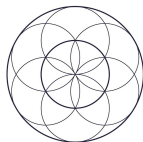


# The Soul Power Formula

Soul-Fueled Fear Busting Steps  
For Peace & Power

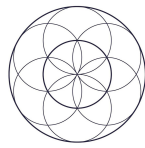


By Celebrated Healer  
Jennifer McLean



## Table of Contents

<i>Chapter 1 – Your Heavenly Connection, THE SOUL</i>	3
<i>Chapter 2 – Your Earthly Connection, THE MIND</i>	5
<i>Chapter 3 - The Story of Trauma – WHY Were Stuck, In Lack, or Illness</i>	7
<i>Chapter 4 – The Soul Power Formula</i>	12
<i>Chapter 5 – Highly Sensitive Beings / Empaths</i>	18
<i>Chapter 6 – Two Healing Protocols “What If &amp; Center of The Soul...”</i>	22
<i>Chapter 7 – What’s Next – A Free Video Presentation With Live Experiential Healing From The eBook</i>	25
<i>About Author Jennifer McLean:</i>	26



## Chapter 1 – Your Heavenly Connection, THE SOUL

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What is the nature of the soul?

Some call it spirit, soul, higher self, oversoul, etc. It is the part of us that lives in the infinite, eternal divinity, in constant connection with our divine nature. Connection to our soul feels like connecting to a channel of infinite wisdom. It provides comfort, warmth, and solace in the midst of upset, as well as support, "you can do it," cheerleading to help us move forward.

Our soul is a wonderful, deeply supportive friend that knows exactly how to help us. Soul connection is then connecting to this higher part of us that can reveal ultimate truths as it also guides us to the next steps and best actions. It is within this connection that reveals the very nature of our life's intentions and soul adventures on planet earth.

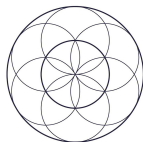
This is the aspect of us that has the plan; it has the map of our adventures this lifetime. It is constantly attempting to connect with us and guide us. And part of the point of access to this goldmine of insight and action is our intuition.

When we connect with our soul, it has been proven over and over again to be a secret formula for following the best and easiest path to health, wellness, prosperity, and more.

When we fully connect with this aspect of us, we have a distinct advantage in all parts of our life. When you connect with your divine nature, it's like a superpower is ignited. You are able to experience this soul map and the plan that we have set for us in this lifetime. Knowing this allows you to move into an energy of possibility and flow (that is very difficult to do if you aren't connected into the soul).

Your soul power gives you more space and gives you more peace and clarity. It opens a capacity for compassion for yourself and for others as well.

Activating your soul power allows you to identify clearly what's next for you. It helps you to unwind with clarity why you haven't gotten to what's next for you. It ensures that you are in good shape, no matter what happens. AND it enables a level of power, establishing a capacity to manifest and create in your life. In essence, it takes the brakes off, and you can move full throttle to your soul's intended desires and dreams (which is WAY beyond what the mind can imagine).



Part of what 'you're going to learn in this eBook is the 4-step, Soul Power Formula and some additional insights you can apply right now to shift just about any challenge you might be experiencing in your life and finally connect to your soul.

The Formula allows you to naturally connect with this superpower of clarity, trust, faith, and confidence.

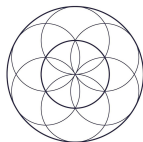
Your soul has been waiting for you to awaken to this connection your whole life. As you'll discover, 'you've likely had moments of connection here and there, yet now 'you'll have the formula to open this connection and a practice to maintain that opening.

Get ready; you are about to connect with the superpower of you!

If you want to experience this eBook as a Live Video workshop, go to the following link (or copy and paste it into a browser) to register for this special [Soul Power Formula Activation movie-length video presentation](https://www.soulpower.love/soulpower-healing-masterclass):  
(<https://www.soulpower.love/soulpower-healing-masterclass>)

In addition to experiencing on video the complimentary content of the eBook, you'll ALSO receive an **energy-altering Attunement**. As you come to understand your soul power in this masterclass, you will be prepared for this special Attunement.

Just like how Reiki is initiated into the practitioner through an attunement, you'll receive a custom-forged energy key to ignite the dormant energy of your power. You simply won't be the same after the unique activation of this attunement.



## Chapter 2 – Your Earthly Connection, THE MIND

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The human mind is a most remarkable part of the body and delivers a rich and important part of the earthly experience. The challenge with the mind is, because of childhood, ancestral, or past life "programming," sometimes it doesn't allow us to just be --a state that ensures an acceleration of dreams and desires.

We have an opportunity to change health, wealth, and love by moving out of the mind and into a state of real genuine power, into authentic "beingness." When we discover this "place," we are humming in a field of love. We're humming in a field of clarity. We're dancing in a field of trust and faith, and knowing. And when we are in that place, we are connected to the soul. And in this soul place is where the true magic of life on this planet can happen.

The opportunity is to bring conscious awareness of our connection to our soul, and through that, we can do amazing things and feel like we have actual superpowers. Not the kind of superpowers of jumping a tall building in a single bound or being bulletproof.

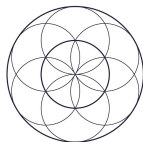
But metaphorically, we may now be bulletproof against the upsets in our life or against the people that might be attacking us. We may now be able to jump tall buildings of our dreams and take on things we didn't think we previously could from our minds.

Yet what often happens is that the mind interferes. The mind, in this instance, is not bad; it's simply trying to cope. When we stand in our power, our mind shifts; it shifts to a new place of trust and faith in our soul's support. The mind can then move into grace and quiet stillness.

The mind reaches for complexity when it decides that there's something to be feared out there. That fear then triggers default coping and survival mechanisms and old behavior patterns. The mind in a state of fear can have us bracing against life and unconsciously looking for that feeling of dread like, "when's the next shoe going to drop, " done to protect ourselves.

