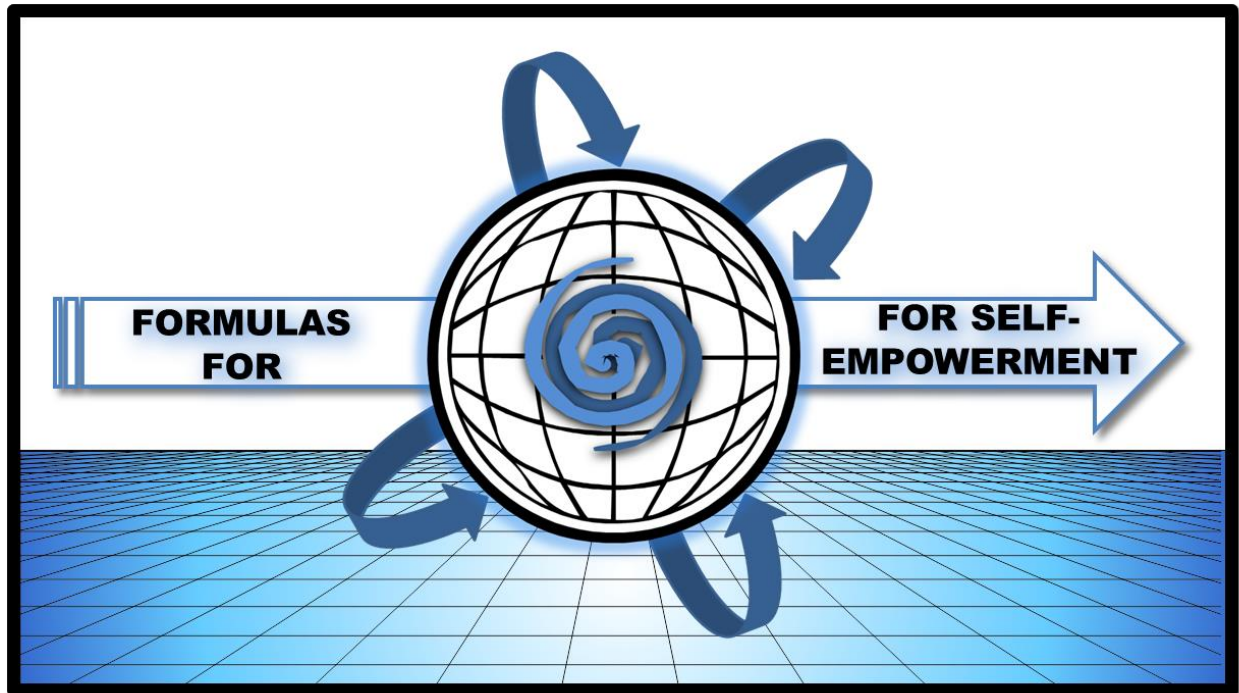


Formulas for Self-Empowerment

Excerpt from **Soul Sex: The Alchemy of Gender and Sexuality**

by Drake Bear Stephen BA, CHT

www.SoulSexAlchemy.com



FORMULAS FOR SELF-EMPOWERMENT

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If we scuttle the belief that we are a victim, we realize that we are powerful beyond belief. Self-empowerment is so important that I developed three formulas to illustrate what it is. The first formula is:

$$\text{Self-Empowerment} = \text{Know Your} + \text{Love Yourself} \\ + \\ \text{Be Yourself} + \text{Share Yourself}$$

- **Know Yourself** – Learn all you can about yourself. Travel your subconscious to reveal hidden memories. Clear past pain and trauma.
- **Love Yourself** – Unconditionally. Constantly. Believe you deserve the best.
- **Be Yourself** – Serve yourself. Honor your boundaries. Be authentic by extracting the voices and influences of others.
- **Share Yourself** – Be of service to others. Share your gifts with the universe. Shine your light.

Self-security is created by striking a balance between being in a power position (*yang* energy) and being in a peaceful place (*yin* energy) so the second formula is:

$$\text{Self-security (SS)} = \text{Power Position (PP)} + \\ \text{Peaceful Place (PP)}$$

- **A Power Place** is the ownership of confidence, invulnerability, and assertiveness. It is the place self-actualized individuals source from. It is the boundary that separates “me” from “not me”.
- **A Peaceful Place** is that space to go to when in need of respite, relaxation, rejuvenation, or reflection. If you do not yet have a peaceful place, visualize or feel yourself at your favorite natural location, such as a forest, beach, mountain, desert, or snow scene.

Now imagine that your soul is a whole pie with a filling of love and empowerment. The third formula is:

$$\text{Peace} = \text{Identity} + \text{Empowerment} \\ (\text{P.I.E.})$$

Lastly, self-empowerment is opening your heart to yourself.

There are only 4 steps to do...

KNOW YOURSELF Learn all you can about yourself.
Trawl your subconscious for hidden memories.
Clear past pain & trauma.

LOVE YOURSELF Unconditionally.
Constantly.
Know you deserve the best.

BE YOURSELF Serve yourself.
Honor your boundaries.
Be authentic by extracting others' voices & influences.

SHARE YOURSELF Be of service to others.
Share your gifts with the universe.
Shine your light.

...to have everything you want

FORMULAS FOR SELF-EMPOWERMENT



SELF EMPOWERMENT = SELF KNOWLEDGE + SELF ESTEEM



EMPOWERMENT = KNOW YOURSELF + LOVE YOURSELF +
BE YOURSELF + SHARE YOURSELF

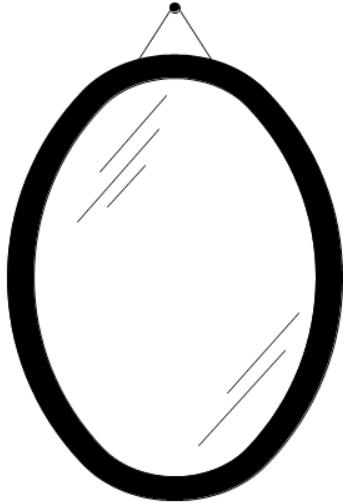


SELF SECURITY = POWER POSITION + PEACEFUL PLACE
(Yang) *(Yin)*



PEACE = IDENTITY + EMPOWERMENT

PROJECTIONS BECOME REFLECTIONS



**Mirror, Mirror on the wall
What beliefs, thoughts, words, & actions
Do I project upon your shiny surface
That the world reflects back to me?
None other than the very same
Beliefs, thoughts, words, & actions.**

The World is a Mirror. Use it to your advantage.