

A person is performing a handstand against a bright, sunburst background. The person is in the center, with their arms extended upwards and legs bent. The background is a bright yellow and white sunburst pattern radiating from the center, set against a blue sky. The text is overlaid on the image in a bold, blue, sans-serif font with a yellow outline.

WELCOME TO

YOUR

POWER

EXERCISES

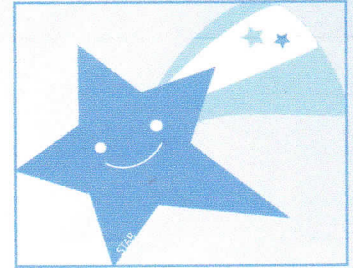
WELCOME TO THE POWER EXERCISES

By saying "YES" to this program you have said "YES" to
Remembering your inherent POWER within

This Power Exercise Program will take you through eight "UNIT E'S"
of owning your Power which you will receive every **6 weeks**

They consist of:

- 1 Accessing
- 2 Grounding
- 3 Building
- 4 Expanding
- 5 Creating
- 6 Delivering
- 7 Holding
- 8 Intensifying



Each **UNITE** will be broken down into:

Physical

Emotional

Spiritual

This breakdown will support you more completely moving into your **POWER**
The power concept that we will be focusing in this **FIRST** Power Exercise is

ACCESSING

A couple of helpful tips before you begin . . .

- *Notice the **spacing of words** . . . and give yourself plenty of time and space so you can really experience the energy behind them
- ***Breathing is Key** to moving and shifting energy in the body . . . pay attention to the breathes suggested
- *Each **UNITE** comes with a "**POWER DOOR**" which will amplify the energy of the exercise
- *Make this a priority for **YOU!** There is suggested times to do each one
- *Most importantly - **Honor You through this process!**

1 PHYSICAL ACCESS

FIRST POWER EXERCISES

Sit Head tilted back
Eyes Closed
Feet Close together
Your palms resting on the top of your thighs

Take 3 anchoring breaths in mouth out nose

* pay attention to how this is spaced say it like it is written— You might find it

Helpful to breathe in between the lines— Remember breath moves energy

And for the best accessing you want to have the power move everywhere

Say: Power is an energetic expression of (take 1 Breaths)

up to A physical experience of (take 1 Breaths)

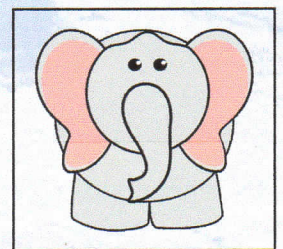
7 x's An emotional and spiritual expansion of

REMEMBERING

(take 3 Breaths)

I find that after each line taking a breath helps to anchor the power ACCESS

Do only one time a week in weeks 1 to 3



* This exercise opens up old pathways to **KNEW Power**

Power that you have always had and now call to the forefront

ACCESSING

- II Sit Your back fully supported head level
Eyes Open
Feet Together
Hands Resting on top of thighs palms up

Place **CORE I DOOR** word side up under feet top facing forward

Take 3 deep anchoring breaths in nose out mouth

*Pay attention to how this is spaced say it like it is written emphasize underlined

*You might find it helpful to breathe 3-5 times in nose out mouth after each line

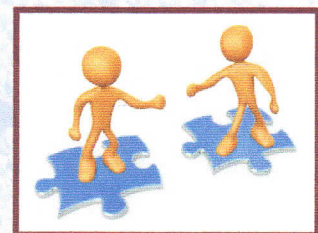
And before you start to repeat the statements

*Remember breath moves energy for the best accessing you want to have the power move **EVERYWHERE**

Say: My power BACKS ME UP (Breathe 3 x's)
repeat
3x's My power BACKS ME UP (Breathe 3 x's)
My power BACKS ME UP Breathe 3 x's)

Sit and Breathe 3-8 times to integrate

DO 2 times a week in weeks 1-3



III

Sit **Your chin level**
Eyes **Open**
Arms **At side**
Feet **Fairly far apart**

Take 4 anchoring breaths in nose out mouth

Bring your palms up to rest on top of thighs

Draw a **1 on top of each thigh start at your knee
do both thighs at once**

**Breathe into this paper which you will have placed
word side up between your feet let the saying below support
you if want you can focus on a word**

