



Becoming A Super Lover of Life

**TURNING YOUR FEARS AND
DISEMPOWERING PATTERNS
INTO FREEDOM AND HAPPINESS**

LIAN HENRIKSEN

**I HELP YOU CUT THROUGH THE BS OF YOUR
EXCUSES SO THAT YOU HAVE CLARITY TO
ATTRACT LOVE AND MONEY**

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Becoming A Super Lover

(+45) 20619061

lian.henriksen2009@gmail.com

MANIFESTO

I am a woman who is saucy, sensual and unstoppable in any situation; a woman who cannot and will not be suppressed or abridged in any fashion; but instead, a woman of courage, conviction, and certitude about my self-worth, abilities, and power*.

I am a woman who believes in feminine values of Universal Equality and Mutual Respect, Non-Violence, Problem Solving, Co-operation with Nature, One Another and Other Species.

I believe too as a SuperLover of All of Life, I will be part of the source of a new and different reality the world has never seen before.

The Sassy Goddess, in her caring, is going to facilitate in uplifting man to his highest potential.

Then Men and Women become Truly Human12/2017



Becoming A Super Lover

INTRODUCTION

Who here has beaten herself up over hundreds of things? For example, you can't ever finish your To-Do list, you could be a better partner, be more forgiving of others and yourself, be truer to yourself and what matters to you. Beating yourself up over just not being good enough. Who here has beat herself up over these kinds of things... and would like to STOP?

And now, more questions for you ladies...

Who here feels that the best part of herself has been hidden from the world for a long time? That there's something inside of you just screaming to come out ...if you only let it? Who here feels, or has felt, simply INADEQUATE in the many roles you are asked to play – mother, daughter, spouse, business woman, sister, friend? Who here feels or has felt a little inadequate in one or more of these areas?

I have felt the same way - and I want you to know, you are not alone.

My message for you today, ladies, is simple and direct: deep within yourself is what I call your Sassy Goddess, this is the source of your greatness and your power; I'm here to help you reclaim the power of your divine creativity and inner wisdom.

Who is a sassy goddess? My playful metaphor for a woman who wants to be the best version of being a female human.

She is a woman who believes in feminine values of Universal Equality, Non- Violence, Problem-Solving, Co-operation with Nature, One Another and Other Species.

I'm Lian Henriksen, your Sassy Goddess Maker, and I have two desired outcomes for readers of this little book.

- 1) The first outcome is to give you an overview of what a Sassy Goddess is, with some tips for beginning the process, of allowing it to shine forth.**
- 2) The second outcome is this: if what you hear today really resonates with you and you can see the bigger picture, take steps to be a Sassy Goddess Forever**



Becoming A Superlover

MY STORY: THE BLAH! BLAH! BLAH!

It has been 72 years since my journey through the hills and valleys of this world began. It has been a journey bursting with a wealth of experience.

Let me take you to where it all began. My entry into Mother Earth was dramatic. It was at a time when the world was in a state of upheaval, as I was born a month before the 2nd World War officially ended in August 1945.

I remember being told that my mother was very ill with malaria when she was about to give birth to me. My poor mother; she went through a life-threatening ordeal. And when I was born, I am told that I refused to make a sound.

I was held by the legs and clapped on my bottom for a whole hour before I gave my first sound.

I grew up in Muar, a tiny town in Malaysia. My father's house was in Bakri, a village 12 miles from Muar. Bakri was considered a black area since it was still populated by the communists.

Our transport was an armored car to protect us should from being ambushed by communists. My growing up was under a state of emergency, a kind of cold world, where death could be lurking around the corner, waiting to whisk the unguarded away at any time.

My parents were blessed with four children, all girls, of whom I am the eldest. Four females did not seem to be a blessing to some of the staff on the estate managed by my father.

I remember many of the employees on the estate felt sorry for my father. Their concern was that my Papa had no heir. Some families even went to the extreme of offering him their own sons. I grew up in an environment where a male child was preferred to the female.