These are all things that the mind does to make us feel safe. That may sound strange, even antithetical, that these dysfunctional mind patterns are trying to keep us safe. Why on earth would we do that?

Yet, this is behind what's stopping us from connecting to soul power. It starts with the events and upsets that occurred to us in childhood. These events led us to make a conclusion about who we are and what life is. Those traumas where we formed a set of



beliefs and subsequently created coping mechanisms and default survival mechanisms to feel safe. These now become reactions to life and life situations. These are then responsible for establishing a slowing down of our energy toward our dreams or them not being achieved fast enough.

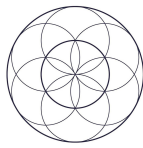
And it also slows down our immune system and impacts health. With the body using so much energy to be safe, it takes from the body's ability to be in homeostasis and balance. These unconscious survival mechanisms create a base level of stress that impacts all outward communication and relationships. It can even defer prosperity by creating a "thought energy" of lack and limitation.

The mind is an ally yet takes on a role of leadership in the soul's journey that it wasn't designed for. The mind tries it's best to move forward and be in charge, but without the connection to the soul it doesn't have the map. Without the map and clear guidance of the soul, the mind then defaults to fear, constantly pointing out dangers, focusing on what's wrong, and being regularly victimized by life..

Let me explain this a little bit more by sharing a powerful story with you. It's a parable of trauma, and how it impacts our life LONG after we've grown up (it's not scary or too dramatic, it's just illustrative)...

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Remember you're about to receive an **energy-altering Attunement** in this video workshop. You'll receive a custom-forged energy key to ignite the dormant energy of your soul power. It's amazing.



## Chapter 3 - The Story of Trauma – WHY Were Stuck, In Lack, or Illness

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Here is a story that reveals what is REALLY going on with your "dis-ease" in body, mind, and emotion. This is the cycle the mind then uses to seek safety (in quite dysfunctional ways). Read with an open mind...

There's a little boy, about 10 years old, and he's had the most amazing day. He's been skateboarding in the park; he landed a bunch of tricks he's been trying to do for months. There were pranks on friends and belly laughs. It was a perfect summer day with the summer breezes rustling the trees overhead and changing the dappled sunlight on the skate park moment to moment.

It felt like a moment of time where magic could happen, life could always be good, fun, and lightness would continue.

The boy starts walking home with a skateboard under his arm. He finds this amazingly cool, strong, gnarled stick. Just the right size and weight, he's excited that it's the perfect length to use as a drumstick on the fences he is passing by.

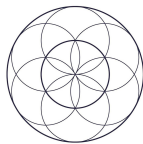
So he starts bumping the stick against different fences. Every fence is a little bit different and creates different sounds. He's creating different unique beats with each fence, and he's bopping around to his own personal "stick fence beat."

What he doesn't know is he's coming to a yard with a short picket fence and a large dog in the yard, and there's a fault in the dog's collar.

This shorter picket fence has these great indented parts of the fence, so the beat is even more intricate... So he pauses there even longer with his stick along the fence and bops along.

Now it's really invading the dog's territory, and the dog is getting riled up, the dog lunges, the collar breaks, the dog leaps over the fence and starts chasing the boy.

The boy sees the dog just before it leaps over the fence. He drops his skateboard and starts running for his life. The dog gets closer and manages to grab the boy's pant leg. The little boy falls and scrapes his knees. However, the owner and a neighbor are right there and are able to stop the dog. But the boy keeps running and doesn't stop until he



gets home. So the boy is ultimately fine. But he isn't fine, is he? That is a moment of trauma.

When he walks in the door, his mom looks him up and down, and notices the scraped knees but breathes a sigh of relief because, whatever happened, he's alive and seeming none the worse for wear, which is good enough for her. She just doesn't have the space to give him any extra nurturing.

His mom, at that exact moment, is dealing with his six brothers and sisters, who all seem to be needing her attention. One of his older sisters had just created a ruckus with another child, and his mom had just gotten off the phone with an angry parent. Her husband had promised he would pick up the repaired lawnmower but didn't. The neighborhood housing association called just before the angry parents asking for the fourth time about the overgrown lawn. The house and the family seem as if they are falling apart. She's barely holding it together.

Then she notices that the boy doesn't have his skateboard... The skateboard that she saved for months to get for his birthday. The skateboard that she got for him instead of a new lawnmower.

"Where's your skateboard?" she asks.

He says, "But Mom... the dog..."

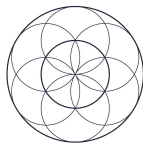
She interrupts, "Do you know what I sacrificed to get you that skateboard?"

This is the straw that breaks her, and she starts to yell at him, "Where is it? You don't respect me or my generosity; you just leave it willy nilly without thinking how much I sacrificed..."

He runs up to his room crying, upset, and confused with his mom's voice scraping at his nerves.

This is the story of a traumatic event. More importantly, there is a sub-story of conclusions made, beliefs formed, and unexpressed emotions repressed. In fact, there are many points of trauma impact in that story (physically, emotionally, and mentally), not just one event. Interestingly, during the different points of trauma, the little boy drew conclusions about who he is and what life is.

For example, one of the conclusions and subsequent beliefs he may have decided in that moment of trauma is, if he's in bliss, then something horrible could happen. You see



how he could make that conclusion? This is just one brand new belief that is layering in down deep in his subconscious. One of maybe hundreds of conclusions and beliefs that will start to run his life and influence his behaviors, creating patterns of worry, stress, and action or non-action. These will eventually, if gone unchecked, create dis-ease in the physical, decision making, and commitment issues in the mental, as well as a foundation of irrational fear in the emotional.