SAY:

I lift my power to the Heavens

I ground my power into the EARTH

This is a rite of my BIRTH



We recommend that you do this for at least 4 minutes

Do this 1 to 2 times a week in weeks 1 to 3

1 EMOTIONAL

FIRST POWER EXERCISES

I Sit Head tilted back
Feet Slightly apart

*Optional to use the **CORE I DOOR** for increased energy movement and emotional **LIFT** Place the **CORE I DOOR** word side down under your chair

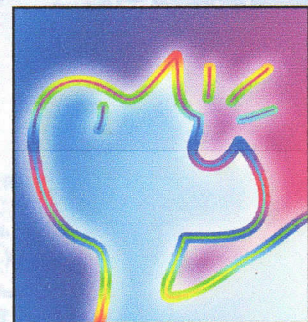
Take **4** anchoring breaths in nose out mouth

Make a toning sound (taking a deep breathe in and allowing whatever sound is there) repeatedly for **4** minutes

Sit quietly and breathe for another 2 minutes to anchor the

REMEMBERED POWER IN YOUR VOICE

Do this up to **2** times a weeks 1 to 3



I

Sit Looking straight ahead
Eyes Open
Feet Apart arms resting at side

Take 4 ANCHORING breaths in nose out mouth

Say:

Anything

that
was
in

the
Place

of

TRUE

POWER

Repeat
3 Xs



Take 3 breaths I n nose out mouth
Bring your right arm up

I now push ASIDE

As you say this move your right arm forcefully out to the side

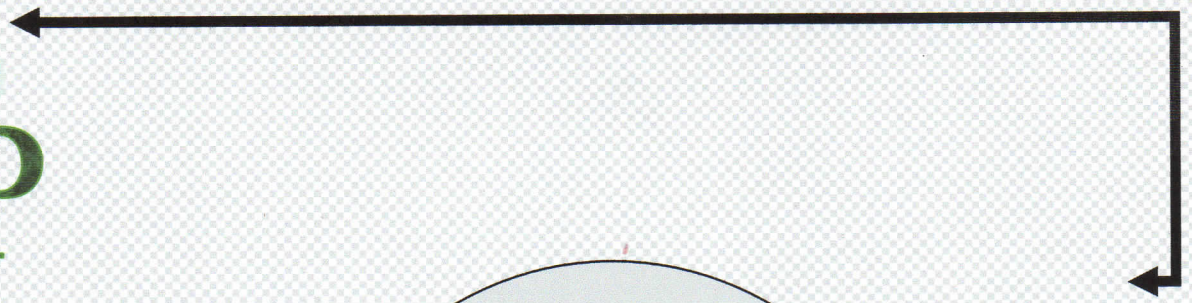
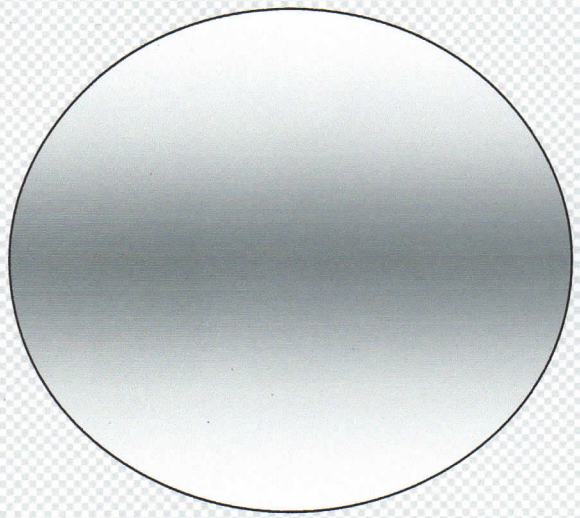
Return your arm to your side and Take 4 integrating breaths
in nose out mouth

*To experience additional SPIRITUAL SHIFT place the CORE I DOOR on the floor at the left side of the chair words up will move more energy words down will ground more energy

DO 2 Times a week in weeks 4-6

ACCESSING

FULL



P
O
W
E
R

