

# *The 5 Things You Must Do to Connect with Your Inner Guidance and Increase Your Personal Power*

Your personal power is directly aligned with the depth of your connection to your inner guidance and your Higher Self.

Before you even get started here, let's make sure you're aware of what I call the **Trifecta of Success**, the 3 Golden Rules and pre-requisite set of guidelines that are essential to put in place before taking on any new practice or endeavor.

First on the list, **INTENT**. This seems like a no-brainer but when we start new projects or practices, sometimes we forget this crucial step in the process. Set an intention for what you set out to do. Write it down in specifics. What are you doing? What's the time frame? What are the end results? This keeps you clear about what you're doing, when you want to achieve it, and what the fruits of your labors will be.

Second, **FOCUS**. Tune out from distraction so you can go inward for guidance. Unplug from the external world, even for 5 or 10 minutes a day, and create a deeper connection with your Higher Self. The more you focus on going inward and paying attention to your inner Wise One, the stronger your connection to inner guidance will be and the more access you'll have to your own personal power.

Third, **DEDICATION**. Make it a daily practice to unplug from distraction and go inward for guidance. Devote your time and energy to forging a stronger connection with the deepest, wisest part of yourself. It soon stops being something that you do, it becomes who you are.

\*\*\*\*\* *The Five Things* \*\*\*\*\*

## **Step 1. Let It Go.**

Release and clear yourself from lower frequency energies like shame, guilt, fear, lack, resentment, anger, judgement, worry, doubt, and any inability you have to forgive someone, (especially yourself) or something, for past wrongdoings. It's time to let go of the old stories and drama and just let it all go. It's getting a little tired and predictable anyway, isn't it? Playing out the same old cycles of, "I want that, oh wait, I can't have that because of X and Y."

Booorrrinnng!

Time to shake it up, sister. Time to turn off the snooze button on your life and wake up. Stop waiting for some nebulous and benevolent force to just swoop in and rescue you from your energy blocks and your life that's currently languishing in the Comfort Zone. Start taking charge of your hang-ups and kick them to the curb for good.

Allow then, those benevolent and creative forces in the universe to at least meet you half way in helping you to co-create the life of your dreams now that you've made your ego take a back seat and you're driving the bus, firmly seated in your place of power.

Clear the blocks and energetically prime yourself to allow higher frequency energy to come in. If your vessel is full of unreleased negative energy, there's no room for the higher frequency energy of abundance and prosperity to come in.

Basking in low frequency energy that we may be unconsciously holding onto is just one of the ways in which we give away our power. By choosing to experience more high frequency emotions in your life, **YOU** take charge of your thoughts and feelings and stand in your power.

**Need some help with energy clearing?**

**Download the 5 Exercises to Clear Your Energy Blocks and Become an Abundance Magnet**  
[HERE](#)

## **Step 2. Meditate.**

Don't overthink this.

It's just about setting time aside for an appointment with yourself, much like you'd make a doctor's appointment or a phone appointment. **YOU DO** have time to work on yourself. Schedule 5 or 10 minutes in the morning to just breathe deeply and create the intention to connect with that deeper part of you, repeat a mantra, or just BE.

Your inner Wise One is dying to connect with you more profoundly! Insight and answers about your life are just waiting for you to discover them. Give your inner guidance an outlet to help you out!

Allow the pathways of communication between you and your Higher Self to open up when you go inward. If you make some form of meditation a daily practice, you'll be more present, awake, and aware in your own life. You'll create more clarity around what's working in your life, and what isn't. You'll create awareness around where you may be giving away your power through holding onto low frequency emotions like lack, resentment, or judgement, or where you're giving over control of your life to the fear-based ego mind, believing in the negative self-talk you're force-feeding to yourself, keeping you stuck right where you are, afraid to take that leap of faith that will propel you further along on your path to abundance and prosperity.

When you meditate, you allow yourself to go inward so that you can look at your life as a whole, objectively. You can silence the monkey chatter of the ego mind long enough to pull back the camera and look at your life through a wide angle lens, seeing all the moving parts without feeling attachment to it. This will help you to take inspired action in your life, to work in tandem with your Higher Self instead of operating from the ego mind, which prompts you to try to force outcomes that may not be right for you or not aligned with your highest good.

## **Step 3. Visualize.**

You've already created an appointment time for your meditation practice, now piggy-back it with some visualization. Another 5 minutes is all it takes.

You are an incredibly creative being and a powerful manifester. You need look no further than your own life to believe that that's true. You've created all of it! When you create a practice of visualizing your perfect life, you get to decide how that looks. You get to send a clear message to the universe what it is that you want to show up so you can live your ideal life. Don't think you can do it? Just remember how good you are at visualizing the details of how everything can go wrong in your life. Change your perspective and imagine how everything goes right.

THAT is how you can truly showcase your personal power.

