

Spiritual Empowerment

You have to go on that *journey* to find out who and what you truly are on the inside. One of the greatest discoveries that any human can embrace is a sense of who they are and once coming to the sense of who they are, then it is an ever life changing moment. The powerful moment changes how you perceive yourself, others and the world around you and yet, what's even more powerful is knowing that life is bigger than you could ever imagine.

With spiritual empowerment, you strengthen your relationship connection with your very own inner being and strengthen your connection to the nature of the hierarchy. On the spiritual journey, you'll learn about meditation, enlightenment, love, peace, war, relationships, your mind, and so much more life changing content in this series.

You will need two things to get through this series;

1. The Power of Now by Eckhart Tolle
2. A personal Journal or notepad (Optional)

Take your time with this bit of content and allow your inner being to digest what's being taking in so it can be made sense of. There's no need to try and finish the book off in a day or a week and in fact, there's going to be times where you have to read only a section or a page and perhaps other times, you may have to read a full section.

The most important thing is to have fun but also be serious and open with learning from a different perspective. There's nothing wrong with allowing yourself to be lost and then gaining new insight only to have grown in a more fulfilling way. That's change for you and I believe that it's most definitely worth your time and energy and by the end of it, you'll be in a completely new state of mind.

Activity/Exercise:

After you've finished reading the book, just for yourself is to write down what are ways that the book has changed your views, mind and grown your spirit. This is just a simple way of reflecting and reiterating the most import life changing experiences that help you into becoming your greatest version. On the next page, write down a maximum of 5 experiences or content that led you to change.

1.

2.

3.

4.

5.

Note: Going on a spiritual journey is powerful and yet an amazing way to come to a sense of who you are. When you've connected with your spirit and the nature of the Creator, it's okay to not know how it works but you know that it is there for you and will never leave your presence. You come to know the most important and vital elements not from others but for and from yourself. You develop a strong sense of awareness and also build a relationship with yourself in which that's also important as well. Again, going on a spiritual journey is powerful so why not take it? After all, what do you have to lose? Think about it...

Thank you