My father sent all four of us daughters to school and we all acquired a university education. The motivation for sending us to good schools was not because we would have better careers, but because we would land ourselves better husbands!!

I was educated in a convent school, surrounded by nuns and middle-aged spinsters who plagued me. There were prayer recitations and rules.

The four of us were different and I still have memories of our quarrels. I remember once crying for hours when one of my younger sisters said to me that “You always talk too much.”

I have had my fair share of opportunities in life; things that many would wish for. I have a university degree in Business Administration, have lived in many countries and traveled widely. I was married twice (I usually say four times).

I have two sets of wonderful children, a son and a daughter who are 100% Chinese and a son and a daughter who are half Danish.

I was exposed to western culture from a very young age because my father was very western in his attitude. Among other things he enjoyed classical music, which is something that I have inherited from him. When I first came to Denmark, I was frequently asked how was it that I enjoyed classical music.

Opportunities presented themselves to me, as did tragedy. I have had cancer, but I refused chemotherapy and radiation. The health authorities were not happy about this, but I stood my ground. I do not believe in conventional medicine and nothing will make me change that stance.

Some years ago, when I refused an artificial hip, I could clearly see the irritation on the doctor's face. He did not understand the reasons for that decision and felt that I had wasted his time.

I was a very successful woman who owned her own company. At that time, I was one of the most highly-paid women in Denmark. There has also been a time when I was as poor as a church mouse; this was just after I was made personally bankrupt.

Yes, it has been a life filled with highs and the lows.

Men have been accused of being too masculine and too competitive. Yet I have been told by my Danish girlfriends that I am a little Asian servant to men. I have been told that I theorize too much.

Men had walked up to me and asked 'Who the hell do you think you are?' I have been scammed by men. On the other hand, I have been trodden upon by business partners who are women.

Because my attitude is not mainstream, my children call me crazy. The strongest memory that my children, Kim and Karen, have of their time when their parents were still together was the day that I smashed 200–250 pieces of porcelain in the house.

This was undoubtedly in frustration, but I marvel that I did it!! Clear in my memory is the day that I was so provoked by my son, Kim that I screamed at him so loudly in Bali Airport that bystanders thought that I was being murdered.

Yet it is this same son, who has just told me not to overexert myself because I am an old woman. In my son-in-law's speech at my daughter's (Karen's) wedding, he called me the most complicated woman he had ever met.

He told the wedding guests that, when he came to me for a mind-body massage, I asked him to breathe through his penis. I cannot remember that I said that!

My encounter with religion was profound. I was baptized into the Roman Catholic Church in 1995. But my soul was not into the church's rules and regulations. I participated in a Course of Miracles in 2006 to 2008.

Then in 2009, I joined The Kadampa Line of Buddhism, which I left because I could not cope with the dispute between the head of this Buddhist line and the Dalai Lama.

Pain - what is it?

I did not just have cancer; I became very aware of the mind-body-spirit connection

Speculation as to why I brought cancer upon myself was very intense. I have also endured the pain of an abortion. However, nothing compares to the pain of being separated from my first two children for eight years and knowing that they were punished and tortured, which was a situation where both my parents and I were helpless.

I also went through the pain of not only losing my firm but being declared personally bankrupt, life taught me many lessons. Adjusting to a life of bankruptcy was challenging. The court case against me took ten years, mainly because my business partner's lawyer had decided that I was suspect.

It took him this length of time to dig into my private life, in an attempt to try and unearth a fortune he thought I had stacked away in offshore accounts. As I was not keen to be dependent on the social help by the government, I earned a living by looking after the aged.

As it turned out, this is an experience I am glad I had. I was especially proud - and knew that I did the “right” thing - when my son Kim said to me “A country ought to be judged by how it treats it's socially weak

The Pain of being the woman in Asia and Europe - I have experienced how it feels to walk around with the tag of “she is a woman.” In the social strata to which I belong, much of this was in the unconscious.

