



Empowered from Within

3 Steps to Transform and Change Your Life from Within

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If you feel like you're overwhelmed with information or that you'd like to know what you should do for your particular situation, I know exactly how you feel.

You see, even though we live in a world where information is at our fingertips not all of this information is accurate. And even if you have good information that worked for others, it's not a one size fits all. You are very unique in the way you think, how you feel about things and in your personal experience and therefore the information that you choose to help you should also be uniquely applied to your life.

So how do you know how to apply the information you're getting to your particular needs? I'll share with you a simple process I've used in my life and perhaps you could use it too in order to take control of your own life so you can deal with any situation you encounter each and every day.

My Personal Story

But first let me share my personal story where this all began for me. When I was a teenager, I recall sitting in the audience at church many times and as the minister would bring a message – do this or do that or don't do this – I would always ask in my mind how, please tell me how? But I never really got an answer to my question from the message.

Then one day I found a scripture that said that the Spirit would lead me and guide me into all truth; that I needed no one to teach me. I took that scripture personally and decided to put it to a test in my own life. So whenever I had a problem, I would sit quietly, ask the Spirit for guidance and wisdom.

My answer did not always come right away, but it did come. This process has brought me through many personal, social and professional obstacles and difficulties – from overcoming emotional issues – frustration, depression, anger, resentment to dealing with interaction with others – learning to understand their feelings and being patient with them, to studying and passing exams, finding my ideal job, working with great bosses, working my ideal hours, starting my own business, finding my life-partner and having a large family of 7 soon to be 8 wonderful children.

That seems like a mouthful and it's only the tip of the iceberg. Through every situation, I learned to use the power of a small 3 letter word – HOW. By asking the Spirit, "How do I do this?" opened the door for the answers I needed to come to me.

In this report I'll show you how you can use this small but powerful 3 letter word to change any situation in your life and then I'll show you the 3 step process to become empowered from within.

The Power of a Small 3 Letter Word to Change Your Life

When we survey a difficult situation most of us say that a solution can't be found or it can't be done. We've come to underestimate the power of the small 3 letter word – HOW. When we say, "Can't," we shut the door to what's possible and therefore we never experience the impossible.

However, when we say or ask, "How," then possibilities open up to us. We pave the way for inspired ideas to come to us and miracles to manifest in our lives through the power of the Spirit.

The great oak tree was once a small seed. Don't underestimate the size of small things because they have locked within them the potential to grow into large things, change your situation and change your life. When I realized the power locked inside of this small word, I realized that there was nothing that I couldn't get through. I did not always get it perfect and still don't but whenever I find myself overwhelmed I remember the life-changing importance of asking how.

Let's look at how we can use this small but powerful word to our advantage.

H – Have Faith

If you believe that whatever you're asking for can be done or can manifest in your life, then you can have what you believe. Faith is acceptance of that belief that, even though your desire may seem impossible, you can have it if you activate your faith. Nothing can stand in your way.

All that you need to help you experience what you desire will come to your aid. Stand fast in your strong faith. I believed that I could have what I wanted because I was not alone. I had access to the Great Universal Spirit, to God, and as long as I kept that channel open I could accomplish anything because the wisdom and strength would come to me. And you have that connection to that great power as well.

O – Own It

Own your desire. See yourself experiencing what you want. Use your imagination to visualize yourself surrounded by and enjoying what you want to manifest. Feel it as your own. Let the cells of your body feel the energy of

your desire as it grows inside you and as you become one with it until there's no separation between you and your desire.

Many times when I asked how to do something, I also used my imagination to see the end result I wanted. This is powerful! Often times I got exactly what I wanted or something better.

Key: Always be open to what the Spirit has to offer. You may not have thought about that end result before.

W – Wait and Expect

Wait for the answer and expect to receive it. Wait for the manifestation and expect to experience it. Once you get an answer act on what you have already. Remember the oak tree; you cannot wait to see stems and leaves before you sow the seed in the ground.

Start with what you already know you can do – sow the seed into the soil. Do the action that you can do and the Universal Energy will come to your aid and cause your seed to continue on to the germination stage and continue to grow each day until it matures and produces fruit.

Whenever you feel tempted to say, "I can't," stop yourself right there and change that, 'I can't', to 'I can' and then ask, "How."

Begin to expand on this and apply it to your life. Make it become a habit in everything you do. I've applied this to simple situations in my life like days I felt frustrated with my hair and didn't know what to do. As I chose to release the frustration and ask how, I'd come up with a style that made me feel

really good. The funny thing about that, that's the day I'd get the most compliments on my hairstyle. Funny huh?

