



YOUR POWER TOOLBOX

POWER TOOLS

1. Zip yourself up.
2. Laser focus to your energy centres - don't forget below the feet and above your head.
3. Morning ritual to ground, set up column of light and energise your power centres.
4. Column of light with electro-magnets, used during the day to strengthen your power.
5. Pulling back power using ball on the wire.
6. Advanced pulling back power using electromagnets, and feeling who or what is draining your power.
7. Put in blocks between you and a person who is draining your power (using the visualisation of electricity flow or water flow), and fill up your power bubble.
8. Re-power yourself in the past for situations or relationships that created a pattern of losing your power - observe yourself in the past, create your power foundation, block power drain, and fill yourself up with power in the past.
9. Programme the future so you keep getting your power back automatically. View yourself in the future, do the usual things (column of light, laser focus, electromagnets, blocks on power drain, filling up power bubble etc). Then set a timer to go off every couple of minutes, attach the timer to a switch and connect that to you. Once the switch is turned on, power automatically returns to you. Set this visualisation up several times during the days leading up to an important event.

ACTIVATION ENERGIES

Simply ask for an activation to run when you need that support.

10. Safety and Power - lime green and platinum. Creates a feeling of safety, support, brings in your power team so you don't feel alone.
11. Witch Wound - pink and pale gold. Makes it safe to be powerful.
12. Hierarchy - magenta and olive - every time you are losing your power because you are at the bottom of a hierarchy, either a 3D one or a subtle one.
13. Mistress of Time - clear and lilac - freedom, expansion, outside the box. Use this as the wildcard, when you aren't sure, or where you know you are held restricted by old obligations.