

7 Energy Principles to Goddess Empowerment

This empowered eBook was created and distributed by Vicki Anderson of www.empowerthegoddess.com.au

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Creating loving *Heart* connections...

I the divine Goddess ... connect to the Heart

I will inspire you to empower your inner Goddess, connect to your inner guidance, awaken your spiritual awareness and raise your vibration to attract and create a magical inspiring life you dream of.

Who and what do I stand for?

I represent the divine Goddess ~ connecting you to your heart and inner guidance, no matter what! Guiding you to discover your own truth to create change and transform your life, nurturing the authentic self and to empower self-love.

Nurture ~ Respect ~ Self-Love!

My Story

A major life changing event several years ago left me feeling heartbroken and this was the inspiration to transform my life forever.

This event forced me to reflect on my very sad life and I began to realise how many failed relationships I had created for myself on an unconscious level and how desperately I wanted to be in control of my feelings, to honour myself and attract a loving harmonious relationship.

I felt disrespected, lost and unworthy and unable to find the harmony and balance I needed for these relationships to flow with ease and joy, which I dreamt and knew, was possible.

In my heart I knew I was capable of honouring myself and that I had the ability to empower myself to create a lasting loving relationship. I was a feminine woman who was very sensual and yet somehow I seemed to have lost my inner connection and lost the truth of who I really was ... and I noticed similar patterns emerging within each relationship:

- I was attracted to men who were controlling, forceful and dominating
- I was submissive and lost myself in each relationship, I became who they wanted me to be
- I felt unloved, upset and frustrated in my relationships and my behaviour was sometimes irrational
- I lacked strength and confidence and was not able to manage my emotional state
- I used alcohol as a means to 'check out' and not deal with my situation
- I was so unhappy on the inside and I felt really alone and helpless

This life changing event I am about to share with you, was the catalyst for the transformation that I really desired and wanted so greatly. I remember to this day how I found the inner strength to stand up for myself, honour myself and make a stand and 'respect' myself perhaps even for the very first time...

"It was a lovely autumn evening during March and my partner was taking me out to dinner and to the Theatre to celebrate my birthday. The details of the evening were a surprise at the time so as usual I dressed up elegant and sexy with my lovely sleek black pants, my elegant black heels and this delightful apricot silk top ready for a lovely surprise evening out - or so I thought!

My partner arrived and phoned me up and quite impolitely telling me to hurry up and get downstairs because we were going to be late, in actual fact he was 20 mins late and decided to blame me and be rude about it.

I headed downstairs to meet him, having this awful sick feeling in the bottom of my stomach knowing that this was not a good start to the evening and in the past when he showed up like this, the evening would turn out a disaster with me stroking his ego all night and calming him down. Unconsciously I decided there and then I would not be treated disrespectfully by him anymore.

As I got into the car I noticed the surly look on his face, he turned to me and said, "well hurry up then we need to get moving" I turned to him and politely said "I have been ready for half an hour and am not the one who is late" to that he replied "I am paying for tonite so you had better get in and shut up" I turned to him calmly, looked him straight in the eye and asked "just for tonite can you please be polite and treat me with respect"?

He looked at me and again repeated that he was paying for the nite so I had better keep quiet or get out. I then turned to him and said "you know what, that's a great idea, I am not going anywhere with you, you are continually rude and disrespectful to me and I am not putting up with your disgusting behaviour anymore" I then got out of the car slammed the door shut with all the energy I could muster with total conviction and determination and yelled ... "&!@ \$#!*

As I walked up the steps to my apartment I was filled with a nervous relief - never looking back to see if he was still waiting for me. I entered my apartment and sitting down on my sofa I began to realise what I had actually done. I jumped up and down with so much joy for I realised I had finally broken free of that controlling destructive relationship.

What a blessing to have made a stand for myself and to truly trust myself in that moment. As I reflected on this, yet again failed relationship, I sat quietly, being reflective and asked myself **'Who do I need to be and what do I need to do in order for things to change?'**

It was a moment of true awakening for me and I realised that it was now time to start looking 'within' and find something inspiring that would support me in my journey to discover my own empowerment, to find inner strength and confidence to make a wise choice for my next relationship and to really transform my life.

At the time of this heartbreaking event, I was contracting in Project Management in the Information Technology (IT) field for 14 years and during this corporate journey and search for personal improvement I completed my Coaching Certification as a life coach and developed an interest in alternative mind therapies and attended Dr Doreen Virtue's workshop to certify as an Angel Intuitive.