Now let's see this through and fast forward 20 years with just that one belief, "If I'm in bliss, I could die." He is now 30 years old, and he's falling in love, but he's terrified. He has no idea why he's so afraid and doesn't understand why he can't commit to the love of his life.

Why is he terrified? Because that love feeling is the same energy of bliss he felt on the day of that perfect skateboard fence drumming moment, which led immediately to a moment of trauma and fear of losing his life.

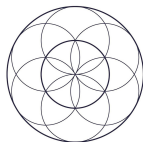
This Bliss = Potential Death belief is now running things deep in his subconscious and in his current behavior. Whenever things start to go well, it triggers this trauma and his system is flooded with stress that is causing upset to his physical body. That belief causes stress reactions again and again. Fast-forward a few more years, and he has the makings of an illness that is very similar to yours.

Let's look at the other conclusions he might have made from this one incident. Perhaps he formed a belief in that moment that his mom loves his skateboard more than him. In other words, material things are more important than he is.

As he gets older, he might become extremely materialistic and have issues with collecting "things" to try and fill the void. And in that pattern is continuing stress and continuing unconscious behavior that puts stress on the body. These old beliefs put undue strain on the hormonal system, which can dampen the immune system or cause cells to attack each other and cause inflammation.

This is what many people with chronic disease and illness are experiencing. We have these deep, subconscious beliefs and programs (almost like programming a computer) that create strain and upset our biological infrastructures. We've created these warped conclusions from past traumas (large and small) on what we are and what life is, based on something that happened to us.

But these traumas are not who we are. Instead, they are events that happened to us, but along the way, we got confused. We said, "Oh, that's who I am," from false beliefs and programming put there a long time ago.



Back to the story, as another defensive coping mechanism, that little boy now starts to point at what's wrong in his life. He grows up pointing at the things that seem not safe from his new perspective of the warped beliefs about who he is and what life is from this moment of trauma.

This behavior makes him feel safer because, subconsciously, if he can see it before it harms him, it can't "get him." So he becomes a man that points at what's wrong and says, "Well, that woman's love for me is wrong." And he points at another and claims, "That need to control is wrong." He looks at his life and points at his not having the latest gadget, designer tie, or trending vodka as wrong.

He is pointing out what he wants or doesn't want in his life to make him feel safe *and* what he wants to avoid. He will create numerous defense and coping mechanisms so he won't miss another "dog attack" coming for him. He's hyper-aware of the dangers lurking in moments of bliss.

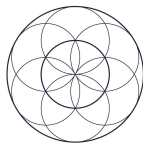
Many who have chronic illnesses, or financial lack, or regular emotional upset have lived their lives from a place of metaphorically looking to see where the next attack dog is coming from. And that bracing against life creates an enormous expenditure of energy that contributes to illness.

We now know that the amount of expended energy in an unconscious defensive pattern creates a neurological and biological system that is depleted. In short, it creates a system that is working too hard. This creates an internal physical environment prone to illness, fatigue, immune dysfunction, inflammation, and more.

AND it also creates a vibrational density that slows down prosperity and blocks healthy relationships.

The key to healing is accessing the deep core programming - that originated from multiple moments of trauma - to unwind it. Putting this programming in its correct place in the prefrontal cortex means no stress from the unconscious "memory" creating a constant fight or flight reaction. It is equally important to stop the constant unconscious unleashing of the trauma. Plus, it is also deeply important not to relive the trauma, which can establish a renewed traumatized pattern.

I have recently channeled the Soul Power Formula to help access the original traumas and, through the 4-steps, help to access and heal up what is contributing to reactions in the moment. Any reaction is revealing the unresolved trauma from childhood. Any



reaction to a current trauma is also revealing the pattern of reactions that we created in childhood, just like the little boy in this story.

And, what I've been doing for the last 30 plus years, is helping people unwind those moments. I have many different Energy Medicine skills including; sound vibration, healing encoded journeys, energy key activations called Attunements, divine Laser Light Treatments, and more. Plus, my globally renowned gentle yet powerful Spontaneous Transformation Technique (STT) system of healing (with over 1000 practitioners). STT is designed to permanently release the hold of that moment of trauma, without going into the trauma.

When we unwind, we have more space in our field. When we have more space, we have a vibrancy of potency. When we have a potency, the borders of our universe, which are our boundaries, get stronger to contain all the space, potency, and power. When we can release some of this trauma from childhood, we have more energy so that our immune system gets to tune up and turn on overcoming health issues, illness, and disease.

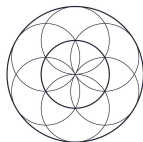
I've seen many of my clients miraculously overcome chronic illness, move into prosperity, and shift challenging relationships. The shift happened simply because they changed their belief system. This old cycle of survival coping and limiting thoughts had them continually living in a routine of bracing against life, a routine of dread.

And these coping mechanisms that they used long ago to feel safe, are no longer needed, but they don't know that and stay stuck, in lack, in self-sabotage, or chronic illness cycles.

Now, soul energy enables your focus to be on your dreams in a trusting and connected way. It opens you to see where the breadcrumbs are that your soul gives you every day to follow. The soul is constantly giving you clues of where to go next and what's going to be optimal for you to take actions that are way beyond where the mind thinks you need to go.

Yet we can't hear them when we have all of these repressed emotions, coping mechanisms, and beliefs in our way, slowing us down. And so when we start releasing these things, then the magic happens,

Then we start connecting to our very soul; everyone has a different kind of connection. Some are more intuitive, and some are more, you know, the "Claire's" like clairaudient, clairvoyant, clairsentience, and so on. But that's just part of it. That connection to our soul allows us to start to hear the truest whispers of our divine nature showing us the



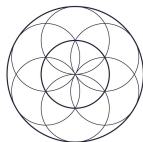
way so we don't have to think it through and be waylaid by old trauma events that are still running things in the subconscious.