I cannot describe in words, for example, the frustration written on my grandmother's face when she was not allowed to burn a joss stick in my father's house, nor how I felt seeing my mother being dominated by my father throughout their married life (until a few years before my father died).

My father's struggle with the meaning of life taught me some lessons. I saw him struggle on his death bed. Did he die with peace of mind? I remember how difficult it was for my father to forgive and forget what the Japanese did during the war, in which he had lost his mother and father, as well as his two brothers.

Then, there was the pain of witnessing my mother become weak and demented during the last years of her life.

I was tired of the Buddhist philosophy that life is suffering and began to look for an alternative. Dr. Jean Houston's philosophy resonated with me. So I took 2 of her courses- Awakening Your Life's Purpose and Living Your Destiny. These were followed by Feminine Power with Katherine Woodward Thomas and Claire Zammit

In 2011, I was attracted to Abraham's Law of Attraction and Lazaris's Power of the Future. I was especially attracted to their thoughts that the purpose of life was the joy. The result is expansion.

In august 2012 I decided to return to the business world, but small time. I established my company, Mind-Body Basics. It was with this in mind, I decided to train as a coach with the Quantum Success Coaching Academy, USA and got certified in May 2013.

Christy Whitman is one of my major mentors; I love her work. My coaching practice is my life passion. I wanted to contribute and enhance the quality of people's lives, especially single professional women, who are also mothers. This is how I feel that I could use my time and talents in a way that is aligned with my soul's purpose.

The Law of Attraction and Future visioning has manifested for me an invaluable mindset, to be in love with LIFE.

Every morning when I get up, I say to myself "Wow! another beautiful day in which to create and have fun" Everything that I now have in my life is something that I have deliberately designed to be in my life.

I realize the power of the universal laws and, even more importantly, the power of designing the future.

So the principles that I write about today have been a tremendous service to me in my life. And I want you, too, to attain the state of mind you need to be in, to be a deliberate creator.

Sharing with you my personal story about learning, self-love and future visioning, and how it changed my life is done with the sole purpose of making you realize that you can change for the better if you want too.

In May 2015, I had the unique privilege of being trained in Reiki and Seichem by master Ms Mohanie Ahangama in Sri Lanka. The skills learned there have influenced me greatly in my coaching work now.

In September 2016, I took part in an Ayahuasca/Natem medicine journey and there I got in touch with the collective primordial pain of women. This helped me confirm that I was on an empowering path.

In the course of going through this journey, an idea came to me. I got the impulse to establish The Education and Healing Centre for Sassy Goddesses. I wanted to find a way where I could train women to be Sassy Goddesses. It is my ambition to create 500 goddesses by the end of 2018.

In November 2016, I fell and the intense pain paralyzed me and my self-confidence took a deep dive down. In my recovery, I realized it was not the pain I was in that was holding me back, but the anticipation of more pain that was stopping me from living my passion. It was a big lesson.

And the story goes on...

“We are spiritual beings having an earthly experience and not a human being having a spiritual experience “

Pierre Teilhard de Chardin, French Idealist Philosopher and Jesuit Priest who trained as a paleontologist and geologist

Since I choose to believe this in 2010, it has helped, I can see the bigger picture of things. I further acknowledge that though rupture is painful and inevitable, it is also necessary. It brings me to an expansion mode.



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MY LATEST TURNING POINT STORY

The joys and pain in my relationships with men starting with my father.... A big sigh. My father's struggle with the meaning of life awakened my own curiosity but my father was a very dominant man very patriarchal in his approach to women.

I think my unconsciousness need for his approval of me has been the underlying belief with the men of my life.

In April 1999, I was operated for cancer of the womb. Because I refused mainstream after-care treatment, I looked into alternatives.

Although I felt a passionate love affair was the cause of my cancer, it was the many dreams about my childhood while in recovery bed that made me decide to spend more time on the mind-body-spirit connection.

