradigms drive us, one way or the other. You have to willfully choose how you want to be steered. If you are the captain of your boat called life, then your hands need to firmly remain on the wheel that moves the rudder. You can't be the captain of your boat called life if you allow other people to form your paradigms, your beliefs about Self.

All of us are susceptible to the daily onslaught that tells us who we are and what we should think, feel, and be. But we don't have to cave in to this daily onslaught. We can learn to maintain our personal power, live in balance, and move forward in a healthy, productive, and happy way.

Anyone, including we success coaches, who tells you that their life is perfect is full of crap. Life is fraught with the unexpected. Sometimes that unexpected is a good thing, sometimes it is a bad thing. The key is in how you process life and how you value Self along the journey. Your feelings about Self and about Life makes a difference, and we have to be mindful about how we evaluate Self and Life throughout our journey of Life. And I will show you how to do that in the following pages. Open your mind to the possibilities, and understand yourself like never before.

Harness your thoughts or your thoughts will harness you.

The Ordinary Chaos Of Life

The phone is ringing. You hesitate to answer it because you know a creditor could be on the other end of the line, demanding that you pay the hospital bill you could never afford in the first place. Or it could be your new friend, the one you met at work, the one you suspect is stabbing you in the back with the big boss while she pretends to be your best friend to your face. Why talk to her, right?

Another insistent ring. Maybe it's the guy trying to sell you yard service. Do you really feel like dealing with that right now? It's Saturday, a day that you should be spending some quality time re-acquainting yourself with something called total relaxation, because you work hard and it's been so long since you had a moment of silence, a moment of comfort, peace, and joy. Instead, you have to do the laundry that's been piling up all week, and then there's the trip to the grocery store, and after that you really need to take a look at balancing your checkbook, which does nothing to ease the feeling of impending doom hanging over you because you had to take that little trip to the emergency room when you twisted your ankle trying to mow the grass. You have to pay for those x-rays, the seven hours you spent waiting in a cold room full of nurses, doctors, and patients who don't give a fig about you and your problems.

Work is a whole other topic. You want a raise, and you want your boss to offer better health insurance. You don't feel confident enough to look for a better job. You know you are stuck in that dead-end job. There is always a big knot in your chest, because you are living on stress and adrenaline, always in fear of the next problem that you know will crop up, probably before you have even handled the current problem.

You feel disenfranchised, lonely, and fed up. But worst of all you feel helpless, hopeless, and without faith in the world or yourself. Where did life go wrong? How did you make so many wrong turns? And how can you get things back on track again?

Where's the happy life you dreamed of when you left high school and went off to college? You probably thought you had the world by the tail at that time. Life was mapped out. Finish college, start a career, enjoy a romance, get married, have kids, retire with some money in the bank. A comfortable life was on the radar somewhere between whooping it up in your late teens to mid-twenties and retirement. You probably never imagined that life could veer so drastically out of control when you least expected it. The hardest part is discovering that you may have had something to do with driving things into the ditch. Now you feel over-worked, underpaid, over-stressed, and frazzled by the lack of joy in your life. And you feel like you don't have any choice in the matter. You feel powerless to change your life even though change is a mere choice away. Understanding that you have a choice is powerful. Most of us that are mired in the daily grind fear making a choice, fear making changes. Our fear becomes our

stumbling block, an obstacle that keeps us stuck. We feel that we can't move forward, ever. Everything will stay the same, always.

Not so. Change is inevitable. You can harness change, or you can allow change to sweep you along in a crazy rush of one catastrophe after another as you flow downstream in a chaotic swirl of seemingly random events. But if you harness the power of choice, you begin to realize some truths in life. Truths about those seemingly random events and all those obstacles in your path. Not to mention those darn paradigms.

Choices. We make them every minute of every day. What to have for breakfast, what to wear to work, what movie to watch, where to take a vacation. These are all daily choices that drift past us without our even being aware of the underlying power of our choices. The daily grind. It sweeps us all into its flow and doesn't let us go, from cradle to grave. But if we set anchor and stop that flow for a few moments, get out of the river of destiny, stop and take a look around, we might just come to some realizations about Self and Life that help us to grow, to be bolder, to live better, and to make our own path easier.

