

Step into your POWER

- Easier than you think

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- COACHING & MEDITATION -

Step into your power

It seems to be very confusing for many people to understand what our power is.

The fun fact is that is a part of us and from time to time we step into it our powers unconsciously.

Now with this exercise we will step into it everyday consciously.

WHY?

Because we **WHO we are determines WHAT we DO and HOW we do it.**

You have probably woken up after a good night sleep and felt like you can take on any challenge that day. That is the energy of a Warrior, the positive archetype of Solar Plexus. If you have noticed that all of the decisions you make and action you take is with this power and feeling.

This very different from if you are a servant who is trying to please everyone all the time. You are then always making decision and taking actions that you *think* will please others and make them happy.

1. Root Chakra (Muladhara):

- Positive Archetype: The Earth Mother/Father, symbolizing stability, security, and connection to the physical world.
- Negative Archetype: The Victim, representing fear, insecurity, and a sense of powerlessness.

2. Sacral Chakra (Swadhisthana):

- Positive Archetype: Queen / King, embodying passion, sensuality, welcomes gifts, abundance and good life
- Negative Archetype: Martyr, sacrifices everything because they think that is what a person should do. Don't deserve to be happy before sacrifice. representing self-sacrifice, co-dependency, and emotional manipulation.

3. Solar Plexus Chakra (Manipura):

- Positive Archetype: The Warrior, representing courage, confidence, and personal power.
- Negative Archetype: Servant, representing the people-pleaser, gives away the power to choose for themselves, other people's opinion is more important and don't feel confident enough to take responsibility.

4. Heart Chakra (Anahata):

- Positive Archetype: The Healer and Lover, embodying love, compassion, and empathy for others and for oneself.
- Negative Archetype: The imposter or actor, will act like a friend or someone who loves unconditionally, emotional manipulation for their own gain, only focused on being loved but can not truly love without conditions.



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5. Throat Chakra (Vishuddha):

- Positive Archetype: The Communicator, symbolizing authenticity, self-expression, and effective communication.
- Negative Archetype: The Silent One, embodying repression, dishonesty, and an inability to speak one's truth.

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6. Third Eye Chakra (Ajna):

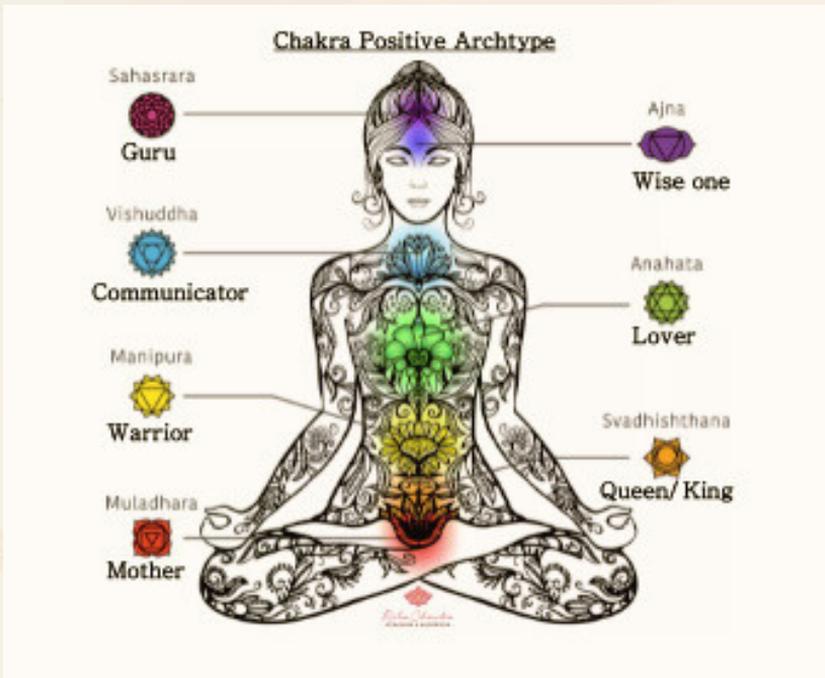
- Positive Archetype: The Wise Sage, representing intuition, insight, and spiritual awareness.
- Negative Archetype: The Intellectual one, confusion, bases their decisions only on the facts and information in the physical world, and a lack of clarity.

