

## Empowerment Trilogy

### Afraid and Terrified → SAFE

1. There is a part of my Being that already knows, I no longer need to feel **AFRAID** and **TERRIFIED** like I did when I was young.

2. There is a part of my Being that already knows, I no longer need to let my **AFRAID** and **TERRIFIED LITTLE ONE** run my life.

3. There is a part of my Being that already knows, I **AM SAFE**.

### Unwanted → WANTED

4. There is a part of my Being that already knows, I no longer need to feel **UNWANTED** like I felt when I was young.

5. There is a part of my Being that already knows, I no longer need to let the **UNWANTED LITTLE ME** run my life.

6. There is a part of my Being that already knows, that I am **WANTED**.

Unloved → LOVED

7. There is a part of my Being that already knows, I no longer need to feel **UNLOVED** like I did when I was young.

8. There is a part of my Being that already knows, I no longer need to let the **UNLOVED LITTLE ONE** run my life.

9. There is a part of my Being that already knows, I am **LOVED**.

No place for me → WELCOMED

10. There is a part of my Being that already knows, I no longer need to feel **there is no place for me** like I felt when I was young.

11. There is a part of my Being that already knows, I no longer need to let the **there's no place for me little one** run my life.

12. There is a part of my Being that already knows, I am **WELCOMED**.

Not Good Enough → Good Enough

13. There is a part of my Being that already knows, I no longer need to feel **not good enough** like I felt when I was young.

14. There is a part of my Being that already knows, I no longer need to let the **I'm not good enough little one** run my life.

15. There is a part of my Being that already knows, I am **GOOD ENOUGH**.

Unprotected → PROTECTED

16. There is a part of my Being that already knows, I no longer need to feel **UNPROTECTED** like I felt when I was young.

17. There is a part of my Being that already knows, I no longer need to let **the UNPROTECTED little me** run my life.

18. There is a part of my Being that already knows, **I am PROTECTED.**

Abandoned and Alone → CONNECTED

19. There is a part of my Being that already knows, I no longer need to feel **ABANDONED AND ALONE** like I felt you I was young.

20. There is a part of my Being that already knows, I no longer need to let **the ABANDONED AND ALONE little me** run my life.

21. There is a part of my Being that already knows, **I am CONNECTED.**

Stuck → FREE

22. There is a part of my Being that already knows, I no longer need to feel **STUCK** like I felt when I was young.

23. There is a part of my Being that already knows, I no longer need to let **the STUCK little me** run my life.

24. There is a part of my Being that already knows, **I am FREE.**

That part of my Being is willing to inform the rest of me now.

It is doing so now with grace and ease.

My mind, body and spirit are receiving this information.

Information transfer is now complete.