Everything about our future hinges on a choice we made yesterday or today. Understanding your power of choice is huge. In fact, understanding your power of choice is one of the most important principles in life. Bad choices turn us into victims of life. Making a bad choice can result in negative investments, such as depression, anxiety, alcoholism, drugs, and the like. No matter what bad or wrong choices you feel that you've made in the past, everything can change right here, right now, with just a few simple techniques. Well, not really techniques...more of an understanding. You can change the way you live, the way you think, the way you love, the way you see yourself and others. And in making these changes, you open yourself to a whole new vista with so many possibilities and so much potential.

We all want to have a balanced life, a life with joy, happiness, and reasons to laugh. We want to feel fulfilled, and we want to live with purpose. We want a rewarding life. That's hard to do if we feel like a victim being knocked around by the world at large. Taking control of one's life requires a deeper understanding of Self and Soul. It requires an in-depth look at what drives us to make the choices in our lives that tend to leave us floundering and feeling not so great about ourselves and life in general.

The ugly truth is that life is not perfect. Life is never going to be perfect. It's always going to present us with some sort of conflict. We are all going to have challenges in life, but those challenges don't have to sink us. We can meet them head on, navigate the challenges much easier, and define our future in a much more rewarding way. I won't lie to you; life isn't always easy. Life tends to hurl all sorts of agonies our way and always at the worst possible time. Have you ever had a moment when one bad thing happens, followed by another, followed by another, until it all feels endless, and you start to feel like maybe it will never end and maybe you should just give up, give in, and quit? Guess what? So have I. Several times in my life, in fact. But I never stopped dreaming, and I never did actually quit or give up on myself. I always knew that my Soul had a plan, and if I just listened, I might hear the words of my Soul and if I heeded that little, inner voice, I would be okay.

No matter what is happening in your life right now, you can live in such a way that you stay centered, focused, and happy even when facing obstacles. There's only one catch to this way of life. You must believe. Simply believe.

Believe in what? you might ask.

Your Soul. The Soul of every living creature on this planet.

A strong belief in your Soul will help you to achieve a full life, a life that you've only dreamed of having. Belief in your Soul will help you to create balance in your life. It's much easier to make quality decisions from a place of balance. From this state of balance, you will achieve a calm, relaxed way of looking at the world. You will achieve a confidence in yourself and your ability to make positive decisions for yourself. And you will no longer feel like you are battling through life feeling like you have no control over things.

This may sound like a lot of work. You might imagine having to sit with pen and paper writing endless journals or buying hundreds of dollars worth of self-help books and videos. But that's not really the case here. All it takes is a few tweaks here and there in the way we view the world, the way we view Self, and the way we view others. Yes, it takes focus and practice and dedication to really get a handle on what I present in this book. But once you learn these few principles, living from the Core Self becomes a breeze. And life gets easier. Not perfect. But easier.

The Core Self Explained

Somewhere deep down we all have this sense, this knowing that something lies beyond our physical body, or what I call the Physical Self. No matter the religious background or the lack thereof, we all at some point in our lives will have a Soul experience. We naturally sense the presence of our Soul. Some people choose not to believe in the Soul, but their lack of belief does not mean their Soul does not exist. The Soul is always there, sometimes deliberately shunned by the Physical Aspect of Self, sometimes inadvertently forgotten, but still...always there. Even science has proven that there is so much more beyond the ordinary perceptions of the human brain. Look back in history and you will find scores of archeological evidence showing that people of ancient times always believed in something beyond the physical body. Throughout time, the Soul has been depicted in a myriad of ways across all cultures. This belief in the Soul is innate, with us from birth, because at the time of our birth, we remember where we came from. We remember that we have a spiritual part of our being that existed long before the physical body came into this world. As children we have not yet been taught disbelief. We simply, and very naturally, believe. Deep in our core we know the truth of who we are and who we have always been. We may turn away from that knowing for various reasons, but the knowing never really goes away.

This part of us that is somehow locked into our cells, into our very DNA, and yet is somehow beyond us can be described as spiritual or energetic or both. Either way, the Soul is part of the Core You.

