

Receiving Distant Empowerments

There are different ways you may have come across this manual and empowerment. You may for instance, be receiving it via an empowerment given at a specified time over the Internet (perhaps on facebook). You may have downloaded it via the Rainbows web site or somewhere else. However you have come across this work, and whenever you're ready to receive it, you can 'draw down' the empowerment using the guidelines below.

Note: These empowerments usually last for about half an hour but do leave an hour free for yourself, so that you can relax and assimilate the energies for about half an hour after your empowerment.

If you're receiving an empowerment at a specified time via the Internet, you don't need to be online to receive it. A few minutes before the relevant time, simply find yourself somewhere comfortable to sit or lie where you won't be disturbed. Switch off all phones and anything else which might interrupt you. If you can find some soothing music and have it on very quietly in the background it may help to relieve any distractions. Light candles if you wish as long as they are safe. The more you can create a sacred space for yourself to receive these empowerments in, the more you will get from them.

Just close your eyes and mentally 'set the intention' that you are now ready to receive this empowerment for your highest good and your greatest joy. Breathe slowly and deeply and, starting at the top of your head, focus on each part of your body in turn, sending peace and relaxation into it. If it helps you, clench and unclench your muscles as you go. Do this until you feel completely relaxed and at peace.

When you feel relaxed, mentally say to yourself, "I ask my Higher Self to call down the Magic of Merlin empowerment sent by Yvonne for my highest good and greatest joy. Thank you."

Now take some nice deep breaths and simply allow yourself to be open to receiving the empowerment that's being sent to you. Focus on how you're feeling physically and mentally, and on any mental images or messages you may receive (or not, everybody's different). Let yourself be relaxed and at peace during the process. Try and sense the energies surrounding you.

Allow your mind to just take you where it wants you to go. Don't try too hard with anything. Just let everything happen naturally. If you fall asleep, so be it. Sleep is probably what your body most needs right now and you'll still receive the empowerment whatever happens.

After about half an hour, gently open your eyes and come back to your room. Slowly bring yourself back to normal.

You may wish to have a notebook and pen handy to record your experiences of the empowerment and any ideas which may have been given to you while you were meditating.

After your empowerment and writing, it also helps if you can make yourself comfortable either lying or sitting and just let yourself close your eyes for anything between a few minutes and half an hour so that you can 'assimilate' the energies better. You don't need to do or think anything special during this time. You can even fall asleep if you wish.

When you're done and properly awake again, allow yourself to move around slowly. If you're feeling 'spaced out' in any way, stamp your feet firmly on the ground and eat something small or have a drink of water to ground you again.

If you can't make a specified time when the empowerment will be sent, the empowerment will be placed there in the ether, waiting for you to 'call it down' whenever you're ready. To do this, just find a quiet hour when you won't be disturbed and complete the procedure above.

Of course you may have received the empowerment in person within a group setting at Rainbows, in which case you will have already been guided through the empowerment process and there is nothing more you need to do than use your new energies as and when you require them. There is more on using the energies later on in this manual.

Note: Please be aware that your experience of empowerment will be unique to you (and to the empowerment you're receiving of course). No two people will experience it in the same way. Some will see images or receive messages, some will just get a vague impression and some will see nothing at all. Some will feel very powerful afterwards and some won't feel much different. It doesn't matter. These empowerments always work in the way that's best suited to you, and you will always have the energy once you are empowered with it. You can choose not to use it of course, but that's up to you.