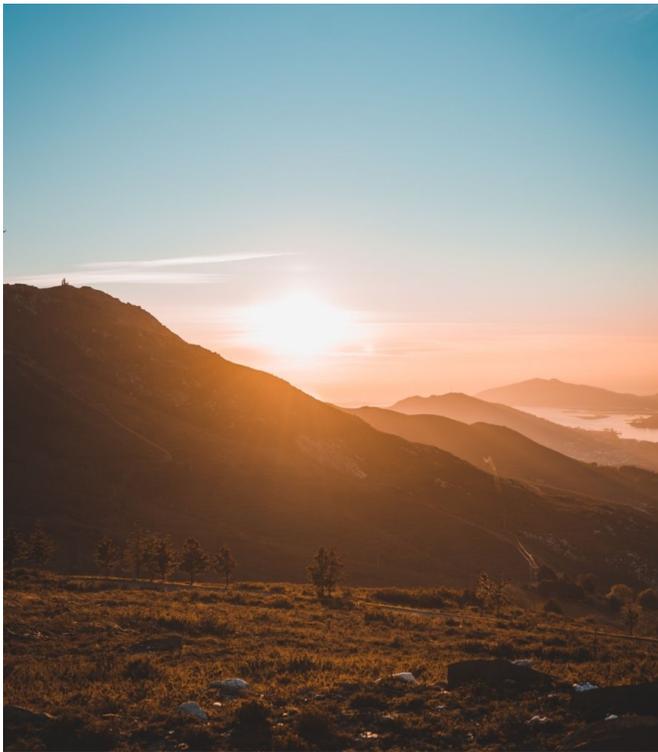




Hello, everyone. This is Lisa Wilson with the **Aspen Center for Empowerment and Healing**. **Thank you so much** for being here today.

We are going to dive into talking about what it means to **fully claim your power**. I'm going to take you through a little process of claiming your **power** and how to fully **activate** this within you.

We've entered into a time on earth as a collective whole when we are all **clearing away old, false programs**. We've spent so many years—those of us who have been waking up, stepping into **the truth of who we are**, and doing our **inner soul work**—we have been in process for a long time.



And the time is now to **fully step into our power**, to claim our power. What does it mean to **claim our power**?

You are an **amazing, powerful creator**, and you have everything you need to fully activate that within you. But you have to **call it to you**. As you do, the world around you will say “yes.” The response will shift, and **your reality will transform**.

I will share a process with you to claim your power. It's one of the most **significant processes** I do. I walk my clients through this all the time. And I might look a little ridiculous, but I don't really care. So let's do this **together**. We're going to **claim our power**.

When we claim our **power**, it doesn't look like this: I claim my power. I claim my power.



I want you to **own it**. I want you to **command it**. What happens when we command?

There's a lot of guilt around commanding our power. There's a lot of shame and guilt when we **call our power to us**.

If that's the case, that pops for you, and you find resistance, and you feel like you can't step into **fully claiming your power**, that's okay. There are some tools to move you out of that space pretty quickly.

I have a **beautiful healing video** up for a very inexpensive price on my website called **Healing Shame and Guilt**. That will transform that immediately.

We've been shamed for really **stepping into the truth of who we are**. We have been manipulated and conditioned to believe certain aspects of ourselves that are just not true. So we're going to **shift that mindset**.

We're going to **come into our power**. Let's claim our power. We'll dive in a little further by sharing a **story** or two around what happens after you do this.

When you shame yourself, and when you feel like you're not enough. You're not good enough. You didn't say something right. You don't want to shove that away. You want to integrate that part of yourself.

This is **how I claim my power**: I stand fully, feet planted on the earth. And literally...

**I claim my power.**

**I claim my power.**

Both hands now.

**Healing Toxic Relationships - Are You Ready To Claim Your Power?**

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## **I claim my power.**

Right after that, I want you to **claim your protection**, because as you call in these **higher seats of energy**, there's a part of you that immediately, naturally responds with some resistance. When we claim our protection, the two really **work synergistically together**.

So, **I am the protection** because you are. You are the protection. Ready?

## **I am the protection.**

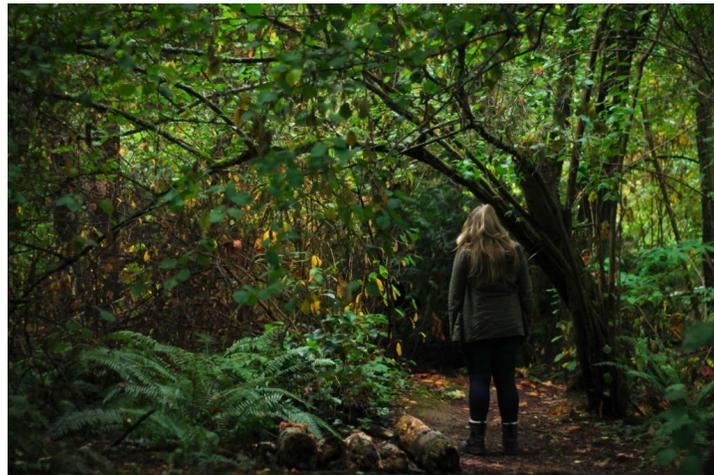
Both hands.