The Soul and the Body share space but in different dimensions. Where the Soul and the Body conjoin, I call this the Core Self, although to use the term conjoined to describe the Soul is not entirely accurate. The layers of our existence are far more complex than that. In essence, the Soul is interwoven into every cell of our physical body, energetically sealed and yet having a space all its own where it operates and exists separate from the human body. Your Soul is both present with the body, a part of the body, and yet a separate entity in and of itself.

You are never without your Soul anymore than your Soul is ever without the Physical Aspect of itSelf. But some people will go through life with the Soul in a sort of *in absentia* state of being. In essence, they go through life ignoring or neglecting the Soul-Self. This is partially due to the fact that some people are terrified of giving up control. They feel that to believe in the Soul is to give up a part of Self that represents control over life, and they may have been taught by parents, religion, or society in general, that the Soul would require something from them, something that they aren't willing to give up, some vice or habit or way of life. They are afraid that to fully believe in the Soul would mean that their personality, or what I refer to as the Persona, would be lost to them as they give themselves over to some higher power that exacts perfection. (The Persona is more fully described in my book *The God Point*.) It is

unfortunate that some people fall into this trap, this illusion, because we can only fully live life when we are living from the Core Self. In truth, we lose nothing when we fully believe in the Soul. Instead, we gain everything. The only real requirement of the Soul is that we understand our purpose on this earth, in this physical form, both our personal Life Purpose and our overall Soul Purpose.

So, to sum it up, the Core Self is that point of reference in space, if you will, that joins the body and the Soul into one mind. Being fully aware of ourselves as a Soul being and as a Physical being brings indescribable inner peace and also brings a sense of balance that can be achieved through no other means. Furthermore, living a life fully aware of the Soul, the Core Self, offers us an unmatched guidance throughout our lifetime. The entire platform of this book is to help each individual to regain that balance in life by living from the Core Self, and to learn to see where the problem areas in life are, and to learn how to navigate life in a much simpler, happier way. Most importantly, I highlight ways in which we lose sight of the Soul and ways in which we disempower Self. It's important for all of us to understand the beauty, the simplicity, and the power of the Soul-actualized life. And it's important for us to understand how we lose our personal power and our awareness of our Soul-Self. There are behaviors and reactions that cause us to lose sight of our Core Self, which will cause us to lapse into disempowering behaviors and beliefs. You must first recognize these behaviors and paradigms before you can realize Self and learn to maintain your personal power and your connection to your Soul-Self.

As previously stated, we can choose to walk this earth without the aid of the Soul, even though we are never really without the Soul. But if we choose to willfully, or even unknowingly, ignore the Inner Witness, the Inner Voice (our own intuition), we tend to live life in a chaotic way, sort of like free falling off a cliff without a parachute. You never quite know what will happen. You could survive the landing, depending on where you land, but you really don't know what will happen as you fall, and during the fall I can promise that you will feel helpless and terrified. You can't latch onto anything that will save you. Most times nothing will come out of the blue and offer you salvation. You can only hope that you have a quick death or a cushy landing that prevents total annihilation. If you had been tuned in to your Inner Witness from the beginning of life, you might never have fallen off the cliff in the first place, in which case you would not feel so helpless and out of control during the fall, and you wouldn't have to worry about what bad end you might come to when you hit bottom.

If you don't know who you are at the Core, then you are only living a half life.

We are taught what to believe about Self from birth. Mostly from parents, grandparents, teachers, leaders, peers, even enemies, and also from society itself, from the trends in clothing, advertising, cars. You name it; we are always soaking it up, sucking it in, and molding ourselves to fit the paradigms, the rules, the religions, the ideas, the concepts of everything around us instead of living simply from the Core Self.

Unfortunately, these "teachers" may not be living a balanced life themselves, and so, without realizing the damage they do, they pass on their own paradigms and beliefs so that the next generation will "know" not only how to act in society but also how to view Self and Others.