The pathway to this is to transform these old events, which is what the Soul Power Formula is here to do...

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<https://www.soulpower.love/soulpower-healing-masterclass>]*

Powerful healings are here for you as you more deeply understand the importance of your soul connection.

AND you'll receive my world-renowned **Attunement this time for Soul Connection**. These REALLY work to open a level of potency that changes the fundamental aspects of your field as it opens your connection to your soul. Worth checking out, I promise.



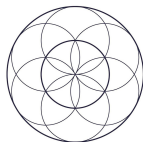
## Chapter 4 – The Soul Power Formula

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*This is your original never-before-available Soul Power Formula. I'm thrilled for you to experience this. (If you want to experience this on a video, be sure to [GO HERE](#) and register for this healing encoded movie-length masterclass, you'll have 5 full days to watch it once you register.)*

Here is a short cut, "notes" version so you can quickly go through the steps. Below these shortened steps are the deeper explanations and examples (plus an actual healing/transformational technique you can use with step 3):

- 1) **FEEL YOUR FEELINGS:** Access your emotions in the midst of a reaction; genuinely feel your feelings. There is a really good reason you are feeling what you are feeling. Consciously acknowledge your feelings, honor your feelings, feel your feelings, love the part of you that is feeling these feelings. Sometimes "in-the-moment" isn't possible, so when you leave the situation and are still in the emotional upset, that is a good time to apply Step 1 of the Formula.
- 2) **TUNE INTO THE FACTS:** Once you feel the completion of the expressed emotions, you can tune into "the facts." In a healthy detached way, assess the situation that triggered you. From the state of the observer, bring conscious understanding to what triggered you and why. At this stage, you might even see a pattern of reaction and perhaps the story behind that pattern of behavior. Now that it makes sense that you were triggered... it's now consciously understood. You no longer need to label yourself as "irrational," or "too sensitive," or "too emotional." Acknowledge the facts.
- 3) **SHIFT THE ENERGY:** Use something in your toolbox of healing and transformation to shift your energy and heal up what's been revealed through steps 1 and 2. And if you don't have some ready-at-hand tools, see below for some examples. So this step is where the permanent healing and change happen. You use a healing tool or systems like EFT, or my system of healing 'The Spontaneous Transformation Technique,' or healing touch or others and move into a whole new energy. Each time you do this, it layers in permanent transformation. So, to even further shorthand, it is A) Move into the center of your soul (see explanation on how to do that in chapter 6), B) play the "What if..." game (in chapter 6 or experience [in the Video Masterclass](#)) finding the opposite of the upsetting emotion, or do an STT session (you'll receive this in the course), or use another healing technique that you know.



4) **DECIDE NEXT ACTION FROM SOUL CONNECTION:** Move above the upset now, feel a connection with your soul and decide the next action from there from this soul power place.

The recommended protocol for the Soul Power Formula is to apply it in the midst of an upset. Use it during a situation where you are triggered. Or Just after the event if you can't do it during.

The potency comes from using any moment of triggered upset as a new opportunity for healing. Now, instead of spiraling down into more upset (that attracts people and situations creating more of the same upset), use it as a moment for deep, permanent transformation that builds and layers in more space, peace, and calm in your field of being.

Each time you apply the formula, you are establishing a growing capacity for clarity that helps you to continue to remain calm and in good shape no matter what shows up.

Let's go into a deeper explanation of each step so you REALLY get this "in your bones" and can use it and apply it daily from now on...

#### **STEP 1:**

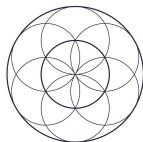
Step 1 of the Soul Power Formula is to access your emotions which means, in the midst of a reaction, to take a moment to genuinely feel your feelings. Or do so shortly after the event has ended and you are still upset, angry, etc. I want to give you another little story about feeling your feelings that might help.

Imagine there's a 2 - 3-year-old, and you're in the grocery store with them. Suddenly, they just *have to* have a chocolate bar, and if they don't, for them, it's the end of the world. Of course, you're not going to give them a chocolate bar just before dinner; you don't want them to have all that sugar either, right?

What happens next? Well, they now have a meltdown, a full-on temper tantrum. The opportunity, using this step one, is to hold space for them, in a detached way, to let them feel what they are feeling. So, as they are having their meltdown, let them feel their feelings.

What often happens is that the person who is the caretaker of that beautiful child becomes triggered. The caretaker goes into their reaction. It may cause embarrassment, the child isn't going to be seen as good enough, and the caretaker is going to be judged, etc.

Remember, those kinds of triggered reactions to the child's behavior come from *their* childhood trauma. So instead of holding space for the child to simply feel their emotions, the caretaker yells at the child. They tell the child to calm down and go to the car or go to the corner etc...



We do this to ourselves, too; we don't allow ourselves to simply feel and work it through.

As an aside, if they just gave that child two to three minutes, sometimes just 90 seconds, that is all that is needed to hold space for the child to feel. If the caretaker got down on one knee, looked the upset child in the eye, and validated their feelings. Perhaps saying something like, "of course you would feel this way; I know that it's upsetting. And you're still not going to get that candy bar, but I get that you're upset." Then the child would be through it, having completed the feelings, and released the moment, and can then easily move on.

This is what we can now do for ourselves as part of step 1, validate our own feelings in the midst of a reaction (or shortly after). If we can give ourselves the 90 seconds to three minutes, that may just be all the time we need to feel the feelings. This is quite important because most of the time we have not really been allowed to take that short time to express our emotions in our society, in our families with our partners, at work, etc.