I completed training as an Access Energy Transformation Practitioner; I certified as a Master NLP Coach Practitioner and as a Specialist Hypnotherapist whilst continuing on my corporate journey to keep seeking this wonderful system which would transform my life.

I was hungry to learn and while searching a very dear friend sent me a link to a 30 day Spiritualpreneur coaching challenge which I enrolled in and after having fantastic results, I signed up for their Intensive program. Several months later I would realise this amazing system **would change my life forever.**

I discovered a system that addressed each of my concerns and **gave me answers** to many questions I had been asking for a very long time:

- How do I truly transform and empower my life, my career and my relationships?
- How do I connect to my inner Goddess, accept myself in body, mind and spirit and create a peaceful inner world?
- How can I manage my energy and perceptions daily to feel calm, centred and in control?
- How can I change feeling alone and step into being empowered and supported as the divine Goddess?
- How can I transform and implement new beliefs that will deliver results, for me to accomplish inspiring goals and achieve success?
- How can I learn to be respectful of myself, to feel balanced, to listen to and honour my inner guidance?
- How do I create a magnetic relationship with money and change the way I perceive and receive?
- How can I set inspiring goals and know that I will be vibrationally ready to receive?
- How can I attract a loving magnetic relationships that respect and support me and whose energy is a vibrational match?
- How can I move from the corporate world or from working for a Boss to focus on my vision, to enjoy serving others using my gifts, talents and abilities to achieve my divine purpose?

Without hesitation, I signed up for this incredible system to train as an Empowered Spiritualpreneur Coach and I started to notice **many wonderful changes and so many exciting benefits happening in my life**, and these changes started almost immediately:

- I was enjoying **managing my energy** and emotions daily and feeling in control
- I was feeling brighter, happier and really **peaceful** at a deep inner level
- I was starting to honour and respect myself, feeling far more **confident** and excited about life
- I created a loving connection with my divine team and felt supported and loved by this partnership
- I was now attracting men who were kind and **respectful** and I was confidently speaking my truth
- I raised my vibration and began to transform my life, I was attracting positive like-minded people and amazing **new opportunities** showed up
- I trusted my inner guidance, had complete **faith** and the confidence to leave the corporate world of 14 years
- I achieved an amazing goal to attract a brilliant Business Solopreneur who assisted me to discover my niche, create my business model and **build my dream business**
- I was speaking my truth and embracing my divine purpose to serve and empower men and women

My divine purpose is to empower the inner Goddess and using the 7 Energy Principles I will lovingly guide you to your inner truth and empowerment.

Goddess Vision

"Reconnect to your divine feminine, empower your inner Goddess, awaken your spiritual awareness and raise your vibration to attract and create a magical inspired life you dream of"

I am excited to mentor you, encourage you, motivate and support you. I will guide you with gentle understanding, kindness, respect and loving heartfelt connection so you can transform your life as I have, and be the true divine Goddess!

What are the 7 Energy Principles to Goddess Empowerment?

A unique Step-by-Step System designed to empower women and men ... to reconnect to your divine feminine, empower your inner Goddess, awaken your spiritual awareness and raise your vibration to attract and create a magical inspiring life you dream of.

The 7 Energy Principles are designed for YOU if you want ...

1. A step-by-step proven system that transforms your ability to shift from living in a reactive responsive mode to living a truly creative and empowering life
2. A unique system which enables you to reconnect to your divine feminine and allow for the truth of you to shine
3. To live your life empowered as the true Goddess, where you discover your divine brilliance and learn to be respected and admired
4. A system designed to raise your energy field to a higher positive vibration to enable you to manifest your true intention and receive with total gratitude
5. Using universal principles to guide and support you to create the reality and life you dream of and attract loving relationships
6. An exclusive system which teaches you to successfully implement new beliefs to serve and support you to stand in your own truth
7. Your deepest desires being fulfilled where you create your magnetic vision and accomplish an inspiring goal

If you have received this empowered Goddess report in hardcopy and would like to know how to implement love, peace and joy into your life and empower the Goddess please follow this [link](#) or type the following URL into your browser <http://www.empowerthegoddess.com.au>

I invite you to transform your relationships and create a truly magnificent life ~ come join me and together let's start your exciting new journey, experience my Goddess Divine 2-Day VIP Intensive and give yourself the Goddess Gift you truly deserve.

How do I use the 7 Energy Principles to transform my Life?

Using my unique system the 7 Energy Principles can transform your life – by implementing the techniques and tools daily you begin to change the way you think, act and feel. You begin to create your day feeling supported by universal principles.

