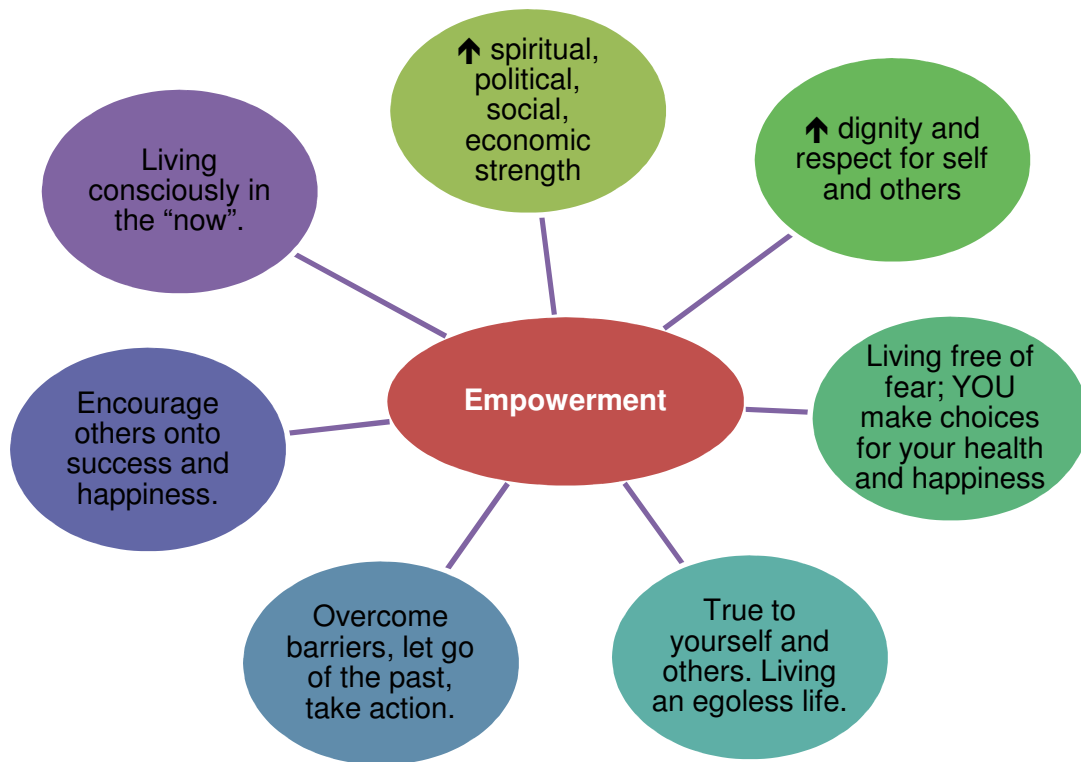


Empowered Living Lunch n Learn



1. EMPOWERMENT



Happiness is a choice. "We were not born unhappy, we learned to be unhappy." Unhappiness is not a natural, unavoidable characteristic of the human condition. Unhappiness follows from certain beliefs and judgments which we choose and which we can change.

What gets in the way of happiness? **EGO** "Ego is unconscious. It is conditioned and driven by thoughts. It will accept what you tell it!"

3 Tips to Spiritual Empowerment During Adversity:

1. Unhappiness does not exist in the present moment

- It only exists as a reflection or regret about the past or as anticipation or worry about the future.
- Whatever you choose as the subject of your attention at any given time will occur in that "present moment". Don't dwell in your unhappiness.

2. Diminish the ego when it gets attacked.

- When the ego gets attacked (e.g., someone blames or criticizes you) it will try to repair its diminished sense of self through self-justification, defense, or blaming.
- One of the most powerful tools you can do when your ego gets attacked is to actually DO NOTHING. **Simply be aware of what you are feeling, and allow your ego to DISSOLVE.**

3. Engage in conscious breathing

- Conscious breathing takes attention away from your thinking and creates space and peace. You cannot think and be aware of breathing at the same time.