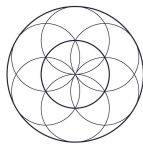
In fact, some of you reading these very words may have never genuinely experienced your feelings. This may even seem like it's challenging. To elaborate on this, feelings are not, "I feel hungry." That's not a feeling. Feelings are sadness, anger, fear, envy, and shame. The most common is sad and angry.

Another example is, "I'm upset," which isn't really a feeling; that's telling yourself that you *have* a feeling. Instead, what's the feeling/emotion behind the upset? Are you seeing the difference? When you are at step 1, notice if you're in a reaction, then move into "what am I feeling?" What emotions am I feeling? Am I sad? Am I angry? Am I envious?

Then, when we bring our conscious attention to it, I call this "shining the light of consciousness on it," it expands. Expanding, in this case, means really feeling, *being* in the emotion. It might be as simple as "boy, I really feel angry." On a side note, that's different from "I am" angry because *I am* angry is a full-body visceral *claim*. We don't need to do that anymore. Instead, "I feel," so *I feel* angry, and you will then experience the emotion almost instantly dissipate. It completes.

Also, remember that there's a good reason why you're feeling the way you're feeling. To illustrate this, let's go back to the story of the boy; remember his "I can't commit, because I'll die," fear and belief? That belief shows up in those moments of bliss that trigger the fear from the original traumatic event. Well, there's a really good reason he is feeling that way even though he can't consciously remember it.

So, when you have a feeling, and you can't really figure out why you're reacting the way you are, just know, there's a really good reason (and you don't have to know what it is). If you're in reaction or overreaction, the emotion behind it has a good reason for being there. Something that happened a long, long time ago that created beliefs and coping mechanisms that are still running us now. And now, in this very moment, you have a conscious understanding you can now use in the moment of upset to shift. And that brings us to step 2.



## STEP 2:

In Step 2, you are going to focus on the facts after releasing the emotions. Once you feel the completion of the expressed emotions, you have the space to tune into the situation that “caused” the reaction.

You will notice that you have space like you can breathe better, which now allows you to tune into the facts of the situation. The space allows a capacity to bring a conscious detached energy to noticing in a healthy and untethered way, as an observer. From that place, access the situation that triggered you, and notice what happened.

Conscious understanding in step 2 means we aren’t blaming, we are not pointing fingers, we are not demanding that “they have to change.” Whenever someone else has to change in order for you to be ok, happy, or balanced, then you are creating an impossible structure for life. You can’t change another, so if you constantly need them to change to be in good shape... well, that simply won't happen. It’s up to us to make the change, to shift.

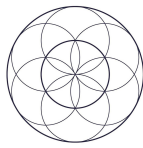
In this instance, you, as the observer, are noticing the facts of the situation. It was *you* that was triggered from within you, even though it may seem like THEY triggered you. You triggered you, and from this place of observer, you might even see how it may make sense as to why you were triggered. You may even see a pattern of times in the past where similar situations may have triggered you. This cognitive understanding can also shift the energy quite a bit.

Conscious understanding, bringing conscious attention to it, “shining the light of consciousness” on it, expands your awareness and understanding of the patterns and the beliefs underneath the reactions. You don’t have to know where the pattern came from or what event created it; you simply notice that there is a pattern. And that knowledge puts you in a position to choose, meaning you have it instead of this unconscious reaction having you.

This understanding ultimately gives you freedom. Seeing it shifts the energy simply by understanding it. And a huge plus is, when you see the pattern, you likely will no longer judge yourself or label that reaction as irrational behavior. You're no longer this overly sensitive, overly emotional person. You're simply seeing what is.

Let me give you an example of this. One of my clients has celiac disease. Celiac is a serious allergic reaction to wheat. The consequences of eating wheat could result in an acute health issue. She has to be really careful where she eats. So, she only eats in places where she knows her food won’t get cross-contamination. The smallest amount of wheat cross-contamination on a cutting board can result in a reaction that’s dangerous.

There's this one place near her work where, because of past experiences, it is not good for her to eat there. Yet when she was in an emotional reaction, she would tend to go get food at this particular cafe as a coping mechanism to overcome a triggered upset.



We talked in our session about an incident at the office that triggered her into a reaction, and she went into an unconscious mode of going straight to that cross-contamination café, eating the food, and subsequently got ill from it.

If we were to rewind that moment and move to the moment when she was making the decision to go to the cafe, this is where you would apply the soul power formula. This is where she could have felt her feelings instead of taking in dangerous food to stuff the feelings. Instead, she would have moved into the moment and paused and noticed, “I’m about to do something that’s not good for me.” Then she would go into having the feelings from step 1.

Next, for you, as you feel your feelings, you have more clarity to actually see what’s really going on as part of this step 2.

Back to my client regarding step 2, when we unpacked the situation, she got to see clearly that someone said something that triggered a pattern. And by seeing the facts of the event that triggered her (through step 2), she got to notice the false pattern and limiting beliefs.

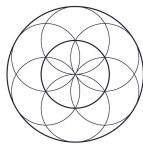
And she was able to notice the simple facts of the situation. There wasn’t some huge story, or “he said she said,” but she simply was triggered. As she evaluated the facts, she saw that she wasn’t crazy or irrational; there was a good reason she reacted the way she did. It was an old pattern, an old set of beliefs. Step 2 of seeing the facts then creates relief in the biofield, which creates a genuine shift and an opening.

To recap step 2, notice the fact that someone triggered you. They said something, and you might see a pattern of behavior (after feeling the emotions). They said this thing, and it triggered your reaction of maybe, “I’m not good enough.” It may have triggered your reaction of trying to change yourself to please another. And therefore, you might go into this unconscious reaction pattern of eating something that’s not good for you or doing something that’s not optimal. After step one of feeling the feelings, you can move into the neutral facts of what is here in step 2. You now know you are no longer irrational, overly emotional, or too sensitive. You’re starting to sense there is more going on than just a simple reaction.