## **I am the protection.**

I do this every morning. Then when something presents itself...

I have studied **Law of Attraction** for years, and I love the **teachings** of Law of Attraction. It's not as simplistic, I think, as we would like to **believe** it is. There are many moving parts to Law of Attraction.

There could be a lot of shame and guilt when we feel that what we focus on, if we're in a downward spiral and we're **activating a mindset** that is bringing us something unwanted, we could shame ourselves. We can wonder, "Why can't I change this **thought** or this **belief**?"



Part of the journey is really **loving your own shadow** and really **celebrating your shadow**.

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So when you shame yourself, when you feel like you're not enough, you're not **worthy**. You're not good enough. You didn't say something **right**. You don't want to shove that away. You don't want to push that down.

You want to **integrate that part of yourself**. It's a part of you. It's like every emotion.

There was a great kid's movie out. Everybody should watch "Inside Out." Oh, I love that movie. It's **one of the greatest teachings**.

Each little character showed up as an emotion. One was Fear. One was Anger, and one was Joy. And **all of them make up the human**. You can't be human without all of those aspects. They're **a part of you**.

Well, this is **our shadow work**. So when we claim our power, the shadow can get ignited a little bit. Then it's time to really sit in our own shadow and **love that part of ourselves**.

To take it even deeper, I have that **beautiful healing journey** that you could dive into that I created specifically to help really **neutralize and de-program our mindset** from these programs and beliefs that are activated within each one of us based on social conditioning, our **family** upbringing, and our lineage.

I went into talking about **Law of Attraction** only because of what I'm going to share next.

We're human, and humans are messy, and life is messy. Things are going to show up that challenge us to grow and love all of us.

When something presents itself, you've claimed your power. **You are the protection**.

**You've claimed your power**. You are the protection.



Now, let's say a situation presents itself that is just unfamiliar territory for you. You don't know how to **navigate** it.

You can negotiate at this point. Most of the time, our representative, our ego mind will negotiate. You start thinking, "I don't know how to **fix this problem**." Or, "I don't know how to make that **better**." Then we start to shame ourselves.

Do we feel like **we've claimed our power** and **we are the protection** at that point? Of course we don't. We're starting to go downward spiral.

This is what happens next when something presents itself that is uncharted territory for you. Because maybe it's **activating** a core wound, and you just don't know how to get to the other side. You're in the forest, and you can't see the trees, right? This is what happens next.

**Handle it.**

**Handle it.**

**Handle it.**

You surrender it up.

**Handle it.**

Show me **my path out**.



And I promise you that **the world before you will transform in the most amazing way**.

Here's something that showed up for me. Oh, my God. This **journey** of claiming my power, knowing I'm the protection, because we all carry



everything we need. **We're fully complete and whole just as we are.**  
We're not broken.

**We're human**, and humans are messy, and life is messy. Things are going to show up that challenge us to **grow and love all of us.**

But this was an **interesting** one. I was leaving the store, and all of a sudden I had this really extreme sharp pain in my chest. The more I **experienced** it, the bigger it was getting, and the deeper, the more breaths I took.

It really started to **grow**, and it started to flip me out. All of a sudden, I got scared. I was really feeling a lot of fear around it. I sat there thinking, "What can I do right now?" Well, I didn't know **what to do.**

I'm driving a car. I'm in the middle of nowhere. Do I call 911? Am I having a heart attack? I don't know what's happening. It's extreme, and it's sharp. **It's significant**, and it feels really scary. So guess what I did.

**Handle it.**

**Handle it.**

**Handle it.**

Do you know by the time I got to the third "**handle it,**" it was gone? Completely gone, completely disappeared like that. It hasn't been back for weeks, months.

When we can love our own shadow, we can have compassion and love for another person's shadow.

I **share** that with you because that's just one tiny way. I serve it up everything. Oh, my goodness. When my trigger gets going, and I'm in **deep**



**soul relationships**, I know that my human can't always figure stuff out on her own if I have a **core belief** that's activated.

Let's say I have fear around finances or money, and I don't know how to get to the other side of that fear.

Handle it. And boom, **life transforms**.

You are a powerful creator. I am a powerful creator. **We are powerful creators**.

When we can learn to **fully embrace the truth of who we are** as powerful creators and love our shadow, guess what happens. Not only do we **love those around us**, because how can you not? They're only a mirror of you, no matter how they're showing up in the world.

Because when we can love our own shadow, we can have **compassion and love for another person's shadow**.

I hope this video really **supports** everyone who is **drawn** to watch it, to really come into the truth of who they are, **stepping into their power**.

For more information on the work I do, you could go to my website,



[aspencenterforempowerment.com](http://aspencenterforempowerment.com). I have a wonderful blog that comes out every week and content that is constantly **growing and evolving**.

If this video has **supported** you in any way, please like, subscribe, and share it as that only helps my work really get out in the world in a way that **benefits and supports all of us who are ascending**.

We want playmates, we want **questmates on this journey**. People we could play with, have fun with who are meeting us here, living in **deep soul**

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**relationships and love** beyond our wildest imagination. But it starts with **self-love**.

**Thank you so much.** I look forward to more, more, more, more. Bye for now.