

WELCOME TO

EMPOWERED LIVING

- Get the tools - do the work - transform your life -

If you are here today with me, there is a good chance that you are currently struggling with negative thoughts, fears, anxiety, a feeling of being stuck or even self-sabotaging. If that's the case, then this is your chance to start taking the director role in your life. In this course you will get new and powerful ideas and applicable tools on how to radically accept whatever is present and work your way from there, using obstacles to grow and get stronger rather than feel stopped and hindered (like you would use weights at the gym to get stronger).

If you have visions, ideas, dreams for yourself & the world, but you can't really get them started yet, then you will have the chance in this course to start making them a reality.

Are you ready for this?

Let's do it

But let us first look at a few things to make sure that this is the right course for you.

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Think about the following questions for a moment and write down your thoughts:

1. WHAT do I want to improve in my life? (what category of your life needs change?)

2. WHY do I seek change? (is the reason based on fear or love)

3. WHERE do I want to go/ be? (it is not physical places we are talking here)

4. WHO do I want to be? (Who am I and why do I feel the need to change/improve?)

5. HOW would I like to contribute to the human race/ community & the planet I call my home? (How will others benefit from your change?)

So even though we are going to use the practice of visualization and meditation, this is not a meditation course in any way. This is a course for those who want to go full in, who are willing to go deep and get dirty.

Look, the word "meditation" has been as over and misused as the word "Yoga". Many believe that in order to meditate one has to be able to sit rigidly still for hours and be able to shut the constant stream of thoughts in one's brain completely down, so that they can be empty. But

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this is not what we are aiming for here. There are hundreds of different nuances and shades of meditation out there.

The goal of meditation (and yoga by the way) is to explore the self, discover the hidden powers within and from that place then reconnecting with all there is around us, so that eventually we can realize that we are all one. One big organism. Yet everyone has their very own gift to share. Learn to understand that everything that exists in the external world is a reflection of what is present inside of you.

"Remember who you are and recreate yourself anew in each golden moment of NOW, in the next grandest version of the greatest vision that you ever held about who you are. There for you have to look within to really know who you are" -Neil Donald Walsch

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THE METHOD

The 6 Phase Meditation

by Vishen Lakhiani

This course is based on the 6 phase meditation by Vishen Lakhiani founder of Mindvalley, an online study platform for personal growth and author of the bestselling book "The code to the extraordinary mind". As I went through his book and his courses I have found great value in them. The ideas and concepts that he shared were really powerful. Yet here and there something felt not quite correct for me. So I kept on searching and tweaking until I made it work for myself. And the result of that is what I want to share with you in the course of this program.

Please understand that these are essential tools and skills to have, once you have those in your possession nobody can ever take it away from you anymore and you can work and refine them everyday, anywhere, at any time.

The idea of the six phase meditation as developed by Vishen Lakhiani, is to eventually give you a short 20-30min visualization that incorporates all tools and techniques in one go. To remind your subconscious of what is relevant to you on a daily basis. But before this can have the transformative power that it holds, it is important to learn about the different tools in more detail first and dive deeper into each of them. And that is what we are going to do together in this course..

What will I get from this?

- A set of tools and techniques so that you can practice the skills in your everyday life any time. 100% self-empowered. These tools will help you master pretty much any tough situation and you will be empowered in any aspect of your life.
- Tools to start exploring the power of transcendent practices, creative visualizations and the impact of daily meditation onto your everyday life.
- A strong feeling of balance and inner strength and confidence
- A powerful toolbox to clear and neutralize the past and learn the importance and power of focussed attention towards a means goal
- This is a series of "transcendent practices". It takes you out of the physical world and brings you within and into the quantum field where the magic happens.

Overall BENEFITS:

- more balance, inner strength and self- confidence
- Less stress and anxiety
- Improvement of the quality of life and your wellbeing
- Decreasing the chances to end up with cancers or other bodily signs of misalignment in life
- More clarity of who you are and what your gift to the world is
- Giving less fucks about the opinions of others = more joy & play

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The tools / skills

Tool #1 - PREPARING THE SOIL

- Calming down the turbulences of emotions and thoughts
- Accepting what is
- Simply being with it and observing

Tool #2 - COMPASSION

- relearn unconditional love towards others, kindness, awareness
- you will learn radical self-acceptance and self-love through compassion
- tapping into self-limiting beliefs, and seeing what is holding you back

Tool #3 - GRATITUDE

- You will learn gratefulness on the full spectrum. From pleasant things to unpleasant ones
- You will learn to be grateful for challenges and use them as a catapult to bring your being to the next level

Tool #4 - FORGIVENESS

- You will learn to forgive and let go. Yourself and others
- You will learn to see through the masks that another puts on. FORGIVENESS is for YOU!! Not for the other, he/she might still be an asshole, but you no longer care. #unfuckwithable

Tool #5 UNFOLD YOUR HEARTS DESIRE

- You will learn to remember what it was that you came here to share and create
- You will get to know your bullshit beliefs, and start peeling off the layers that are not you
- You will get familiar with the different areas of your life as a tool to understand where you stand
- You will learn the importance of brain & heart coherence for visualisation & manifestation

Tool #6 CREATE YOUR DAY

- You will zoom in and start to actively co-creating your day to day life and choose how you want to feel
- You will learn how to prepare yourself mentally and emotionally for tough situations
- You will practice keeping the focus on your vision and values, but make sure you take one step at a time.

Tool #7 UNIVERSAL SUPPORT

- You will learn the importance of patience and trust
- This is the integration part, the shavasana of the 6 Phase Meditation practice
- You are becoming clear on what it is for you that creates and sustains life on earth
- You will learn to let go of control, and practice surrender. Because once you have put in the work it is time to rest and trust now.

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Goals of this course:

- Having a powerful set of tools you can access and use any time
- Feeling stronger and more balanced with everyday life challenges
- Feeling more content and less shaky in your emotions and overall relationships
- Using the power of meditation & visualization to create a life you choose to live
- Knowing that you are supported and loved
- Changing the way you look at obstacles and seeing them as a blessings

*Are you ready for this?
Let's do it*

Don't miss this chance to radically empower your life my dear