

POWER RETRIEVAL

(Reclaiming and reintegrating your power)

We lose an aspect of our power every time we consciously or unconsciously have a negative thought, activate a limited belief, sacrifice our healthy boundaries, become co-dependent, enmesh with another person's story or belief system, get stuck in negative emotion, activate our wounding and so on.

All of these experiences are normal in the human condition and will happen from time to time but when they happen repeatedly or we are not aware of where we are losing power we can become depleted over time, lose clarity and our sense of self and we sacrifice our empowerment and sovereignty.

This exercise can be used in relation to a particular person you feel you lost power with a group of people, an event or just used at the end of your day to reclaim your energy, power and sense of self. The more you do this exercise the more awareness you gain about when, where and why you are losing power.

If you are doing the 3 core processes I recommend (Re-embodiment, Power Retrieval & Soul Embodiment this process is second)

The recommendation is to use this activation prayer once a day for 21 days straight, especially if it's your first time working with it, or follow your intuition as to how best to bring this activation into your life. Leave 7 days for integration then repeat for another 21 days if you feel drawn. Ongoing cycles help deepen the activation

When using activation prayers like these, speak out loud with strength and power taking your time so you feel really present and connected to each word and sentence.

***"I hereby command the power and presence of my being
To expand out into the quantum field, into the dreaming, into the
non dreaming, into time and space, into non-time and non-space,
into the past, present & future, into all realms, dimensions realities
necessary, into anywhere and anyhow,
to cause and core and zero-point of my being***

***To simultaneously locate and instantaneously reclaim
Any power I have lost
Any power I have given away
Any power that has been taken from me
By anyone, anywhere, anyhow and for any reason
(or instead of that last general line insert specific person, group or
event)***

***Known or unknown
Conscious or unconscious
For full integration in the now***

***I hereby reclaim my power
I hereby reclaim my power
I hereby reclaim my power
(repeat until shift occurs)***

***For full integration in the now
In the now
In the now
In the now
(repeat until you feel power come in)***

***So it is
So it is
So it is
(repeat until it feels complete)"***