In a brochure that my sister, Linda Yong sent to me, I became aware of the Hoffman Quadrinity Process and decided that this definitely was a course that I had to attend. I did an intensive from 20th to 27th August 1999 in London.

That is when I started a "love affair" with both my father and mother, which only ended on New Year's Eve 2016/17. I felt total forgiveness from all, including myself.

But let us return to the men of my life

As I mentioned before, I had been working on relationship issues for many, many years, yet I wasn't able to discover why my relationships with men and money, always seemed to turn sour.

I kept questioning myself ... What was it about me, on the inside, that attracted the same destructive patterns over and over and over again?

I have worked on it from many angles – am I too masculine and not being feminine enough? Was it about freeing myself from the current patriarchal culture? Was it about being too materialistic and not spiritual enough? Was it about giving too much or too little? Was it about being too emotional or being too cold? And the questions can go on as I continued in my search for a life –partner

Then came partner No.4. My very, very, traumatic abandonment in December 2008, crippled me again financially. And I stopped working on the very dreadful pattern I have had with men - by avoiding them. I kept away from men for four and a half years.

In May 2013, I was however really challenged by the following extract from the Book- Making Love-Sexual Love The Divine Way

"The cause of most of the unhappiness on earth is that man and woman have actually forgotten how to make physical love. This is the greatest tragedy of all time.

The forgetfulness has been going on and slowly getting worse for so many thousands of years that it's now a tragedy for the whole of mankind. There can be no mass solutions.

The problem is too personal and too deep. Everybody has to do it for himself or herself, or it can't be done.

Woman's basic unhappiness, her perennial discontent, is because man can no longer reach her physically. Her emotional excess, depressions, tearful frustrations, even premenstrual tension and the conditions leading to hysterectomy and other uterine problems, are due to man's sexual failure to gather or release in lovemaking her finest, fundamental, female energies.

These extraordinarily beautiful divine energies are intense and exquisite and when left untapped in a woman, as they are now, they degenerate into psychic or emotional disturbances and eventually crystallize into physical abnormalities. The womb gives birth to all things.

Man's basic unhappiness, his perennial restlessness, is because in forgetting how to make love he's abandoned his original divine authority and lost sexual control of himself. His emotional or psychic degeneracy manifests as sex obsession.

All men, without exception, are sex obsessed. This means compulsive sexual fantasizing, chronic masturbation (even when living with a partner), sex repression leading to anger and violence, and the universal symptoms of chasing wealth and getting lost in work.

Busyness and wealth-gathering compensate for being an inept lover and are cover-ups (in both sexes) for the inability or fear to love.

Because of his neglect of love, neglect of woman, man suffers from premature ejaculation, guilt, anxiety self-doubt, impotence, sexual atrophy masquerading as sexual disinterest, sexual abstinence due to repressed fear of failure, sexual bravado and lack of true wisdom - all of which he inflicts on woman, aggravating her basic discontent and his own restlessness.

No matter how much a woman loves her man and wants to give her love to him, she will not and cannot give up all her divine energies if he is not yet himself, fully integrated or aligned with love.

As very few men are themselves, the gap of unhappiness between man and woman keeps on growing."

..... Barry Long, Tantra Master

I was curious and wanted to know personally if it could be true!!! And I entered the dating scene again. I have been in numerous relationships since - and the journey that of a roller coaster.

But the "breakthrough" only came about a year ago. I was in a long-term relationship in which this person had "left me" and "returned" for the third time.

I felt I gave and gave and gave yet one morning when I choose to reflect on our relationship, he said later in an SMS that he was unable to trust and feel safe in our relationship because I was not woman enough.

It was this SMS that broke the camel's back ... I told him to piss off in no uncertain terms and I haven't seen him.

What surprised me was how good I felt about it.... really good about it... It was that moment I felt (1) finally free from my need of validation from men and (2) I did not need a man to make me feel complete. Wow!!