If we all grew up in a society that taught the principles in this book, we would have a very different view of Self than what the general population understands to be Self. If you were

born to a mother who believed in her own Soul and the power of the Soul, you will probably go on to live a fairly balanced life. That is, if you are strong enough to pay more attention to your Soul than to what other people tell you about yourself. But most of us are born into families that hold onto belief systems that go back for centuries, evolving over time, but always making a similar mistake in human development. Most of us develop along a trend that tells us the opposite of what we should believe about Self. Whether this development comes from old religious paradigms or familial teachings or peer pressure, we begin to develop **away** from the Soul, away from our true path in life. For example, as a child, one of your teachers may have told you that your true path in life was to be an educator, while your Soul was telling you that you are supposed to be a ballet dancer who travels the world. Instead of following the tug of your heart, you play it safe and heed the teacher's advice.

Instead of living an authentic life, as we grow into adulthood, we begin to live a life of paradigms and false beliefs. We build a foundation on top of these false beliefs and paradigms that we gathered over the years from these different experiences and these different people in our lives. Unfortunately, building a foundation on a false belief makes us wobble through life, never quite knowing who we are or how we fit in, and never really finding our true power center. It becomes a life of imbalance rather than a life **in** balance.

You are never alone. Even when you feel like you are at the bottom, wallowing in the worst possible scenario of life, you are not alone. Your Soul is always there, always offering guidance, and always giving you the gift of Universal Love. This understanding is one of the most powerful concepts you will ever have throughout your life.

You always have You to lean on. The dualistic part of You, the Soul part of you, the Core You. That part of you that is never wrong and never motivated by anything but the Love of the God Source.

Now, how do we get from the chaos of life to the personal power unit that you need to be in order to have a better, happier, more peaceful life?

We begin with understanding how we arrived at the chaos of life in the first place. We simply learned life the wrong way. Now let's learn life the right way.

Personal Power Concepts

Personal Power. Almost everyone has heard of this concept. From spirituality to life coaching to psychology, personal power has been discussed all across the board. But what is personal power? Well, it's somewhat difficult to describe. You could liken it to a sort of core unit that keeps you directed, motivated, happy, focused, and balanced. When that core unit of personal power is off kilter, your motivation plummets, your focus declines, your happiness is undermined, and your life goes into a state of imbalance. I call it being pulled off center. Just like your mind, your will, and your emotions, personal power doesn't reside in any particular location, but you can measure how much personal power you have by how you feel about Self. You always know that your personal power is in a state of decline by how much chaos is in your life, by how misdirected you feel, and by how bad you feel about yourself. Conversely, you can bet that your personal power tank is full when you are focused, directed, determined, motivated, happy, and feeling good about yourself.

Understanding personal power and guarding your personal power is so important because how much personal power you have determines your success in every area of life, from relationships to career to recreational time. If you are constantly giving away your personal power, you won't have the guts to chase success. You won't even feel worthy of success. And you will be afraid of making even basic decisions in life.

Our personal power can be drained from us in seemingly harmless ways, or it can be drained from us in big, obvious ways. To give you an example of having your personal power pulled off center from a seemingly harmless source, we will use social media as a backdrop. Angie has a social media account. On the surface, this social media activity seems very positive. She's been able to use this social media account to reconnect with some old high school friends and acquaintances. But little bit by little bit, this online social activity begins to undermine her personal power core. Here's how. Cynthia, a longtime friend of Angie's is constantly commenting on another woman's social page, but she rarely posts anything in response to Angie. Angie feels somewhat dismissed or inconsequential, because she's known Cynthia for so many years, and she doesn't understand why Cynthia ignores her on this social media outlet. Cynthia's behavior hurts Angie. But Cynthia is only one spoke in the wheel.

Blythe is an old friend from high school, with whom Angie has only recently connected. On the same social media outlet, Blythe makes a remark to a third party about how Angie was a dork back in high school. Angie tries to ignore the comment, but it stays with her for days. Meanwhile, yet another spoke in this wheel, Anna, a co-worker, is also sharing the same social media outlet. One day, Angie notices a post from Anna inviting a fellow co-worker to lunch. Angie is surprised because Anna and Angie have always gotten along well, whereas Anna always acted like she didn't like the other co-worker. Anna and Angie used to have lunch