### **STEP 3:**

And we come to Step 3. Step three is “shift the energy.” Step three is to heal, transform, transmute, transmogrify and move the energy into power and balance. Step 3 is where we heal and actually move into our connection to our soul.

I can hear you asking how do I shift the energy? There’s a lot of tools that I happen to have in my own toolkit that I’ve developed over 30 years of healing and share in my courses. One of them is my Spontaneous Transformation Technique. I also use Sound Vibration to shift the energy. Plus, there are my healing journeys that transform the energy, as well as unlock dormant energy keys



from my attunements. You may also know many different healing modalities that would work here.

For this eBook, I'm going to teach you a process that you can use for step 3, and that is found in Chapter 6. So, step 3 is to reach into the toolbox of transformation and pull something out that's going to shift the energy permanently. This is to use in the moment, to bring conscious attention to the reaction, the feelings, the facts, and then heal whatever is showing up.

As we know, the reaction is simply revealing the subconscious material. Remember the little boy? Well, the moments that we are triggered into a reaction are revelatory. They show us what is ready to be seen and shifted. And step 3 is to shift it.

Now each time you feel, then see the facts (and maybe the patterns and beliefs), then use that revelation to apply a healing technique to permanently change that pattern, you are creating ongoing, consistent, permanent transformation.

As we use the steps in the formula daily, with each reaction, we find a rhythm of transformation that layers in healing over and over until we eventually don't even move into the reaction. You see, the reaction is simply information, and, as mentioned, it is revelation. It is showing you something. It's not there to cause stress; it's here to help you to heal these old subconscious beliefs, conclusions, coping mechanisms, and repressed emotions.

One thing you can do in step 3 that takes just a minute or two is what I call the "what if" game. And you can use that to also access your truest centered nature, yet another healing technique. See Chapter 6 for these two powerful healing processes that you can use for step 3, or if you have any other healing tricks and techniques, use them here.

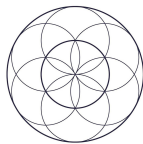
*[NOTE: during the Soul Formula Course you will experience many, many powerful healing sessions with these various techniques and processes for shifting the energies at this stage 3. AND I'm also going to, step by step, teach you how to do these self-healing techniques for yourself! You can learn more and experience one of those techniques right now by watching the [Masterclass Video Workshop HERE](#).*

Now, on to step 4!

#### **STEP 4:**

Step four is; what's the next action? So for my client mentioned above, the next action after healing up the pattern in step 3 was not going to the café. Instead, in that moment after the healing, it's now easy to then just move into a new action like, "I'm going to get my own lunch, and take a walk and eat what is good for me."

The intention with step 4 is, "What's the next action now?" In other words, what's the best right action from the feeling, facts, and healing gained from steps 2 – 3. Remember; step 1, feel your



feelings. Step 2, understand the facts of the situation (and maybe notice the patterns and beliefs) and KNOW that you're not irrational. Step 3, shift and heal up the limiting beliefs and false patterns revealed in step 2.

From there, you will start taking completely different actions from this point forward as you bring *conscious* attention to what was revealed and released from steps 1 - 3 . These then become different actions than where the mind-oriented triggered reaction would have taken you prior to the implementation of the Soul Power Formula.

The mind action would come from our default emotional responses, like outrage, indignation, lashing out, making them wrong, running away, or moving into old patterns of overeating, depression, and addiction.

The fight, flight, or freeze responses of the sympathetic nervous system come from the mind-oriented subconscious default reactions. These default reactions create actions that have us move forward from fear vs being able to act from our freed-up energy and soul power.

The soul power formula brings you this beautiful conscious understanding, connection, and embodiment of your soul. So you now take an action that is a soul-powered action. The best part is that the mechanics of *soul-powered action* serve all. Mind-oriented actions usually have a backward upset attached to them. But a soul power action creates a beautiful mechanism so that *all* are served.

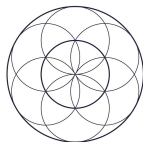
When you manifest from your mind, that's when 3-d physics comes in, meaning there's an equal and opposite reaction. This results in a backward upset created when you push with power-over and manipulation to manifest through the mind. Remember, the mind that is not clear is influenced and fueled by the traumas of the past. In an effort to protect and feel safe, the mind manipulates and pushes through; it's the only strategy it knows.

However, when you are taking action from the soul, you are creating something that benefits everyone. Everyone gets served to the highest level. All the souls around you get served exactly the right way when it comes from the clarity of the connected soul.

Now, here's a little secret, when you manifest from the soul, it's *real* manifestation, and it's much, much faster. Soul creation accelerates manifestation profoundly because the energy is now so clear. It's not mucked up with the subconsciously running old beliefs, repressed emotions, traumas, and the false conclusions made from those traumas.

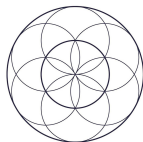
Step 4 is to take action from the clear, healed energy and from the soul connection to accelerate creation that in turn serves all.

This is especially true for Highly Sensitive Beings...



*[NOTE: If you want to experience this eBook as a Live Video workshop, go to the following link (or copy and paste it into a browser) and register for this special movie-length [Soul Power Formula Activation masterclass video](https://www.soulpower.love/soulpower-healing-masterclass):  
<https://www.soulpower.love/soulpower-healing-masterclass>]*

PLUS remember the **POWERFUL Soul Connection Attunement** you'll receive in the video, as well as the two healings and a more experiential understanding of the content from this eBook. You'll be glad you checked it out.



## Chapter 5 – Highly Sensitive Beings / Empaths

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If you are here reading these words, you are a highly sensitive soul. Some also call them empaths, so even if you don't think you are... you are. :)

How do you know you're a highly sensitive soul? Probably because people in your life have told you that you're overly emotional, and/or you're too sensitive, or you can't possibly "just know." Does that start to ring a bell?

