

**Habit 1: Take Back Your Own Personal Power
Through mindfulness, meditation, and visualization**



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Habit Number 1: Practice Taking Back (or staying in)

Your Own Personal Power

Similar to how I described that some of us have taken in more garbage into our subconscious (our mental and emotional states) than others, so too is it similar when it comes to thinking about how much (and how often) someone does (or does not) hand over their own personal power either to another physical person or to some other negative emotions like fear, guilt, shame, insecurity, anger, jealousy, etc. . Daily Habit number one will be to practice taking back our own personal power through mindfulness, meditation and visualization. Let's see what the difference is between each one.

Mindfulness:

What it is: The ability to let your thoughts come and go like clouds passing by in the sky in order to not get stuck perseveration upon just one, which could get you caught in a thought loop and take you away from being able to live in the present moment.

When to Practice it: Throughout the day, as much as possible.

When you find yourself getting stuck hanging onto on thought:

1. Picture it like a kite, and let go of the string.
2. If that doesn't work Google or Youtube search:
3 Minute Mindfulness Meditation.

Listen and try going about your day again.

Meditation :

What it is: There are many definitions for mediation. For me, it is the next step beyond mindfulness. If mindfulness is the ability to let thoughts come and go like clouds in the sky, meditation is the ability to let as many thoughts go as possible. I also have come to see and experience it like tuning an instrument. Our bodies are anywhere from 60-70% water, and when we take in sounds and vibrations into our ears, that water creates certain patterns. Just Google Water Sound Experiment, or Resonance Experiment to see exactly what I'm talking about. Therefore to me, the easiest form of meditation has been to find a certain hertz sound frequency mediation and listen to it while falling asleep in order to tune my body.

When to Practice it: Throughout the day while you are working and/or at night just before you go to bed.

1. Look at the Vibration States Reference Guide on the next page.
2. Find what you are feeling, and how you want to feel instead.
3. Choose the color and sound frequency that matches the desired state.
4. Google or Youtube that sound frequency with the word "mediation."
5. Listen as long as you like.

Vibrational States Reference Guide

Number	Color	Sound Frequency	Body Parts Affected		Negative State	Positive State
1	Red	G: 392 - 397 hz	Legs & Digestive track	Sense of security and grounding	Stubborn, selfish, undisciplined	Independent, leadership, drive, focused, masculine, courageous.
2	Orange	A: 398 - 440 hz	Sexual organs, large intestine, lower vertebrae, pelvis, hip area, bladder appendix	Creative and sexual abilities as well as financial security	Spoiled, lazy, careless, over sensitive.	Sensitive, tactful. Cooperative, peace, feminine, sensual, creative, intuitive.
3	Yellow	B: 441 - 464 hz	Abdomen, stomach, upper intestine, adrenal glands, middle spine, liver, gallbladder, spleen	Self Esteem, Ambition, Drive, Courage	Vain, egotistical, hypocritical, impatient, superficial	Imaginative, expressive, artistic, tolerant, joy-filled, youthful
4	Green	C: 465 - 531 hz	Heart & circulatory system, lungs, shoulders & arms, ribs & breasts, diaphragm, thymus	Emotions, love, forgiveness, the ability to heal.	Boring, lack of imagination or emotions, socially awkward.	Disciplined, strong, stable, dependable, down to earth, trustworthy, conscientious,
5	Blue	D: 532 - 598 hz	Throat, thyroid, trachea, neck vertebrae, mouth, teeth & gums, oesophagus, parathyroid, hypothalamus	Choice, communication, and self expression	Unstable, chaotic, self-indulgent, careless, easily addicted	Energetic, social, freedom-loving, flexible, curious, worldly