together nearly every work day, but now Anna and the co-worker are lunching together on a regular basis. Angie feels misled and lied to. The pileup of negative emotions from these three sore spots are beginning to wear on Angie. Little bit by little bit, Angie is starting to feel offended, dismissed, ignored, and disliked. What seemed like a positive outlet has now become a point of contention, effectively de-powering Angie's Core Personal Power unit and making her feel deflated. In just a few short months, Angie's perception of Self has taken a nosedive, and she begins to question her friendships, her choices, and even her own intuition. She retreats from the world and becomes quiet, unwilling to interact with her co-workers. This reactive behavior causes the workplace to be pulled off balance and divides Angie from the rest of the pack, which in turn compounds Angie's feelings of suddenly being unwanted and disliked. All because of the comments people made within the pages of this online social community.

By this time, Angie is feeling depressed, lonely, and she doesn't trust that her friends are being genuine with her. She has allowed the actions of others to pull her off center, and in doing so she has given away bits and pieces of her personal power.

Being personally empowered means that you know who you are at the core, you respect, love, and appreciate yourSelf. You are motivated and forward thinking. You have a healthy amount of ambition. You look forward to each new day. You enjoy life. You know other people love and respect you. You focus on the positive things in life. You trust your intuition. Even when facing obstacles, you maintain a positive outlook and a strong belief that all will be well in the long run. Challenges do not cripple you; they only slow you down a bit. You seek out relationships with like-minded people, and you don't allow other people to define who you are at the core.

You might assume that women are most susceptible to having their personal power unit leached. Not so. Men are just as susceptible, but men don't talk about these issues as much as women do, and men tend to move on to other things much easier and much quicker than women do.

Personal power is so important to the ego side of us and so important in maintaining a positive outlook on life in general. Having said that, personal power is not about ego. It's not about being self-important. Personal power is much more subtle and has no negative connotations. Personal power is more of a continuous stream of feedback, or energy if you will, that is vitally connected to your emotional state of being. A state of mind that drives your perception of Self. If that perception of Self becomes negative, your life becomes a chaotic mess. It's important to learn how important your Personal Core Power unit is to your daily life and your perception of Self. And it's important to know how you give away that personal power, usually on a daily basis, without even realizing you are doing so.

I discuss the varying aspects of the ego in my book *A World Without Color*. I'm not one to want to crush the ego into oblivion. The ego is not a negative thing. In fact, certain aspects of the ego are necessary to our daily existence. That is not to say that egomania is desirable. Certainly not. But what is desirable is a healthy ego, what I call the Centered Ego. In my book *A World Without Color*, I discuss in more depth about how the Irrational Ego pulls us off center, and this in turn destabilizes our personal power. When we allow the Irrational Ego to expand and grow, we can't make clear decisions about our life. And this is precisely what has happened to Angie by allowing the people in her online social group to get under her skin. The Irrational Ego has overpowered the Rational Ego and undermined her personal power, which in

turn degrades her perception of Self. The positive perception of Self comes from the Centered Ego. When you are operating from the Centered Ego, you know who you are at the core, you trust your intuition, you believe in yourself and your abilities, and you have a healthy outlook on life. Now perhaps you can see how the Centered Ego and personal power go hand-in-hand. So, in a sense, the Centered Ego is your core perception of Self and how you view the world around you in a positive way, and your personal power unit is the emotional state of mind that helps you thrive within that world.

We give away our personal power every day without even realizing we are doing so.

Some indications that your core power is being drained:

- ~ Feeling overly frustrated when faced with situations that don't warrant a high level of frustration.
- ~ Misdirected anger.
- ~ Feeling exhausted or tired.
- ~ Feeling hopeless.
- ~ Feeling like no one cares about you.
- ~ Feeling anxious.
- ~ Generalized depression.
- ~ Feeling overwhelmed.
- ~ Feeling like you have no direction or purpose in life.
- ~ Lack of interest in life.

Not only do we allow others to steal our core (personal) power, we also do it to ourselves in a myriad of ways. One of the ways we drain our own personal power is by self-criticism, self-blame, and inwardly directed anger. But it doesn't stop there. Being overly critical, judgmental, and non-accepting of others also drains our core power. Negative emotion in general, especially negative emotions that are non-directed or misdirected, always affect our inner peace, which in turn pulls us off center.

