

Sacred INTERRUPTION  
presents...

# Blueprint for a More Empowered You

## 5 Steps to claiming your power

Understand your worth

Be clear with  
your words

Respect your body,  
heart & mind

Claim your  
interdependence

Create your  
inner council

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### Understand your worth

Do you believe you are worthy? Cultivating your Inner Warrior begins here - At the gateway to knowing and believing in your own inherent worth. Think of all main aspects of your life: - Career, Relationships, Parenthood, Creativity, Self-Expression, Adventuring/Fun, Wealth, Mental Capacity, Sexuality, Love.

Pause for a moment and ask yourself, "Do I feel unworthy of greatness in any of these areas?"

You may be feeling worthy and capable in most areas, but one or two continue to cause you to doubt yourself. These are the areas to focus on. Real balance in life can only truly come when all aspects of what makes up your life are in balance. None are neglected. The neglected ones are the ones where the shadows and unresolved pain live.

Choose one area that is particularly troublesome to you. For example - Intimate partner relationships. Imagine that you are worthy of attracting the kind of relationship that is nurturing and fulfilling and co-creative, or worthy of your current relationship reflecting these qualities. See yourself as that person - the one that believes they are worthy of that kind of love. How would a person worthy of such love show up in relationships? How do they speak about themselves? What kind of lover/partner do they deem themselves worthy of? What qualities are true about them AND their partner that reflect this knowing?

What is important to note in this discussion is that it is very difficult to create the life you want or relationship you desire, if you are not willing to become the kind of person that lives that life. With each breath you take. I like to build a picture of this thing I desire and the kind of person who lives and breathes this life, and then let my daily choices reflect this image. Am I choosing to be this person with the decisions and actions of my life?

It's a powerful process to be sure...deciding to be the person you are worthy of being...one worth going down, rest assured.

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### ★ Respect your Body, Heart & Mind

Know the capacities you have in this body you're in and within your heart and your mind. The better you know yourself, the easier it is to communicate to others when enough is enough.

When was the last time you said "No" to helping out a friend just because your body needed rest, nutrition, or kindness? This isn't about no longer being in service - it's about listening to the subtle needs of your body and mind and heart and putting these needs first and foremost in your awareness.

It's about being in service to all of you. And in doing so, you prepare yourself, through self-love and personal mastery to be the best, kindest, most willing, capable version of you. Mastery takes patience, perseverance and loving self-care. Are you willing?

There's quite a stigma these days about self-love and self-care. It's often confused with selfishness. There's nothing selfish about refueling your own tank before giving of yourself to another. What ways does your tank require refueling? Are you listening? When you get an intuitive nudge to tend to your own needs, what beliefs surface subconsciously at first? There may be beliefs about this not being loving, or you wouldn't be caring for others in the 'right' way, or you're not a 'good person' if you don't give to others ceaselessly. These are ALL PROGRAMS from your past. The best way to be the highest version of yourself, with the most energy and resources to share with others, is to put your needs first. It's amazing how much extra there is in the end.

### ★ Create your inner council

Creating your Inner Council is about shedding toxic relationships and nurturing the kind of relationships that are truly respectful of your desires, needs and wants. Imagine a large circle around you. It consists of everyone in your life. Now imagine a smaller circle closely surrounding you - this is your Inner Council. It may only consist of 2 or 3 people. These are the people that you can count on to stand in the fire with you. These are the sisters/brothers/siblings that will listen without judgement, that will hold you when you need to cry, that will be there by your side through life's struggles. If you don't yet have these kind of siblings, now is a good time to create your Inner Council. Spend time with those who carry these qualities. Nurture these relationships. It is one of the most powerful gifts you can give yourself.

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### ★ Claim your independence

You are an autonomous, capable being, of great strength and infinite wisdom.

Do you believe this?

Contemplate all the times in your life when you have really shown up for YOU. If this isn't an experience you're familiar with, imagine what it might look like to show up for yourself. When you're feeling low, can you become your best supporter? When you're questioning your capacities, can you be the one to remind yourself that you are a strong and capable human?

Where in you does this FIERCELY INDEPENDENT SELF live? That one that believes in you no matter what? Find this part. Feel it. It will be your rock, your cheerleader, your forever support. It lives in you and is accessible by you always.

### ★ Clarity of Words

There are so many folks who say one thing and mean something completely different. I know, I know, I've done this myself on occasion. We were born and raised in this modern society to be the 'nice person', to be a 'good human', to not rock the boat or make someone uncomfortable by our words, thoughts or actions.

What this has caused in a flat-out 'nice/good person' epidemic - where the real emotions, need, wants, ways to express ourselves are often put into hiding so that we become more pleasing to those around us. Read that again.

What are you hiding or not saying, in order to be more palatable to others?

Clarity with our language is about cleaning up our hidden agendas, recognizing when we're being manipulative, and owning these transgressions as our own. Then when we communicate with another from this place, our wants, needs and desires come out clearly. We speak truth from this place.

We're not being sarcastic because we've been hurt and want someone else to hurt as well, or being deceitful to gain someone's love - we can express our wants and needs CLEARLY and CONCISELY so that everyone around us is aware of any agenda (including ourselves). So take a moment to think of the ways you've used words and language to manipulate a person or situation, or hidden what you were really feeling so that you would be accepted by others. What is it you really wanted from that situation? How can you communicate that need in the future so that it's understood by others? Clarity of words = integrity of character.

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### Final words...

In Conclusion, give yourself permission to be the kind of person YOU are choosing to be. There are so many ways we, as human, have been taught to be less than, to not shine too brightly, to keep our gifts on the down-low, to be quiet, to not be seen.

This is no longer the time to be small.

Your smallness isn't serving the current state of the world. Your voice, your power, your light, your fierceness - are ALL NEEDED if we are to transcend into the next stage of human evolution. And YOU are a part of the evolution.

In the inspiring words of Marianne Williamson:

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be?

You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear,  
our presence automatically liberates others.

Go ahead, liberate yourself.

If these words have inspired you in some way and you're curious about how to develop tools of liberation, self-empowerment and ecstatic living, contact the Sacred Interruption team. We may just have an event happening hear you!

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Reach out!

Hey there it's Nathalie here, of the team members from Sacred Interruption.

Did you find this helpful?

Would you like to dive deeper into Shadow Work and get to the root of whatever is preventing your fully empowered self from emerging?

Send me a message by clicking "[here](#)" and include the words "Empowered" to get started on your very own step-by-step game plan to unlock the most powerful version of yourself and overcome the obstacles in your way.

If you haven't yet joined the Shadow Work Foundations private Facebook group, where we're posting all the juicy bits, inner teachings, eBooks, guides and whatever other creative teaching tool we come up with, [here's the link!](#) Come on in!

Our Next Shadow Work Event can be found by clicking "[here](#)".

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