I knew I nailed it down that second that I could master myself, and to take radical responsibility for my state of being to be there for myself, to know that the only security I have is self-belief in my self-worth.

I continue to focus on two aspects of opposites, materialism, and spirituality and femininity and masculinity.

Today I am connected with the FLOW of LIFE without internal resistances. I have come to realize that I to be fully present, to give myself the spaciousness I need, instead of being contracted,

I allow life, the creative force to flow through me and have become a Super Lover of Life. I welcome all that life brings me..... the bad, the beautiful and the ugly!!

I am still single, however, with a deep inner peace of knowing my worth. I nurture my Inner Divinity daily and I know I have become a stronger and a softer woman.

My work with women has brought me to this conclusion, we are so preoccupied with activities such that we have forgotten how to love. We now find it difficult to love ourselves or others around us.

Our lives are like shadows, all we do is live the life we think others expect us to live. We are no longer living our own dream lives and truth.

It is really not about fighting for equal rights. We are long past that, in this part of the world. The more interesting question for us women is why we allow ourselves to be suppressed, especially unconsciously.

Why do we continue to self-sabotage? Why don't we want to let go of our limiting beliefs? What is holding us back?

And we love the blame game, the role of victims as we continue to self-sabotage ourselves.

I had to make the choice to be willing to let go my limiting beliefs and know that I am vast and I have infinite wisdom with me. Are you willing to do the same?

The world needs us Sassy Goddesses, women who live the best version of being female human.

Knowing what I do today, would I have done "IT"

I wouldn't have married Boston,

but I did

I wouldn't have taken him back after our first separation

but I did

I wouldn't have left my children Ken and Jo,

but I did

I wouldn't have fallen pladask for your father Bjørn

but I did

I wouldn't have loaned the American Bruce \$100.000,

but I did

Yet, if I didn't do ALL that I will not be sitting in Denmark awaiting my

2nd grandchild JOSEPHINE



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HOW I CHANGED AND CREATED NEW NEURAL PATHWAYS

It is all about taking an honest look at one's behavioral patterns to identify the underlying cause(s), why one does what one does and thereby perpetually attracting the same kinds of undesirable experiences.

I also recognized that the changes had to occur at a deep unconscious level, at the neural pathways level. But how do we reach our neural pathways and change them?

Let me explain what I mean by neural pathways. Neurons transmit nerve signals from the brain and back to the brain. In doing this, they use a pathway.

Neural pathways are roads that provide access for information to travel through the neurons of the brain. It is a pattern already registered in our brain. We have been wired through constant experience to reason along with a particular pattern.

If we keep thinking of the same pattern, we will keep getting the same result we used to get before.

We know that neurons that fire together wire together. I had to create new neural pathways in the brain and let go of the old ones, allow the neurons of the old pathways to separate and go their own way, so to speak, just like people in a relationship.

You cannot recreate yourself from your ordinary ego-consciousness. The ego only wants to protect its territory; it does not want to change.

We must reach a state of non-ordinary consciousness in order to make a deep and lasting transformation.

After putting considerable research into this, I have developed a daily discipline of intense self-inquiry – including reflection, meditation, visualizations and affirmations. And through these methods, I have been able to alter the direction of my future.

I can laugh more, I am happier, I feel lighter and am full of energy and new ideas. I surround myself with new people and new environments.

“God is lavish, the omnipresent substance of The Universe. This infinite source of abundance is individualized as me the reality of me”

A mantra from the Law of Attraction



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HOW YOU CAN START LETTING YOUR SASSY GODDESS SHINE FORTH IMMEDIATELY?

I have “always” been a healer, a teacher, and a coach..... and if there is 1 thing you take away from this little book it is this – learn to be connected with both your feelings and emotions and listen to them...

They are your GPS. Here is very short but extremely useful exercise:

1. Pay attention to your thoughts and feelings: when something is going on with you physically, don't just overlook what you think or how you feel about the situation. For example, when somebody isn't watching and bangs his cart into yours in the supermarket.

