

Shine, Baby Shine! 7 Steps to Energetic Empowerment

With Antonietta Del Vecchio

Recently, I was standing in line in a clothes store with a friend of mine, and she was saying that she felt lost and did not know who she was anymore. She went on to say that the things that felt good and normal just did not feel that way anymore. I could relate to her completely as I have felt this way in the past and know how challenging things can be for women now that our traditional roles are not what they used to be. There is a social movement and new energies that support women stepping into their own power in a way that we have never experienced before. With these changes come uncertainty and doubt. Any time we experience big shifts in consciousness and functioning there is a period of fear, grief, and feeling lost even if it is a positive thing. As my friend and I continued our discussion, a very attractive well dressed, middle aged woman turned around to us and stated that she felt the same way. She told us that she just did not know where she belonged anymore and did not know where to turn for the answers. She stated that she no longer felt any satisfaction from her lucrative career or her personal life. That conversation made me realize how many of us are feeling like we are free falling with no net in sight. How most people tend to look outside of themselves for the answers when it is within us. You are your net, your foundation. So many of us, do not trust ourselves or our feelings, so we look to someone else to give us the answers we need. I invite you to get to know yourself and to appreciate the different parts of yourself. Now, is the time to focus on your desires, your needs and all the things that are getting in the way of that. It all starts with choosing to make changes and holding on to the belief that we all deserve to live our lives unencumbered by past

conditioning and beliefs that no longer serve us. There is a wonderful phrase that I heard years ago, and use all the time, and it is: **Fake it till you make it!** Use your imagination!