3 Step Process to Empowering your life

Here's the simple 3 step process I use to empower my life and you can do it too. No matter how overwhelmed or confused you may be, you can find the wisdom you need tailored to your personality and lifestyle so you can overcome whatever situation you encounter.

- 1) Embrace the Source of your power
- 2) Connect to the Source of your power
- 3) Become empowered from within to transform and change your life and any situations you encounter from the inside out now!

Step 1 - Embrace the Source of your power

Recognize the Source of your power

We are all connected to the Great Universal Spirit, to God, and out of this connection, all life emerges and flows from this realm of energy and power. Embracing this truth is to recognise and acknowledge that you are not alone but you are connected to all that there is and that you are part of a grand design. You are the unique physical expression of the Oneness of God's perfect plan.

Understanding the Universal Power

The Spirit realm is unlimited and contains all the power that we'll ever need to live life abundantly. Power is available to us at all times but we must consciously recognize and accept its existence before it can be fully activated in our lives and used to enhance our lives on purpose.

Know your relationship in connection with the power Source

Many people have come to understand and accept the existence of God and this Universal Energy. But what's missing is the element of knowing our relationship with the power Source.

You see, we've been programmed to think of God as an entity outside of ourselves and separate from us. When we shift our consciousness and are awakened to seeing God, the Great Universal Spirit as being a part of us, this knowledge changes our perspective of who we are.

Instead of looking at your life as limited, you begin to see the unlimited power that you have within you through your being consciously aware of your inner connection to the indwelling Universal Presence.

Imagine a tree, each branch, each leaf, each fruit is unique but are all connected to the main trunk and all draw their nutrients from the roots which come from the soil. If a branch is cut off from the tree what happens? It begins to wither and soon dies.

All of our life energy, whether or not we realize it, comes from this Great Universal Tree, the Universal Spirit, and we become overwhelmed by life-

circumstances and lose vitality for life when we are consciously disconnected from our Source.

Step 2 – Connect to the Source of your power

[Connect to your power Source](#)

In order to get the wisdom you need to solve your personal problems you must consciously connect to the power Source. Wisdom is always available. Visualize yourself connecting to God from within. To help you, you could visualize yourself, as you look within, entering into a room where all wisdom exists, where all the answers you need are available to you. Use whatever inspired ideas come to you to aid you in this process.

Draw life and wisdom from your Source

Think about the outcome you desire to have and consciously draw life and wisdom from the Universal Energy. Be confident that you have the answer you need. Be open to what the Spirit has to offer and release all your inhibitions.

It is your right to be nourished from the Spirit, just as a branch of a tree has a right to be nourished by the life-sustaining energy coming from the roots through the main branch.

Get answers to your personal issues

You are now in the position to get the answers you need. The answer may not always be what you wanted to hear but it will prove to be very effective in your life as you follow the instructions.

Timing is another thing. Everything works together in sync in the universe – all the people and events that are needed to fulfill your desire are coming together to work on your behalf. It may not always be the time that you have in mind, but it will be the perfect time when your answer shows up – just in time.

Step 3 – Become Empowered from Within

Acting upon Divine Wisdom – making the application

Use the wisdom and life energy to transform and change your life situation from the inside out now. Energy in the form of wisdom comes to you and as you put this wisdom into action steps, you are provided with more wisdom until you have fully transformed your situation. Are you beginning to see the importance of your connectedness to the Spirit?

Connecting all senses to Divine Intelligence

Turn your attention to the inner guidance of the Spirit. Listen within to the voice of the Spirit. Look within for the inspired ideas. Feel the wisdom and truth of the Spirit for you. Someone may tell you that they did such and such to overcome a similar situation. But you must know for yourself with Spirit guidance that this is the solution for you. It's not a one-size fits all.

Check with the Spirit to see if that's the direction you should follow. Yes, the Spirit does bring instructions through other people as well, but you must come to recognize the voice with the instructions that's right for you. Feel the peace of the Spirit within to know the truth.

These instructions are to guide you into taking control of your own life and become empowered from within. It is very liberating when you have a reliable source and know how to access the information you need to handle every situation you are facing now and will ever encounter in the future.

Now I want to share with you a membership program I've started to help you further use this process as the basis for dealing with different life situations. [Click here](#) to get more information.

Enlightened in Love,

Alicia Isaacs

Changing Inside Out Now!

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