A focused individual maintains a healthy inner balance and a healthy core power. If someone is overly focused on what other people are doing, that is an indication that they are unhappy at the core and they are using projection of their emotions to mask their core unhappiness. If you are overly focused on what other people are doing, then you are less focused on your life and what you are doing. People who are overly focused on what other people do, think, or feel cannot maintain a healthy inner balance, and they tend to be overly critical and judgmental. In your search for personal balance, it's important that you learn to recognize where another human being might be at in their personal journey and what their emotional state is so that you can keep them in perspective. When you learn to keep the emotional state of a person in perspective, it helps you to maintain your core power without allowing them to drain you of your personal power. Learning these techniques offers you the advantage of being strong enough to make a personal choice. One part of that personal choice may be to walk away from the less balanced individual in order for you to maintain your inner peace. A second part of that choice, but no less important, is to recognize where they are at emotionally so that what they do and say does not affect you or pull you off center. These are

the two most powerful tools in your personal journey through life, and this understanding when put into practice will keep you centered, focused, and happy.

In *The Empowered Life: The Workbook*, I will outline ways that you can recognize when your personal power is being drained and some of the areas of your life that are most affected.

One of the first things an unhappy person will do, whether consciously or subconsciously, is to make sure that you are also unhappy. They do this by draining your personal power in a myriad of ways. They may criticize or judge you. They may be combative and confrontational, which always keeps you off balance because you are constantly trying to avoid or deflect their confrontational behavior. They may disagree with everything you say and never be able to maintain a two-way conversation with you. They may be overly demanding of your time, or jealous of your time spent with other friends. They may be critical of your spouse, parents, or children. They may demand an unreasonable degree of loyalty from you. They may be time stealers. They may badmouth you to mutual friends while being overly sweet to your face. And the list goes on.

If you are allowing any friends or relatives to emotionally drag you around with any of the abovementioned behavior then you may be a people-pleaser at heart. Or you may feel that it is your duty to put up with this sort of negative behavior because you haven't been taught any other way. You may also worry that if you were to challenge this behavior in a positive, focused way that benefits you that doing so somehow makes you a bad person. Not so. In fact, to set boundaries in order to maintain your core power helps you to become a more self-actualized, peaceful, happy person overall and therefore gives you the opportunity to move forward in life feeling less encumbered. In essence, you begin to live life more fully, and when you are living a fuller life, everyone around you benefits.

We will discuss in more depth how to get your personal power back in a later chapter. For now let's move on to the silent agreements we make.

The Agreements We Make

Signed, sealed, and delivered. We all understand the term agreement. We either agree with something someone says or we do not agree with something someone says. When a friend asks us to go to lunch, we either agree or we do not agree to go. When you and your spouse are facing a decision about a major move, you either agree to make the move or you do not agree to make the move. We all also understand what it means to sign a contract which binds us to an agreement made between two or more parties. For example, a lease agreement. These agreements we make in the physical, conscious world are easy to see and easy to understand. But what about the subconscious agreements we make? Those oh so subtle agreements that we aren't even aware we are making and yet they affect every aspect of our daily lives. What about those agreements?

These subconscious agreements underpin our conscious decisions and our self-perceptions. They mold us, guide us, and to a large degree stand in the gap between our success and our failure. Just like in the conscious world, make the wrong agreement and your life can teeter out of control. In order to be truly balanced and truly successful in life, we must all agree to look closely at the subconscious agreements we make because they are the key to how we navigate this physical world. Our subconscious agreements can be healthy or unhealthy. It's the unhealthy ones that we want to get rid of because these unhealthy subconscious agreements can dovetail with a loss of personal power. But uncovering these subconscious agreements can be tricky. We tend to cling to these subconscious agreements, whether they are healthy or unhealthy, and it takes an open mind and a willing heart to truly unearth our core agreements, our core beliefs, to cleanse and clear the Soul and get rid of the agreements and beliefs that are not good for us.