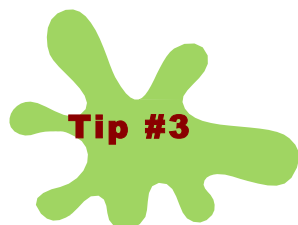
How do you feel about the situation? There's a pit in your stomach, or your breathing becomes shallow or rapid, or the muscles in your shoulders or neck become contracted;

2. Close your eyes and ask yourself, what your thoughts and feelings accompanying these physical symptoms are. As those thoughts and feelings arise, ask the question without being judgmental and without pushing them away or denying them;

3. Give your feeling a name: I'm ANGRY, I am IRRITATED, I am FRUSTRATED, whatever it is; and take a few deep breaths, pause, and consciously replace the negative feeling with one of self-love and self-compassion for yourself. If you should want to act, act from love and not from fear.

This is a simple but effective way to stop vicious thought cycles that are crippling

If what I have said up to now makes sense to you, here are three tips that help you create awareness in what is going on you and start letting your Sassy Goddess shine forth:



GET CLARITY ON YOUR SEXUALITY

Tip #3

What is sexuality? The dictionary definition for Female sexuality, also called female libido, is the capacity of females, both girls, and woman, to have erotic experiences and responses (usually with the male)

May I be allowed to introduce another term to describe female sexuality? Yes, Turn On. What is a TURN-ON?

THIS GOLDEN BUTTERY FEELING. It is a pleasurable feeling that your insides have melted – liquid golden honey pouring inside and our feelings are so good. Utter relaxation. Utter surrender. Utter Attunement to the most beautiful, powerful, graceful part of one. A total universal feeling of connection.

When a woman feels this way, she connects to her Goddess Self (the Spirit) with her body. This is what is meant by sensuality being the portal for the Divine in a Woman.

She is in a space where she knows the perfection of her being, that it is a privilege to be a woman, to be alive, to be given the gift of pleasure within her own body.

Much of this resonated when I read Reclaim Your Pussy Power by Mama Gena.

If and when we connect to our sexuality, by being TURN-ONed, we are actually tuning into our life force and connecting with our divinity.

Turn-On happens when one takes pleasure from the body, which is an experience that women have been taught to avoid for the last 5000 years. Patriarchal Culture devalues Turn On – a woman's erotic brilliance, which the predominant patriarchal culture sees as a service to the masculine

THE EXPERIENCE OF ONE'S DIVINITY is not an intellectual occurrence. It is not something someone else can give you. IT IS A BODILY EXPERIENCE. A woman is activated when she is turned on.

It involves the whole body, though probably most concentrated in the Pussy. Because there are 8000 nerve endings in the clitoris, the most sensitive and sexual part is our pussy

Your pussy is your birth right to pleasure. This you must remember that The pussy is where a woman's confidence lives, where her power is sourced, where she connects to her deepest feeling and longings.

A woman in RAPTURE, a woman when she is TURNED-ON, radiates, shines. When we are not turned on, we are only using 6 out of 88 keys of a piano, to use a metaphor.

But most of us, we have stopped looking for the light switch to turn on.

To put it succinctly, a woman's sexuality cannot be separated from her sensuality, her pleasure, her ability to make use and enjoy all her senses.

A woman is fully a woman only when she is prepared to sink into her pleasure. And this pleasure begins from her pussy. I could only agree with Mama Gena!!

How to use this knowledge immediately? How to use this tip?

Because if you don't know this, you will lose your ability to listen to your body and your body's desires. Each woman's bodily wisdom dictates what is right for her sexually. In the worst case scenario, a woman does not listen to her body, may even mimic doing things or agreeing to do things that are culturally normal for a man.

Many of us think that sexuality only has to do with penetration and quick orgasms. But, you will not have the true picture, you will not know you are "good enough" "all right", and sexy and feminine if you believe only in penetration.

How to use this knowledge immediately? How to use this tip?