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7. Crown Chakra (Sahasrara):

- Positive Archetype: The Enlightened Being, embodying transcendence, spiritual enlightenment, and connection to the divine, understand that they are guided and protected in every action they make.
- Negative Archetype: The Skeptic or The Egotist, representing disbelief, cynicism, and a disconnection from spirituality, dominance, arrogance, and think they are in full control of everything.





Exercise 1: Check in with yourself

Check in with yourself on what you are feeling, thinking or which archetype are you at this moment.

If it is a positive one stay in it and if you can increase it. If it is a negative one then change it. Decide which one you want to feel and be and snap your fingers to change and believe, feel that you have taken that identity.

It might take a few times to practice that instant change, but just do it.

REMEMBER: YOUR ACTIONS ARE DETERMINED BY THE STATE YOU ARE IN.

If you want positive results of your actions you need to identify with a positive archetype.

When I am checking my power i start at the root chakra.
I ask myself: Do I feel like a mother/ father to myself today?

What does that mean ?

Do I feel like I can protect myself as if I would have protected my children?

Do I feel the motherly love towards myself as I feel towards my children? Would I make healthy and good choices for myself today?

I actually had to force myself to do all of these things for myself and honestly it really felt good. It made my family happy to see me taking care of myself. It inspired them.

I now say “I love you” to myself when I go to sleep, because I always say that to my children.

Then I check with Sacral chakra and ask do I feel like a Queen today?

I straighten my back and get ready to get all the abundance, money, gifts and happiness for being the Queen in my own life.

For Solar Plexus I ask do I feel like a warrior who will take on any challenge in business or life with grace and smile. If I dont feel like it I try to get ready for anything. Make the uncomfortable phone calls, paying bills or making strategies for how to achieve my goals.

When I come to my Heart chakra I know I am a loving person, so I dont need to ask. I just feel love for everyone and I feel loved.

When I am checking my power for the Trout chakra I make sure that I am able to say my truth internally first. I want to make sure that it feels right before I start speaking or communicating. If something is bothering me I do express it and make sure that I am explaining myself and not hurting others deliberately.

For my Third Eye power I have worked with my intuition for a long time. I just say “hey” and make sure I am listening.

If I feel connected to the divine energy I know that I am not alone. What ever happens will be for the best for everyone, even if I can not see it or like it. I need to trust that I am protected.

Now that I have done this for many years I can get a easy check done withing 1 minutt. But when I started with this it usually took me 4-5 minutt.

I also use to do it 3 times a day. Now I do it constantly.

If something happens and I am pushed into a negative archetype. I might unconsciously stay there and make decisions and communicate my hurt, discomfort or disbelief I lose my eyes for a few seconds and take a few beep breaths and start checking.

Exercise 2: Give the positive archetypes a name

It might seem stupid but when you give the power, energy, the feeling a name you can call upon it anytime and anywhere.

I would recommend not to use the name of people you know and are living.

1. Mother / Father: _____
2. Queen / King : _____
3. Warrior: _____
4. Lover / healer: _____
5. Communicator: _____
6. Wise Sage: _____
7. Guru: _____

One name for them all: _____

Expected results:

It will take 3-4 weeks practice (everyday) before it becomes a habit and you dont even have to think about doing it. You will just automatically check in with yourself.

When you are acting from the empowered state your every move will bring better and wanted results. The ripple effect is that more people around will consciously or unconsciously copy you. With people stepping into their power you now have an amazing community of powerful people.



The change starts with you.

Looking forward to see you Stepping into your power!