And you know what happens, well... we believe them. Dang it.

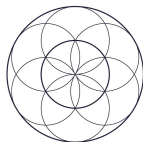
Highly sensitive souls are very open to their environment, they're open to what is going on or the energies or empatations underlying their surroundings. What many don't realize is that, as a highly sensitive person, because you're open, you see more than most people. We kind of see what's going on when others can't. That doesn't make you better, and that doesn't make you superior. That just means you have an extra gift.

We simply have a little extra superpower. We came down to this planet with extra juice, likely because we're older souls. My theory is that we've been doing this life thing for a bit longer than others, in more lifetimes. We've had additional evolutionary experiences. From those experiences, we bring extra energy with us to the planet to be able to have more clarity and see more deeply.

And we are here to use that superpower to be of service, to contribute, to make a difference. When a highly sensitive soul is in balance, we deliver soul-powered service that fills us up profoundly. There isn't a hint of fatigue or sacrifice in that soul service. It's what we came to the planet to do... we are here to give, and receive in kind from that service.

One of the challenges is we are the minority; there's not a lot of us out there. So the majority are telling us that we're wrong constantly. They are telling us, "that's not what's happening," "you don't know what you're talking about," and "that's not what's really going on." But in our hearts, we are screaming, "Yes, it is. Yes, it is what's going on." Does this sound familiar? Then we start to doubt ourselves, and we dim our light.

The opportunity now, from knowing that you are a highly sensitive soul, is to know and trust your gifts of seeing more than most. When we consciously understand that what we're noticing is real, then it can open and become a *superpower* of sensitivity.



Now “real” doesn’t mean you “know the truth” more than another. That moves into a conspiracy that has us become defensive and righteous in an “I am right!” energy. That, “I did the research and know better,” comes from mind not soul. No, a healthy and balanced soul-powered sensitivity activates intuition and connection. The need to be right over someone else would not even enter the equation.

The highly sensitive soul can fall into this trap of using this coping mechanism to go too far with this “I KNOW” and can sever the soul connection. This shows up as spiritual superiority and “I know better than” tendencies. Righteous indignation is a symptom of superiority and indicates a *need* to be right. Know that simply comes from a desire to be safe. Simply notice moments where this natural projection mechanism may have been triggered and use the Soul Power Formula to move through it and heal the reason why.

The aligned soul power is allowing and kind and *can see* another’s pain in their defensiveness. The highly sensitive soul-orientation now has compassion for another’s reaction and sees it as a coping mechanism that comes from their pain, not something to disagree with and make wrong.

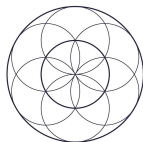
The healthy and balanced highly sensitive soul can now stand in a new state of soul power by using the Soul Power Formula as a daily practice. In this new, continuously healed state of our soul power, we get to shift just about every aspect of our lives.

When we stand in our soul power, we now access the divine impulses, the divine inspirations, the soul-powered inspiration of our very soul. I call the soul “impulses,” the “I-am-pulse” that deliver pulses of direction, love, support, and next steps with clarity directly from the soul.

When we can actually tap into our “I Am Pulses” and “hear” the whispers from our soul divinity, we have an additional superpower and can now take new actions in our lives from this place of connection. We can also take whole new approaches toward others in our lives and in the world.

We have this advantage when we're connected to our soul power as highly sensitive individuals who are aware of our gifts. Now connected to our soul, we have this capacity to make changes in our lives very rapidly. When the sensitive get these healing concepts, they *GET IT*, and the energy acts quickly to create rapid changes, not only in their own lives but for the whole planet.

When highly sensitive individuals alive on the planet at this time stand in the knowledge of their soul power, they emanate a field that shifts limiting energy. That's why the empath experiences so many dramatic changes so quickly when they turn this on. It



changes the field for other people entering their life. When another enters your field when you are in your healthy soul power, others have no choice but to respond to your positive energy.

Others are influenced by your field, and they are now nudged into being in their soul power. Plus, as you embody the healthy soul connection as a highly sensitive being, you can now see their motivations. You can see their limiting beliefs, their coping mechanisms, and survival mechanisms. And when you see with a level of neutral clarity, using your sensitivity as this new superpower, you are no longer affected by their unhealthy habits, pressures, and coping mechanisms. They are over there doing them, and you are over here connecting to your power.

Now, when someone seemingly attacks you, you can now immediately see what's happening. You can see that, just like the little boy in the story, something happened to them in childhood. You see clearly that they are expressing a coping mechanism. And in that moment, instead of deflecting, reflecting, bracing, or repressing, you are now standing in your power. Then they simply bump into the ball of your strong, naturally protected universe and are nudged away from you. They get distracted away from you.

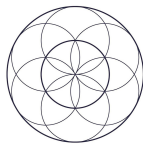
Then one of two things happen. They'll either shift positively and take healing actions in their own lives because they like being in the energy of our soul power. Or they'll leave, kind of like a Harry Potter's distraction spell; they'll just get distracted away from us. If they shift, they will make new choices for their own Soul Power.

I've had many stories of people telling me that suddenly, their mom (brother, Aunt, boss, etc.) reacts to them differently, yet with everyone else, their mom acts in that old dysfunction.

Someone who has a challenging personality suddenly shifts when they are with you, becoming calmer and more supportive. Yet they treat everyone else with that same challenging personality, *and* that person doesn't even know they have changed; they just feel better when they're with you.

It's an energetic shift, a vibrational resonance that occurs. This then shifts your circumstances, shifts your body, your mind, your thoughts, your emotions, and shifts the environment *and* the people you're interacting with, that ultimately shifts the planet.