- **Why do we need to be turned on?**
- **Why feel a sense of your own aliveness?**
- **Why know that your spirit, mind, and body are one?**
- **Do you know your pussy?**
- **Do you really know your own beauty?**
- **Do you know the connection between pleasure and time?**
- **Do you know this deep, delicious replenishing source of divinity within yourself?**

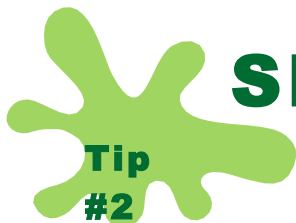
Try this exercise - An experience of rapture

Close your eyes and ask the following questions

Why am I feeling so Joyful? Why am I swooning from self-acceptance, self-love, self celebration and freedom? Why am I a perfect line of poetry, why is beauty everywhere in me? Why am I magical?

Why am I an evolving masterpiece? Why is there no right, no wrong, no shame? Why am I so cute right now? Why is this an unbearable, magnificent fleeting gift of the moment? Why am I in ecstasy for no reason? Why is rapture having all these feeling about myself?

HOW DO YOU FEEL? DESCRIBE THE FEELING



SPEND TIME TO LEARN ABOUT THE BIOLOGICAL FACTS OF PLEASURE HORMONES

What are pleasure hormones?

The hypothalamus is the most important part of the brain for sexual functioning. This is a small area at the base of the brain consisting of several groups of nerve cell bodies that receive input from the limbic system. The hypothalamus is important because of its relationship to the pituitary gland, which lies beneath it.

The pituitary gland secretes hormones that are produced in the hypothalamus and itself.

The four important sexual hormones are oxytocin, prolactin, the follicle-stimulating hormone and luteinizing hormone.

Oxytocin, sometimes referred to as the "love hormone," is released in both sexes during sexual intercourse when an orgasm is achieved. Oxytocin has been suggested as critical to the thoughts and behaviors required to maintain close relationships. Luteinizing hormone (LH) triggers ovulation, which is the release of a mature egg.

The other hormones, feeling good producers are

Serotonin – improves willpower

Norepinephrine – enhances thinking. Focus, and dealing with stress

Dopamine – increases enjoyment and is necessary for changing bad habits

GABA – increases feelings of relaxation and reduces anxiety

Melatonin – enhances the quality of sleep

Endorphins – provide pain relief and feelings of elation

Endocannabinoids – improve your appetite and increase feeling of peacefulness and well-being

Why is it important to know this? What are repercussions of not knowing this?

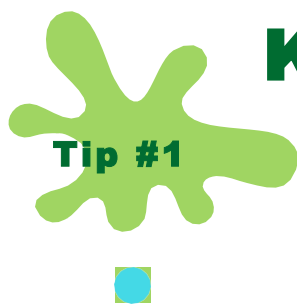
This explains why it is so important to be Turned-On, to be in rapture 24/7. That is why you need to be so aware that you have switched off. That is why you need to practice so that you can become better at using all 88 keys of the piano.

How can you use this knowledge?

To be aware of your thoughts and feelings so that, when you are not feeling good, it is because the production of oxytocin is low. It will also indicate why you do not feel lit up?

Why you seem to be so turned off. Why you seem to turn off your joy for life. Why you seem to be so cut off from your power. For me the best way to use this knowledge is self-pleasure. This another subject.

Now for the most important tip:



KNOW YOUR ROBOT MIND AND STOP THE BLAME GAME

What is the robot mind? That we think like machines!!

That nearly everything - if not everything - we do is a mechanical reaction to influences outside our control.

We are a world of robot thinkers, programmed by robot parents, robot thinkers and a robot society. We know very little outside of what someone else has taught us and said. We all want to change the world.

But to change the world, we must change the robot patterns of our own inherited thinking.