Introduction: Empower and Honour the Divine Self

- The word **empowered** (meaning to enable someone to do something) signals that it is something coming from within. It is the understanding, experiencing, and knowing what lies within one's essence or Spirit is where the true empowerment resides.

We are going to lay a foundation to come to a place of awareness of three KEY areas of focus for you:

- Where you are
- Where you want to be
- How you are taking small steps to allow your goals to become a reality

Why is it important for me to feel empowered?

When you are empowered you feel confident and happy, you have an amazing inner **strength** coupled with determination and **motivation** to achieve greatness and success in your life. You are balanced and are able to make wise and harmonious decisions which **support** your inner and outer world to give you the **results** you desire.

When you learn and master how to have inner peace you feel happier and excited to be living a truly inspiring life. You ask for what you want and attract the results you truly desire.

Step 1: Activate your Inner Goddess

- By activating your inner connection to Spirit you are aligning your will with universal principles and you will find an inner guidance and connection that brings calm, peace and understanding to your day. You create a warm loving connection and feel at one with this energy and activate the inner goddess.

You will begin to transform your feelings and the way you act and feel on a daily basis.

Why is it important to activate my Inner Goddess?

By connecting to your inner guidance you are activating your inner Goddess and energising your natural connection with the universe, to support you to find **inner peace and calm**; transforming your life and altering the way you think and feel each day and into the future.

What are the consequences if I don't activate the inner Goddess?

You continue to feel alone, disappointed with your life and choice of relationships. You will continue feeling frustrated and feeling 'stuck' that you do not have inner and outer calm, joy and peace. You are not able to create a happier life and transform your relationships. You continue to **repeat the same patterns over and over** until you feel you have 'had enough' or you reach breaking point.

Step 2: Goddess Energy Management

- The Goddess energy management system provides for you to activate how you want your day to flow, to be aware of your energy and to encourage you to state intentions which support you throughout your day.

Why is it important to manage my energy?

When you are the master of your emotions you are able to remain calm, centred and **peaceful** through the storms, you feel **invincible** and alive. You feel empowered, confident and happy and you begin to change the way you think act and feel. You feel **in control** and are able to truly manage your emotional state and what you attract.

What are the consequences if I don't manage my energy?

You continue to feel on edge, perhaps flighty at times and even upset with your continued frustration. In fact, you feel worse as time progresses as you feel **a sense of loss** not being able to manage how you really want to feel and what you really want to create and have in your life. You continually climb the emotional ladder in the hope that one day 'you will get it'. Your relationships continue to either fail or you feel unfulfilled; you feel **sad** and **unhappy** within your heart for you are not content with your life and what you have created.

Step 3: Transforming Perceptions

- An exceptional energy management process which provides for energy management for those times when major interruptions threaten your emotions and affect your stability – getting you back on track and **raising your energy** and emotional state. Transform the way you perceive situations to be and you will react differently.

Why is transforming my perceptions so important?

When you can manage yourself from a position of mastering your perceptions, emotions and behaviour; this gives you an edge of mastery. People respect and admire your quick focussed wise decisions without falling into an emotional state or being upset when confronted with a challenging situation. People feel comfortable around you as you are **a natural magnet for peace and calm** and people love to connect with confident, happy positive people.

What are the consequences if I don't manage my perceptions?

You may continue to fall into an emotional state, feel upset or angry when confronted with a challenging situation and generally feel confronted by the way you respond and react in all situations in your life. You are not master of your feelings and emotions and **you continue to fall short on how you want to be and**

feel. Friends or even partners avoid asking you advice because they know how you 'might' react to them; they feel they cannot truly rely on you deep down to support them emotionally.

Step 4: Empowering Beliefs

- Identifying your existing beliefs is the first step in managing the energy around a specific goal. By reviewing the existing beliefs which do not serve you, you will implement new empowering beliefs daily.

You will identify a belief that is true for you right now, hold that belief to support you in your goal designing process.

Why is it important for me to implement empowering beliefs?

Our entire lives are based on what we 'believe' to be right, good or wrong and when we have beliefs which do not serve us in our daily lives or when setting inspiring goals, this hinders us and we are not able **to receive what we ask for.** These beliefs once served us a purpose, however in transforming our life, we need to change and implement new beliefs which support us on our new path, in our new vibration.

What is the consequence if I don't implement new beliefs?

