

DANNY SWANSON

empowering your life

“The Keys to Living an Inspired Life... Here and Now”

Part 1 – Let's Get Started

Hi

I'm hoping that at least some of what we cover will challenge you because optimal growth happens where support and challenge meet. I'm guessing by the fact that you've signed up for this short ecourse that you're ready for growth... or change, either way of looking at it is okay.

Can we agree that if you want to live an empowered life beyond what you already have that something needs to change? Have you heard the definition of insanity?... doing the same thing over and over again and expecting different results.

So let's from here on in accept some growth and change as part of this program and, in fact, our life. We are all here to grow! I don't know anyone who gets up at the start of the day and deliberately sets out to be “less than” at the end of the day... do you? That growth takes many forms and some people want to grow in ways that are different than you and I would think about, but nonetheless we are all out to grow in life.

OK. The first concept to really get your head around in your journey of living an empowered life is that you already have your empowered life within you. **You are a whole and complete here and now.** There is nothing to add or find. Nothing is missing.

If you haven't come across this concept before you may want to take some time to reflect on it. For some people it will be wonderful news and for others it will push buttons. Either way is okay. Be aware of your reactions... your thoughts, feelings and bodily responses and perhaps just note them down.

This concept is a simple way of explaining one of the Laws of Nature (also known as Universal Laws) and that is the Law of Conservation. People who have studied chemistry and physics will already understand this law which states that energy can't be created or destroyed but can change its form.

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An easy way to understand this is to look at water. Water is made up of energy and the scientific structure of water is H₂O... that is a molecule (energy unit) of water is made up of two atoms of hydrogen and one atom of oxygen. Now when you apply different temperatures to these H₂O molecules they change form. Under cold temperatures they become solid... and we call them "ice". At a warmer temperature they become liquid... and we call that "water". At a higher temperature they become vapour... and we call them "steam". All the time they still have the same molecular structure... H₂O... the molecules simply change form depending on the environment they are in.

In other words energy is constant and doesn't come and go.

We are all made up of energy... the atoms and smaller particles that we are made up of are all energy and all consist of a positive and negative part. Like everything else in the universe we are just vibrating masses of energy... as with the H₂O molecules, nothing is created or destroyed, it only changes form and YOU are whole and complete NOW!

Why do I talk about an "empowered life"? Good question! **An empowered life comes about when you are being authentic... being you.** You will be empowered when you:

Know Yourself, Love Yourself, Be Yourself.

As you empower yourself more, you will find that you will experience more love, gratitude, inspiration and enthusiasm in your life.

When you are not doing this, you are living your life according to someone else's expectations, priorities and rules... and you will find more criticism, judgement, competition and will need to be motivated from the outside to keep going.

Would you prefer to be empowered and inspired by yourself, or disempowered and motivated by others?

We will spend the next 6 weeks looking into and exploring knowing yourself, loving yourself and being yourself. What a journey!!

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Empowered Actions for this week:

1. Get yourself a notebook and something to write with (I prefer a blank book like a small artists pad and coloured pens. You choose what will work for you).
2. Treat it like a journal, and apart from answers to questions from me, note down any thoughts, feelings or actions which come to you during the week and will enable you to be more empowered.
3. Write down any thoughts, feelings or observations you have about the statement: **You are whole and complete here and now.**
4. Start to reflect on what inspires you. Make a list... include anything and everything you can. The list may have 10 things or 1000 things... there is no limit... go for it. Include everything from the small and simple to the large and complex.