Most of “our robot thinking” comes from:

- the laws of the government
- social taboos
- religious restrictions
- psychological barriers, often from childhood and adolescent
- tribal customs
- unspoken rules and regulations also called MEMES.
- “World Patriarch Culture” Western civilization, for the last 5000 years, has been based on the mythology of Patriarchy, the authority of men and fathers. So - at this point in time - our culture is totally ruled by the father and males.

Why is it important to know this concept? What are the repercussions of not knowing this when referring to our female sexuality?

Because-when you are aware of the Robot Mind- you will be able to define your own sexuality; you will live by your own conscious choices and not by the sexual rules of others.

For example: there is a lot of pressure on women to be sexual. Just look at the press, the magazines, the net, and television. Do you make other people’s standards yours?

This ability to distinguish between the true and the false depends on:

- (1) **the understanding of yourself and, this, in turn, relies on**
- (2) **how long and how often you are able to remain aware of yourself.**

Anything, including your true sexuality, must be tested this way. Is this statement true or false to my experience?

Shall we test a few statements on sexuality to be true or false in your own reality?

- **A woman's turn on, a woman's sexuality, may actually include actual genital contact with someone or it may not.**
- .
- **A woman does not need a partner or a significant one-to-one relationship to be in touch with her sexuality.**
- **A woman may not even require orgasm or physical touching to know and feel her sexuality**
- **There's a lot of pressure on women/you to be sexual.**
- **It is all right if you have more or less desire for sex than the next women.**
- **Women must be feminine and men masculine?**
- **Some women's definition of successes with men give other women complexes.**
- **Female Sexuality is all about orgasms and that is all.**
- **Being erotic is more about what happens when you surrender to the long, slow sensation of bliss within you, which mercifully melts the tension of life's demand. Feeling this good is not complicated or out of reach, it starts with awakening your senses, sound, sight, touch, smell, taste and the sixth sense, intuition.**
- **The Woman is physically built for nurturing and receiving. Lack of self-love is the reason why the planet is in the condition it is today.**

How can I use this information to empower yourself? How To re-claim our body's wisdom and inherent ability to create health and well-being

The question really is have you examined your own views on yourself as a woman?

Self-examination is the key to insight which is the key to wisdom

"Knowing yourself is the beginning of all wisdom... Aristotle"

You have heard my story..... I stand in front of you as a woman that has spent both time and money to learn who I am and what makes me tick.

If you want to get away from fear of the future and struggling that comes in any form, you must learn to know yourself.

It has been proven that it takes 7 times more energy to get what you want when you work on the outside than if you worked from the inside out. Work on your thoughts and feelings first and manifesting your dreams becomes effortless.

"What we achieve inwardly will change your outer reality... Plutarch"

GET OUT OF YOUR ROBOT MIND!! THINK FOR YOURSELF!!



This poem, source unknown, continues to be my inspiration:

I am strong
Because I know my weakness

I am beautiful
Because I know my flaws

I am fearless because I learn
To recognize, illusion from real

I am wise
Because I learn from my mistakes

I am a lover
Because I have felt hate

I can laugh
Because I know sadness



Do you ask yourself what empowerment really means?
Until I met this, developed by the Brahma Kumaris, I did.
Now I don't because these words really inspire me
I trust that they will with you.

Power 1

The power to withdraw
The ability to step back and disengage from the world around you

Power 2

The power to pack up
The ability to bring things to an end to stop wasteful thinking

Power 3

The power to accommodate
The ability to expand and accept the presence, ideas and desires of others

Power 4

The power to discern
The ability to discern the subtle, and separate what is true from the false

Power 5

The power of judgement
The ability to assess the quality of choice, decisions and actions in yourself and others

Power 6

The power to face
The ability to confront and resolve external and internal obstacles, tests and challenges

Power 7

The Power to co-operate
The ability to give attention, time, experience and wisdom in the service of others
and to work alongside them.

Power 8

The Power to tolerate
The ability to respond to external and internal events positively, yet not be affected by them

**As you learn to use your powers, they become stronger in you.
You learn the skills of applying the right powers at the right time and in the right situation**