Simply, our lives stay the same and we continue to feel unhappy, unfulfilled, sad, lost on both an inner and outer level and we continue to play out the same patterns and roles in our life. **Never feeling as though we can really achieve greatness** or success in the way we know it can be – we have a deep knowing that tells us we can achieve this and want to find how to truly transform our life and relationships.

Step 5: A Magnetic Vision

- When you create a Magnetic Vision you are activating the energy and material form for your future goal(s) and the vision itself grows and develops organically and is in readiness for your next step in the process.

Once you have created a magnetic vision, you have material from which you lay the foundation to manifest your vision, your inspiring goal as you move through the next phase of the system.

Why is creating a magnetic vision important or useful for me?

By creating a magnetic vision you are energising your goal into reality and empowering the energy of the goal **to manifest** and become real. We all dream of creating amazing goals and sometimes we achieve small goals.

This process allows you to connect with your inner guidance to really empower you to achieve what you really want to activate.

What is the consequence of not creating a magnetic vision?

We can all set goals, but how many of the truly inspiring goals do you actually achieve? For most of us, very few and then we get disheartened and end our connection with Spirit for we believe that we are doing what's required and yet we seem to fail and **not receive what we ask for**.

The reality is, we are not vibrating at the level we need to be to truly receive from the universe and this inspired process allows you to shift into the vibrational level you need to be at, in order to really create and receive the success you desire. For you to manifest your absolute desires into reality.

Step 6: Manifest Your Magnetic Vision

- Preparing to receive and manifest your magnetic vision is a most wonderful and exciting goal request experience. This process allows you to be totally open and free to express your views on what you don't want and what you do want so you can **become clear** on what you are asking for, this is a very comprehensive process and is really rewarding and fun – to be in full gratitude to receive your dream goal.

This process helps you to become clear on both the energetic and intellectual levels — on the specifics of your desire, your goal or vision; what it is you want to accomplish and why.

Why do I want to manifest a magnetic vision?

We all dream and desire to live a life which is far greater than what we are currently experiencing. Do you want to create a life where you are happy, being rewarded with love, kindness and respect? Do you truly feel that inner desire to empower yourself and **live the life you were destined for**? Do you desire a loving partner who will be your vibrational match, who will treat you with respect – because you will have learnt to respect yourself – a partner who will love you and support you?

These are the reasons we keep striving for a greater vision, the life we know we are here to live and enjoy, to ask the very best of ourselves, live our truth and honour the joyful inner Goddess.

Step 7: Planning and Actions

- And finally, most importantly planning and taking action to ensure that you are ready to receive your goal. By taking action and maintaining your vibrational output you can ensure you will be ready to receive your goal from the Universe with trust, faith and gratitude.

Why is it so important to plan and take action?

It is critical to understand that planning is not just another version of a to-do list. You are continually enhancing the probability of your energy lining up with what it is you want and **you can be ready to receive your inspiring goal** with excitement and total gratitude.

By taking action you are aligning with the universe in your request to receive. Do you want to be a vibrational match to your goals and desires? Of course you do. So here is your 7 step proven system which allows you to create your world as you truly desire it to be.

What will I learn and what are the benefits if I use the 7 Energy Principles?

Enjoy the many exciting benefits

- How to Partner with Spirit to **transform your feelings** to change the way you act and feel on a daily basis
- To manage your energies and be in control of how you want to feel
- How to set intentions which support you throughout your day
- To list what you are grateful for and enjoy the **positive evidences** which show up daily
- How to manage your energy on-the-fly for those times when major interruptions threaten your energy
- To create new **empowering beliefs** and begin implementing these daily
- How to create your magnetic vision, activate the energy and become clear on what you are asking for so you can receive your inspiring goal
- How to build **magnetic relationships**, discover your life purpose or create an amazing dream lifestyle
- To learn the importance of planning and taking action to ensure that you can **receive your goal**; your vision.

Empower Yourself

- To create a loving inner connection, feel and know you are being acknowledged, heard and supported
- To manage your energies daily to **feel brighter**, calmer and **happier** and **excited** to be living a joyful life
- To transform your life, create a magnetic vision to attract an **ideal partner**, and create the **lifestyle** you have always dreamt of

I invite you to transform your relationship and create a truly magnificent life ~ come and join me lets create your exciting new journey, experience my Goddess Divine 2-Day VIP Intensive and give yourself the Goddess Gift you truly deserve.

If you wish to empower self-love, peace and joy into your life and empower the inner Goddess please follow this [link](#) or type the following URL into your browser <http://www.empowerthegoddess.com.au>

With Goddess peace and love!