*Empowered people always find **opportunity** in the midst of adversity!*



Steps for Conscious Breathing

1. Sit in a chair. Rest your hands on your stomach.
2. Slowly count to four and inhale through your nose. Feel your stomach and chest rise. Hold it for a second.
3. Slowly count to four while you exhale through your mouth. To control how fast you exhale, purse your lips like you're going to whistle. Your stomach and chest will slowly fall.
4. Visualize the rising and falling of a wave.
5. Repeat 3-6x per day.

2. EMOTIONAL EMPOWERMENT

77% of self-talk is negative, counter-productive, and self-defeating.



- Any time you make a statement about yourself that is negative you are directing your subconscious mind to make you become that person.
- The subconscious mind does not know the difference between “we are weak” and “we are strong”. It accepts our programming just as we give it. We end up becoming the result of what we constantly say to ourselves and to others.

Fight the damaging effects of negative programming with **words of affirmation and positive self-talk!** In Column B, cross out phrases you typically say. Now, circle the phrase from Column A beside it. Every time you say a negative phrase this week, replace it with the positive phrase in Column A.

A) Positive Words of Affirmation	B) Negative Self Talk
My mind is sharp and I am able to remember everything.	I can't remember anything, my memory is terrible
Today is going to be another great day. I am happy, healthy and ready to enjoy all that life has to offer me today and everyday.	It's going to be another one of those days
I am always able to come up with creative ideas and solutions.	I'm just not creative
There is no problem I cannot conquer. I am strong in mind, body and spirit. My will, my strength and my determination are always greater than any problem I face.	Nothing ever goes right for me
I am really good at making clear, precise, beneficial and pro- active decisions whenever necessary.	I can't ever make a decision
When I see a cigarette or feel like having one, I automatically hear the words “I do not smoke” My lungs are strong and healthy and I am in complete control of myself and what I do.	I'll never be able to quit smoking
I am thankful for and enjoy my aspects of my job. I focus on the things about my job that I enjoy.	I hate my job
I am good at breaking large obstacles down into smaller pieces that are easier to handle. I never make any problem appear larger than it actually is.	I just can't handle this, it's too overwhelming
I am an intelligent person who is completely capable of understanding and solving any problem I encounter.	If only I were smarter
I am at my desired weight and always find the time to eat healthy and exercise regularly. I keep myself fit and healthy and enjoy a life filled with energy and	I'll never lose this weight and get fit – I'm really out of shape and never have any time to exercise

vitality.	
I give myself permission to relax, feel good, breathe deeply and fully and enjoy the feeling of stress leaving my body.	I'm so stressed out
I never get sick. I am in great health by eating well and staying active.	I get a cold at this time every year
I feel completely rested and ready to take on my day. I have more energy than ever before. I feel very alive!	I am so tired and exhausted. I have no energy.
I smile a lot. I am happy on the inside and the outside. I like who I am and I'm glad to be alive.	I'm so depressed
I am in control of my own thinking and I think only those thoughts which bring out the best in me. I never worry.	I'm a worry wart
I am a good listener – I hear everything that is said – I am attentive, interested, and aware of everything that is going on around me.	I'm not a very good listener
I set goals and I reach them. I know what I want out of life. I go after it and I get it.	I'll never reach my goal
Slow moving or traffic jams are not a problem to me. I now enjoy the time I have to organize my thoughts. I will get there when I get there.	This traffic is making me crazy
It's raining today and that's fine with me I'm going to have a great day and a little rain isn't going to stop me.	Great it's raining, this is such crappy weather
People like me and I feel good about myself. I have a sense of pride in who I am and I believe in myself.	Nobody likes me

3. PERSONAL EMPOWERMENT

Where do our beliefs come from? Why do we believe what we believe?

We reformulate what other people tell us into beliefs *we hold about ourselves*. Other people's negative programming gets passed onto us.

