

The Power of the 5-Minute Empowerment Session
By IET Trainer Michelle McCarthy

More than once I have heard students say they don't use the 5-minute empowerment session that we learn in the Basic Level class. It surprises me every time. How can this be?! This technique that you will find on page 11 of your Basic manual is by far one of my favorites to use! As the words say in the manual, "The IET empowerment session is a simple yet powerful way to heal the limiting effects of the past and imprint an expectation for empowerment and expansion in the future. It can be done as a self-treatment, facilitated client session, or as an absentee session."

This technique does exactly what those words say! It helps me remain positive and open to the great things that Spirit has in store for me and with a sense of ease and grace. I love it because it's quick and easy. With all of the demands on our time today, it's wonderful to know I can spend 5 minutes on me that will not only have a positive impact in MY life, but it's also good for everyone around me. When I feel good I have more to give. The 5-minute empowerment session makes me feel good!

I enjoy starting my day with a 5-minute empowerment session. I love to do one when I'm feeling overwhelmed by all the demands of my day. This is such a wonderful tool to help other people as well. I love to send a 5-minute empowerment session to a client before s/he comes to the office, especially those coming in for the first time. When I'm preparing to teach, I send an empowerment session to my students the evening before a class. I will send a 5-minute empowerment to a list of people while I am doing one for myself. Sometimes I'm very specific with my list; sometimes I ask the angels to send this energy of love and light to all beings who may be hurting and in need of healing energy. I have finished a full client session by adding in an empowerment session at the end! This is the technique I use when I receive the e-mail from The Center of Being with the list of people who have requested Angelic Support on our website www.learniet.com (All Master Instructors are invited to participate in this) This is the technique I share when I do health expos as well.

If I am going to be faced with a challenging situation, when I know I am headed into a meeting with a group of 'less than' like minded people, I call upon the 5-minute empowerment session and utilize it for myself and everyone who will be present – asking for the highest and best good for all concerned. This little technique is amazingly powerful, simple to use and when I teach, I encourage my students to use it daily.

Pets love this work too. They love us unconditionally and their lives are so intricately intertwined with ours. They work very hard for us. Sending an empowerment session to a beloved fur child is a wonderful gift for them. I have sent 5-minute empowerment sessions to pets during hurricanes and tornadoes, to pets in animal shelters and to friends' pets whenever asked.

I have so many stories I could tell about this one technique. I encourage you to take this 5-minute empowerment session and use it daily on yourself and all of your loved ones! I would love to hear your success-ories. Contact me @ michellemccarthy@learniet.com