The desire to cling to a long held paradigm that may or may not be healthy is best shown in the example of religion. Now as some of you may already know by reading my book *A World Without Color*, religion is a sticking point for me. But what you are about to read is not a personal bias. It's a spiritual truth. The religion that we are born into forms many of our early paradigms about Self, the world around us, and the God that is supposedly beyond us. And sometimes those paradigms are a detriment.

One example of a subconscious agreement that all of us have made at some point in our lifetime is that of Self Blame. Self Blame on any level, whether conscious or subconscious can be a major hindrance in life and can sap you of personal power. Self Blame is one of the biggest concepts in life that keeps us in a state of imbalance and insecurity about Self and the world in general. And Self Blame can develop from some religious beliefs.

Let's take the old Baptist belief that God is a God of punishment. The notion that God is a God of punishment is all over the Bible. As the Israelites move into and conquer new territories, God seemingly goes before the chosen people and helps them to slaughter and conquer. Apparently, according to the Bible, God separates himself from us by degrees. For example, only priests were allowed to enter the temple. Anyone else being of less pure heart and coming so near to God might either get fried in their booties or bring havoc and punishment down upon themselves, their families, and their tribe, not to mention their flocks. These kinds of teachings can create deeply embedded and very powerful paradigms about Self that is anything but positive. For one thing, this punishing and separatist idea of God tells you that you are not worthy. Unfortunately, these teachings have been handed down through generations and have branched out into religions all over the world throughout time. **You are not worthy.** (Their words not mine.) This refrain repeats over and over and over again in so many forms within the religious mindset. One: You are not worthy to stand in the presence of God. Two: You must confess your sins to a priest, who is more worthy than you to deliver peace and forgiveness to your unworthy Soul. Three: You can never hope to achieve the perfection of Jesus Christ and must therefore accept Jesus as your personal savior in order to enter the kingdom of heaven.

Ahem! 'scuse me? You are in the kingdom of heaven every single second of your life. Your Soul connects you to your Source every minute of every day that you breathe life. Even Jesus taught this simple spiritual truth. Unfortunately, man's mind got hold of those teachings and twisted them into something that makes absolutely no sense, like the notion that this punishing form of God will find your Soul unworthy for any reason at all and fling you into hellfire itself.

Hell is a construct designed to scare the pants off you and make you be good. Unfortunately, the church has never really defined "good" in a way that you can grasp onto and realize in your own life. This leaves you floundering and wondering about yourSelf on a daily basis.

I don't despise religion per se. I despise some of the underlying tenets. I was raised Baptist. Baptists taught me fear and self-loathing, both of which I struggled to overcome for years. Wasted years. Years that I could have spent loving myself and seeing myself as the Soul within. When I grew up under the Baptist regime, I was terrified every day because I could never figure out 'just how good do I have to be in order not to go straight to hell?' Guess what this does? It drains you of your personal power. Why? Because you are questioning the very essence of your being. You are in effect questioning the goodness of your Soul. You are being self-critical without even knowing why, and you are creating a paradigm of Self Blame. In fact, you will most assuredly become a repeat offender of Self Blame. And you won't even know what you are blaming yourSelf for.

Self Blame dovetails into self punishment. And some forms of religion are big on self punishment. Once this paradigm is fully seated in your subconscious, you will believe that you are an unworthy Soul, and you may struggle to have any kind of personal security in life. You will always settle for less, you will end up feeling like you are living a lie as you cannot ever hope to live up to the standards of perfection, and your self esteem will most likely be at or near rock bottom throughout your lifetime.

God then becomes another form of self punishment as you struggle for a perfection no one can ever achieve. You may kneel in prayer begging for deliverance for your love of blue jeans

and earrings, stay in a horribly abusive and loveless marriage, and never stand up for yourself as you humbly turn the other cheek for everyone to slap. Don't forget, while Jesus was turning the other cheek, he was also flipping over money changer tables in the temple. (Or, at least, according to the Bible, he was turning his cheek and flipping tables.)

So, these religious beliefs become entrenched in such a way that you begin to believe that God will ultimately punish you for your sins. This cannot become truth for you unless you agree to it, and that agreement will become a part of your subconscious mind. It will become an agreement from which you automatically operate and from which you judge Self and Others. God then becomes a form of self punishment, and you will spend your life struggling against the self-criticism, the insecurity, the idea that you are unworthy while your Soul mourns the fact that you have agreed to believe in a God that punishes.

