

Elements of The Centered You Process ~

The following are the intuited elements of the Centered You process. Using this process daily will provide more, and quicker, results. It is the consistent and constant conscious action of maintaining your place of being centered and having all of your energetic resources with you.

The best time to do this process is before you go to bed, then you are whole when you go into your hours of rest where your consciousness is still working and creating on your behalf based upon how you ended your day, vibrationally, before you fell asleep. You can also do it in the morning before starting your day. And, you can do it throughout your day if you begin feeling scattered, overwhelmed or anxious, even in moments of stress.

The three parts to the process are wholeness, freedom and value. Once you understand what each is, and how you can shift them, then your life will change in amazing ways.

During the process, and for each part, you want to put your attention on your heart center/area and place your hand there. This puts your attention in a more conscious way on your heart area and keeps it there. Everything you are doing in this process is about feeling it in your heart because it is the center of your emotional place of giving and receiving and is the most powerful part of your energy.

Step 1: Your Wholeness

Calling back to you your energetic resources, or pieces of you, that are scattered from the busyness and demands of your life.

When your energetic resources are with other people, circumstances and situations in your life, you feel drained and scattered. You feel like you are being tugged in all sorts of different directions. You may become overwhelmed, anxious or stressed more easily because you are not in full control of your energy or where it is. When you worry about others, have obligations, make commitments to things outside yourself, have others wanting your time, etc, your energy gets scattered among them and you are not at 100% where you feel centered and grounded.

Being at less than 100% with your energetic resources under your control, you experience lower energy levels, feeling more tired, like you don't have as much to give, and you may even become agitated or irritated more easily. You are less motivated than you would like to be and this can cause procrastination and even feeling depressed. When you have all of your energetic resources available to you, you feel more alive, focused, ready to take action, grounded, in charge of your time and choices, and

move through your life with more confidence, clarity, power and strength.

Imagine the different areas you have been putting your attention, time and energy into. Even if they are positive things, you still want to call back your energy at the end of each day so it does not stay with people, circumstances or situations outside of you. You are going to lovingly call your energy back into your heart. Watch as strands of light, or

however you want to imagine your energy, are being drawn back to you and into your heart. As the strands return to your heart, imagine a golden mesh in front of your heart that the strands pass through to be cleansed of any energetic debris before they enter your heart.

If you feel any resistance, just stop for a moment and take a few deep, slow breaths and call it back again. It may be that the person, situation or circumstance is holding on to it to a degree and not wanting to let it go. This doesn't cause anything negative to them, it allows you to reclaim your energy and for the energy of the person, circumstance or situation to expand for itself.

Place your attention on your heart. Feel its fullness and know that 100% of your energetic resources are back with you now. You are at full strength. This practice can also assist with physical issues and concerns because they can stem from the fact that your "force field" is down due to the low level of energetic resources you have access to. At 100% you are safe and nothing can get in unless you let it, but when your energy is low, then your force field goes down and the things that resonate with the lower energy have an environment to thrive in.

Being at 100% is very important in your health and well-being and when loving yourself, you become conscious of maintaining that for yourself so that you can be healthy, happy and whole and be able to share more of yourself and what you have with others.

The more you do this, the quicker the process will become and it will take less thought and effort to call back your energy. It will also become less scattered in the first place, so it will come back more quickly.

Step 2: Your Freedom

Freedom comes from being able to forgive and moving into a space of love, kindness and compassion for yourself first and then for others.

Forgiveness is about letting go of the emotional charge that holding on to the lower vibrational emotions creates that keeps you in "victim" mode and moves the good you desire in your life away from you.

This process of forgiveness is meant to forgive yourself, which then translates into forgiving others.

Know that forgiveness is not for the other person, it is for you. It's not about saying that what was done was okay or acceptable or even that you want to experience it again. It

simply means that you are no longer going to let it have any influence over your happiness and well-being.

Being able to truly forgive severs the energetic attachment you continue to have beyond the actual experience that occurred. These attachments can create depletions in your energetic resources, which you want to keep strong. Forgiveness creates the space for your energetic resources to be full again, giving you greater energy flow to create what you want to experience in your life.

When you can release the lower emotional energy and allow yourself to be free of its negative influence on your life, you actually experience improvement in your relationships, health, finances, spiritual growth, and all areas of your life. Being unable, or unwilling to forgive, has a negative effect on your entire life and energy.

Here is the process. It is done in phases, and when you intuitively feel you have completed each phase, you move on to the next one.

Phase 1:

Begin with mentally saying, or out loud if you prefer, "Please forgive me" and "I love you." Repeat it over and over until you intuitively feel you have gone over the statements enough in the moment. This phase may feel right for days, or weeks, before you move on to the next phase. Just follow your intuition and how you feel when saying it.

Phase 2:

Once you feel like you have said the "Please forgive me" statement enough times, switch to saying "I forgive you" and then "I love you." You have asked for forgiveness, now you are forgiving. Repeat this over and over, like the previous one, until you intuitively feel you have done so enough in the moment. Move on to the third phase when you intuitively feel you are ready to do so.

Phase 3:

Finally, once you have done the first two phases, each as long as needed, move to adding the additional statement into what you say each time:

"I Forgive You"

"I Hear You"

"I See You"

"I Know You"

"I Trust You"

"I Accept You As You Are"

"I Love You"

This is what you will continue to say to yourself each night, or time, you do The Centered You process. As long as you are experiencing positive results in your life, continue to do this part of the process.

Step 3: Your Value

It is common to, through lifelong conditioning, not see your own value or believe that you are not enough and not worthy. Because of this, you look to others to show you your worth through their approval, acceptance and validation.

For the world to treat you with value and worth, you must first discover that in and for yourself. The world mirrors back to you that which you are emitting in your frequency and if it is that you are not enough or worthy, then you will experience life that way.

It takes reprogramming of your beliefs that you are enough and that you have value. Every choice you make for how you spend your time is giving your life to someone or something and it is important to come to a place where you make those choices based on whether the person or thing is worthy of you and your time investment. It really isn't about whether you are worthy of them, but are they worthy of you.

In this part of the process, you'll be making statements to experience the best in your life. To receive the best, you must be open to doing so. To have the best, you must believe you deserve it and you want to always be creating the best in your life.

Here are the statements:

"I am the best"

"I deserve the best"

"I give the best"

"I receive the best"

"I am always creating more of the best in my life"

"I always expect the best to happen in my life"

"I release anything that is less than the best for me"

Continue to say these to yourself each night, or time, you do The Centered You process. Keep including this part to continue to create positive results in your life.

State mentally, or out loud, **"Thank You" 3 times** when you feel you have completed the process in the moment to acknowledge the release, realizations and relief from it.

By doing this process each day, you will experience feeling more centered, grounded and in

charge of yourself and your energy. You will feel more at peace; be calm in situations that usually irritate or upset you; attract more of what you desire to experience and more of the best of it. Life will feel more clear and focused, which allows you to be more productive and accomplish what you want. The things that are not the best for you will begin to fall away, that includes people in your life that treat you anything less than the best.