Fear (false experiences appearing real)	Personal authenticity
<ul style="list-style-type: none"> • Fear = Emotion(s) created by our thoughts, driven by our beliefs • What are you feeding you mind? Who are you hanging around? • Fear is something you think will happen in the future, based on beliefs of something that has happened in the past. 	<ul style="list-style-type: none"> • Being true to yourself and others → like children! • Remember your first date? • Take off the mask! <ul style="list-style-type: none"> ○ Be open, honest, vulnerable, sometimes clear, sometimes confused ○ Authentic with our feelings ○ Tear down the walls of silence built from fear ○ “Straight talk” to build trust

4. PHYSICAL EMPOWERMENT

When we are stressed, eating poorly, and not exercising, our body's **pH levels** can be affected. Optimal human blood pH is 7.35 to 7.45. What you eat and drink will impact where your blood's pH level falls. Balance is key!

Aim for 60% alkaline forming foods and 40% acidic forming foods.

FOOD CATEGORY	High Alkaline	Alkaline	Acid	High Acid
BEANS, VEGETABLES, LEGUMES	Vegetable Juices, Parsley, Raw Spinach, Broccoli, Celery, Garlic, Barley Grass	Carrots, Green Beans, Lima Beans, Beets, Lettuce, Zucchini, Carob	Pinto Beans, Navy Beans	Pickled Vegetables
FRUIT	Dried Figs, Raisins	Dates, Blackcurrant, Grapes, Papaya, Kiwi, Berries, Apples, Pears	Canned Fruit	
GRAINS, CEREALS			White Rice, White Bread, Pastries, Biscuits, Pasta	
MEAT			Fish, Turkey, Chicken, Lamb	Beef, Pork, Veal, Shellfish, Canned Tuna & Sardines
EGGS & DAIRY		Breast Milk	Eggs, Camembert, Hard Cheese	Parmesan, Processed Cheese
NUTS & SEEDS		Hazelnuts, Almonds	Pecans, Cashews, Pistachios	Peanuts, Walnuts
BEVERAGES	Herb Teas, Lemon Water	Green Tea	Wine, Soda/Pop	Tea (black), Coffee, Beer, Liquor
SWEETENERS, CONDIMENTS	Stevia	Maple Syrup, Rice Syrup	Milk Chocolate, Brown Sugar, Molasses, Jam, Ketchup, Mayonnaise, Mustard	Artificial Sweeteners

Source: <http://www.trans4mind.com/nutrition/pH.html>

Healthy Body ↔ Healthy Mind

Benefits of physical activity:

- ✓ increased energy
- ✓ weight loss/maintenance
- ✓ enhanced muscular strength
- ✓ improved sleep
- ✓ disease prevention
- ✓ mood and self esteem

- ✓ **Confidence** – sense of accomplishment
- ✓ **Distraction** – no more dwelling on the negative
- ✓ **Interaction** – no more isolation
- ✓ **Healthy Coping** – a smarter strategy

5. EMPOWERED RELATIONSHIPS

The Five Love Languages:

- I. **Words of Affirmation** – Verbal compliments, words of appreciation.
- II. **Quality Time** – Giving someone your undivided attention.
- III. **Receiving Gifts** – Something you can hold in your hand and say, “look, he was thinking of me”, or “she remembered me,” regardless if the gift was expensive or not.
- IV. **Acts of Service** – Doing things for someone like cooking, cleaning, lawn work, fixing something, planning an outing, painting, helping with the kids, etc.
- V. **Physical Touch** – Holding hands, kissing, embracing, sexual intimacy.

Sources: Barlow, 2007; Byrne, 2006; Chapman, 2004; Covey, 1989; Hanley, 2002; Helmstetter, 1987; Hewitt, 2000; Johnson, 2009; Kaufman, 1991; Kelly, 2006; Tole, 2005; Urban, 2003