There is one sin in this world. And that sin is this: If you do not honor the Soul in every living thing, you dishonor Self and God.

Here's why this is the only sin in this world. When you honor the Soul in yourSelf and honor the Soul in every other living thing, essentially you are operating from a Soul State of Being. In this case, you will never cause any harm to anyone. You will always operate from a place of honesty and integrity. You will never cheat, steal, covet, lie, and you will never commit a murder. All bases are covered with this one spiritual truth. Simply honor the Soul in Self and every other living thing and you also honor God.

There is no God that punishes us. We punish Self in a myriad of ways by operating from belief systems that do not serve the greater good of Soul and humanity; by the way we navigate this world, by what we believe about Self and this world, and by how we see Life in general. Our paradigms can be healthy or harmful and, all too often, the subconscious agreements we make about Self and Life are unhealthy and just plain wrong.

Unfortunately, while you are learning to honor the Soul in yourSelf and Others, your neighbor may not be practicing the same spiritual truth, which means that you still have to learn to maintain a state of core balance in the midst of the challenges of the external world.

In order to create balance in our outward life, we have to create balance in our inward life. We have to sweep away all the old, out-dated paradigms that cause imbalance and learn to operate from a place of core balance. And in order to sweep away these old, outdated paradigms, we must first uncover the subconscious agreements we make in life and understand which ones are healthy and which ones are unhealthy. We must then learn to form healthy agreements based on what the Soul believes and knows about Self rather than basing our agreements on what Others have told us about Soul, God, and Self.

In addition to the paradigms that are formed by our early religious practices, there are a multitude of subconscious agreements that we make on a daily basis. For example, seventeen-year-old Terry has a dream. He wants to be a famous actor. He works hard at his craft, takes acting classes, and is involved with school plays. When he is on stage, Terry feels uplifted and empowered, which is a sure sign that he is following his true Soul Path in life. Somewhere down the road, Terry's fame may result in helping another Soul on their life path. But Terry's stepfather tells Terry daily that actors are gay and that Terry needs to get a real profession. Eventually, the constant harangue from his stepfather convinces Terry that he will never make it. Terry stops taking acting classes and quits the high school productions. He has just made a subconscious agreement that his stepfather is correct and that he would never make money

acting. There's a huge problem with this powerful subconscious agreement. Terry has now told his Soul what he wants in life. Terry has told his Soul to shut down any access he may have had to an acting career. Terry graduates high school and becomes a mechanic, leaving his childhood dream behind.

We have to be careful about what we subconsciously agree to. We must guard ourselves against anyone else forming our beliefs about ourSelf and our future. Psychologically, we can be fragile. It's so easy to get lazy and allow other people to form our paradigms. The subconscious mind is a powerful resource, but it can also be a powerful failing when we allow negative agreements to be formed.

Why do we do this? Why do we give away our personal power so readily?

One simple answer. Validation.

Not a single one of us on this planet is immune from seeking validation from others. The things we do on a regular basis in our attempts to maintain feelings of validation are phenomenal. We will literally throw ourselves under the bus trying to get validation from someone else, such as a father, a mother, a sibling, a spouse. This need for validation rules our lives. But what we don't understand is that validation from Others is shaky at best, given to change, and offers other people too much power over us emotionally.

We all operate from a set of core paradigms or beliefs about Self and the world around us. These paradigms shift and change as we grow and assimilate more information from our environment. Having a set of core beliefs is part of our makeup. Giving away our personal power is not. Would-be actor Terry is an example of someone who allowed his stepfather to erode his core beliefs about himself. Terry's stepfather changed his paradigm and made him believe that he was unworthy of success as an actor. Once that paradigm was changed, Terry began to operate from within that belief, and he gave up on his dream. He gave up on himself.

I hope you never give up on your dreams. Never give up on yourself.

But truly the only way that negative events or words can affect us is if we agree to allow it to affect us.

***Be mindful of the subconscious agreements you make
because those agreements tell your Soul what you want in life.***

End of Sample

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