6	Purple	E: 599 - 659 hz	Eyes, ears, nose, brain & neurological system, pituitary & pineal glands	Ability to see truth and wisdom without judgement - live in the now.	Anxious, worried, overly conservative, emotionally unstable	Responsible, loving, protective, sympathetic, compassionate, healer, teacher
7	Ultra Violet	700 - 799 hz	Central nervous system, muscular system, the skin	Trust, faith, unity "We are all related through a universal force or energy"	Aloof, distant, socially awkward	Spiritual, focused, intelligent, introspective, wisdom, persevering,
8	Black	800 - 899 hz	Emotions - the things we feel about what we have seen or experienced	Subconscious - that what we can not see. Memories we have stored away. Things we put to sleep.	Cruel, insensitive, bullyish, greedy, intolerant and/or afraid and anxious	Authoritative, successful, realistic, discerning, courageous
9	Pink	900 - 999 hz	Our feelings and attitudes on how we feel about ourselves and others.	The ME in WE.	Egocentric, arrogant, self-pity, cold, unstable	compassionate, sophisticated, generous, romantic, cooperative
10	transparent	Ability to hear each sound clearly - not misinterpret it for another.	Ability to see a situation unconditionally and nonjudgmentally - clearly.	God force - no time, no space, No matter (antimatter), energy, spirit	Clouded thinking and thoughts, judgemental, conditional	Clear thinking, non judgemental, unconditional
11	White	All sounds and colors unified	Conscious - that what we can see. What we have awakened.	1 + 1 = 2 Male, female Ego and spirit balance	Competitive, dividing, rejecting	Cooperative, unifying, accepting
12	Lacking light and color	No sound	Empty - no feeling, zero point.	Cosmic order - balance	Apathetic	Balanced and at peace

Visualization:

What it is: The ability to experience your thoughts as an imagined character or movie that is playing in your mind, and then changing out characters, editing the movie, and flipping the script in your mind in order to create a new more positive story in your mind.

Purpose: To literally rewire your brain. Similar to practicing a specific exercise routine, or diet in order to improve physical health. Practice rewiring your brain leads to improved mental and emotional health.

When to Practice it: Whenever you experience a negative interaction, or as you go to sleep each night.

I first started hearing about this technique under the term of “shadow clearing.” The basic idea was to “face your fear,” which included (more often than not) mentally, and emotionally, having to relive the trauma. This is what I think a lot of people may think of when they consider taking back their own personal power. I also think this is why many (rightly so) do not wish to attempt it. Yet I found a simple technique that made taking back my own personal power so much less traumatic.

The Steps:

- Get into a comfortable position.
- Close your eyes.
- Tell yourself that you are safe.
- Picture yourself as if you are in a movie theater either watching your day or going back in time to when you had a negative and/or traumatic experience.
- Remind yourself that you are safe. You are not in that moment, you are simply watching the moment, but like someone who is watching a movie, you may begin to feel emotions as you watch your movie. If it makes you feel more safe, have someone you trust sit next to you and hold you while you are going through your visualization. Or imagine a guardian angel around you protecting you while you are going through this rewriting process.
- As you watch the movie, you are going to delete the scenes and experiences you didn't like as objectively as possible. For if you show anger or negative emotions to the one you are trying to rewire/reprogram into something better it will act like a wounded animal that is trying to protect itself and will attack and/or become bigger and scarier in your mind. So treat it like a wounded animal. Tell it it's okay. You are not "killing it," but taming it - giving it what you should have given it before: acceptance, encouragement, compassion, etc.
- You could even visualize being a magician where you are transforming it from the negative emotion into the positive emotion or pretending like you are updating software on a computer or phone, or whatever other analogue works for you.
- Then you are going to replay the new script, the new movie, the new upgrade over and over and over again until you fall asleep or become unfocused.

Note: This may take more than one session. The pain, fear, or negative emotion will keep popping up until you have applied the fix and have done so consistently. But also notice how this technique does not involve reliving the trauma, fear, or pain, but rather deals with it in a logical, compassionate way. And as you begin to treat those experiences that way, so too will you also begin to treat yourself with more compassion and kindness, forgiveness and favor. For more guided visualizations, please visit my Youtube channel and pick the visualization that you'd most like to work on: rewriting fear, guilt, insecurities, anger, or jealousy. You can also Google "Letting Go ofGuided Meditation" to see what other resources are available as well.