



*Dedicated to maximising
human awareness and
potential in individuals*

Dear Client

When situations arise that leave you feeling down and disempowered, outside forces will inevitably take command of you. When this happens, you often find yourself subordinate to other's demands, instead of pursuing your own unique life purpose.

Often, we find ourselves in disempowering and sometimes desperate situations because we may not be adequately equipped to take ownership of one or more areas of our lives. In response, we draw in predatory factors to challenge ourselves, and provide ourselves with the opportunity to grow beyond our current limitations.

- If you are not willing to be the hammer, you will forever be the anvil.

The predator-prey cycle permeates all ecosystems in life - from the microscopic to the macroscopic. If you not willing to take ownership of your destiny and play the predator role at times, you invariably fall prey to someone else's ideas, ideologies or authority. However, remaining in the victim role is a choice, and is therefore within your control to change.

Some important questions to ask yourself:

- *In which areas of life do you feel disempowered and desperate?*
- *Who is overpowering you and domineering important parts of your life?*
- *In which aspects of your life do you feel inadequate?*
- *How would your life change if you felt empowered and in control of all aspects of your life?*
- *What would it mean for you to be released from guilt and obligation to others while pursuing your own purpose and vision for your life?*

For some of us, the challenge is financial disempowerment - feeling burdened by not having financial security. For others, dependency results from being in a controlling or abusive relationship. Some of us may be dealing with feeling of social inadequacy or fear of not being smart, skilled or accomplished enough to compete in the cut-throat world of work. At times, you may feel that a boss or work colleague is steamrolling you, making the working environment hostile and toxic, or perhaps you feel that you are an inadequate partner, parent or friend. We all experience feelings of insecurity, self-doubt, and desperation at times and in specific spheres of our lives. However, feeling disempowered is not necessarily a negative life event, but rather an opportunity to reinforce your journey towards your own inspired dreams.

Book 2 consultations of 2 hours each at 20% discounted fee