So, how do you want your life to look? What does your life look like, after you've achieved your desired goal, right down to all the juicy details. Write it down. Practice the exercise, **A Day in the Life**, where you write down a detailed account of what your perfect, ideal day looks like, from the moment you wake up, until you turn off the lights and call it a night. This is a powerful visualization practice and I do this once every month to keep it from feeling stale, adding in random, new, fun stuff in my day each time I do this.

**Feeling stuck with your visualization practice?**

Listen to the "Visit Your Alternate Self Guided Meditation" on my website [HERE](#)

## **Step 4. Daily Gratitude Practice.**

Let me be as plain here as I know how.

Getting on the Gratitude Frequency is like riding the bullet train to high-vibe town. When you create a daily gratitude practice, you are accomplishing two important tasks at once, further paving your way on your path to true and lasting abundance. You are locking in some pretty profound feelings of prosperity when you notice and appreciate the goodness that already exists in your life. It makes you feel good to notice the good. It's pretty simple.

You are also sending a crystal clear message to the universe that you really, really like all the stuff you've got by just communicating that you're thankful for it, so the universe responds by sending you more of it.

Start a daily gratitude practice where you begin your day by writing, "I am grateful that I'm going to have an amazing day." Then, write 3 things that you're grateful for right now. Before you go to bed at night, write 3 things you're grateful for that happened that day. Then, start writing more than just 3 things. Fill up endless pages in your journals with gratitude lists.

Be thankful for the sun in the sky, that you woke up that morning and drew breath, that you have a cozy bed to sleep in with a roof over your head. Be thankful for all of your gifts and talents that make you unique and powerful in your life.

Go even further. Thank your debt for showing you what you need to release. Thank the traffic for showing you that you need to slow down in your life. Thank the chaos in the world to show you that you *choose* calm and serenity. Switching up your perspective in this way is allowing you to have control over your thoughts. *You* get to choose how you see and experience your world. *You* have power, at any given moment, over whether your thoughts and feelings are aligning with high or low vibes.

The easiest and fastest way to exert your personal power and harness more abundance in your life is through getting on the Gratitude Frequency. Get a daily gratitude practice in place and be amazed by how quickly you'll start attracting even more stuff to add to your gratitude list.

**Want to watch a short video and get the real skinny on what gratitude does for your personal energy frequency?**

Watch the Gratitude video [HERE](#)

**Want to read a fantastic book all about what happens when you make a gratitude practice a way of life?**

Check out, "Thank and Grow Rich," by Pam Grout

[HERE](#)

## **Step 5. List all of the things about you that are awesome.**

Don't be shy here. Have yourself a good 'ole self-love fest.

Write a comprehensive, unabashed and unapologetic list of all of the things that you're good at. There's a lot more than you think.

What are your unique gifts, talents, strengths, and abilities you possess that allow your light to shine fiercely in the world? Don't hold back anything. There's so much! I know!! Keep writing!

This is an opportunity to congratulate yourself on your accomplishments, to celebrate your individuality, and to honor your greatness.

Now that you've set aside some time to meditate and visualize, focus a bit on how you'll use even more of these awesome talents, and perhaps, even introduce a few new ones that you've been itching to cultivate. Has your inner guidance been nudging you towards something new but, as yet, you haven't taken that leap of faith out of your comfort zone to go after it?

Well, now's the time! You're ridin' the Gratitude Gravy Train with Prosperity wheels. **Woo Hoo!** Go all in!

When you set aside your personal quiet time, ask your inner Wise One, "How can I use my talents and abilities to help me create an even more abundant life? Show me how I can take

even more inspired action to live my life from my place of power to have more confidence, self-worth, and prosperity." Do. This. Every. Day.

## *The Final Step.....*

Allow yourself to trust in, and follow, the guidance you get from your inner Wise One, your Higher Self.

Know that your intuition, the messenger of your Higher Self, has only one purpose, one reason for being, one mission – to serve you and your highest good. That's it. It doesn't play hard to get. It doesn't give you bad intel. It's a straight-shooter that gives you the straight dope about how awesome you are and always will be. It sees that light that shines brightly within you, even if you don't, and it is constantly seeking out ways to show you how to stoke that flame and keep it burning bright. This is your power base. Use it like the incredibly powerful tool that it is.

So, are you listening? Are you paying attention to how your inner guidance is speaking to you?

**Need a little help in reconnecting with your inner guidance, your Intuition?**

**Check out the "Tuning-In Guided Meditation" [HERE](#)**

Are you ready to cast off the sheath of fear, stop playing small, and start owning the personal power you wield to be able to be, do, and have anything you want?

Book a Free Consultation with me. If you're ready to re-ignite your personal power, let's talk about it for 30 minutes and see if you can't light a fire that fuels your heart and soul to live a life greater than your ego, your limiting beliefs, and your fears.

**[Start your journey HERE](#)**

Want to join a community of fellow abundance seekers and get free abundance creation tips, videos, workshops and flash deals on my services?

Join [The Fiercely Abundant Mindset Facebook Group](#)

*Wishing you love, light, and fierce abundance*

*~ Kathryn*

**#theabundantintuitive**

**#reclaimyourpower**