I'm so glad that there are 1000s of highly sensitive souls reading this eBook. You are one of the points of light of transformation on the planet from this day forward. And that happens just from using the soul power formula and moving into a conscious claiming of your soul power.



And, as a highly sensitive person, it's time to shift your perception to a new sense of knowing that your sensitivity *is* your power. And that power is not power over; it is power-of, its power-from, that actually empowers everyone around you.

Let's go back to the story of the boy. Imagine this boy has grown up and now has someone in his life who's able to stand in their soul power with him. This boy, now a man, has this soul-centered person in his life, bringing space and capacity to every interaction. This highly sensitive soul power-enabled being has potency in their field and can see the boy/man fully, holistically. The soul empowered beings can see the motivations and can see an inkling of even some of the trauma the boy/man may have experienced.

A side note here, this is in part what intuition is; it's the soul connection.

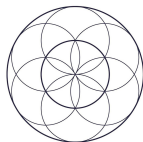
And so, as the boy/man is now fully seen, without judgment, he is observed from the detached soul's place of compassion and allowing. Being fully seen from this neutral, non-judgmental space, seen as a perfectly imperfect soul with all our flaws and subconscious default patterns... Well, that alone creates profound transformation in the one being seen AND in the one seeing with compassion and love.

That person knows that they are being seen without judgment. And it changes them. I've gotten to see this many thousands of times with the tens of thousands I've had the privilege of serving. I have so much evidence of this amazing miracle. And I'm so excited that you are here because you were called to this very moment; there's no accident that you are here to remember your sensitivity as a superpower and give this gift to others (at a time we so need it).

Know that you already do see the world differently than most. And from the soul Power Formula, you are going to experience life even more differently than most people. You no longer have to be at the effect of, or victimized by another's perception of you or the world.

Perhaps you might now stand in a new leadership position even in your communities and in your own families. You're seeing a lot more of these highly sensitive people in leadership roles in our communities and in our nation's right now.

These people see beyond what the average human can see. And again, this does not make us better or superior. It just means that we're here with a higher purpose and a service orientation. Those of us who are highly sensitive, we are filled up by being of service.



This is soul-oriented (vs. mind-oriented) service without sacrifice. If you're experiencing sacrifice in your service, it goes back to the story of trauma. It's because of the beliefs you formed in childhood.

Here is another aside that I think is important for the highly sensitive to understand about trauma reactions...

Many ask me about adult trauma, and how to unwind trauma that occurs in adulthood. What I've learned is that our reactions to any adult trauma all come from childhood. How we reacted to a moment of trauma in adulthood came from the beliefs, conclusions, coping mechanisms, and repressed emotions we created in moments of childhood trauma.

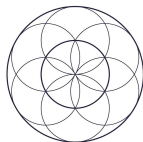
Those beliefs etc., then impact the trauma that happens to our adult selves. Both in my personal experience, and neuroscience agrees with this, is that from the ages of zero to seven is where we formulate the patterns, conclusions, beliefs, and survival mechanisms of our life. I'll be teaching a lot more about what the soul is, why the soul is, what we're doing here, and what our purpose is, as well as more of the neuroscience of trauma in The Soul Power Formula Course.

Bottom line is you are way more than what you thought you were; you are here to make THE difference. You have a capacity to shift quickly once you understand your sensitivity as a superpower. AND when highly sensitive souls apply the Soul Power Formula... LOOK OUT WORLD!

*[NOTE: If you want to experience this eBook as a Live Video workshop, go to the following link (or copy and paste it into a browser) to register for this special FREE [movie-length Soul Power Formula Activation masterclass video presentation](https://www.soulpowerlove.com/soulpower-healing-masterclass). Once you register you will have 5 full days to receive the healing and Soul Connection Attunement (activating your access to your soul).*

<https://www.soulpowerlove.com/soulpower-healing-masterclass>

And you'll receive the sacred **Soul Connection Attunement**... Prepare to awaken during just that healing session, not to mention the two other healings, and a deeper overview of the Formula. Such a GREAT workshop!



## Chapter 6 – Two Healing Protocols “What If & Center of The Soul...”

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In this chapter you will receive a 2 in 1 powerful healing tool that you can apply to Step 3 of the Soul Power Formula. This is where the deeper transformation begins.

The first piece is my “what if..” process. Know that this technique is a little bit different than any other versions you may have experienced; bring your open mind to this moment.

My “what if ...” technique allows you to shift the energy in the moment. It creates the opposite frequency of any negative or limiting feelings or beliefs. The “what if...” game allows you to detour around the mind and allows you to access a new template / a new platform of new feelings, possibilities, and flow.

What is remarkably unique about this technique is it allows you to create new neural pathways of belief. This, in turn, establishes an opening to more manifestation in your life, and even allows shifts in our health. “What if....” enables us to access an energy that we may have never known before and to create a new template for energy that we've never experienced before.

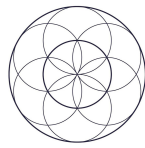
Part 2 of the technique you are learning in this chapter is to access the “center of the soul.” In this case, we are using the “What if...” process to do that. Accessing the soul is our access to the blueprint and the map. Soul connection helps us to know what's next for us to take action on. It helps us to trust, have faith in, and honor our soul's journey. Access to this soul center is incredibly important.

Are you ready for that? Here we go... so in this moment, move into an energy of play and pretend.

Access a place of genuine play and pretend.

You're not going to use your mind for this. Your intention is to allow and not analyze or judge or intervene. Simply move into the genuine innocence of play and pretend. We are pretending that there's no hooks or attachments or expectations with this. Just playing.

How does that feel to play? Now you're in play. Now, ask yourself this question: “what if right now, I were able to stand, to be, in the center of my very soul? What if I were able



to be in a place of the infinite, eternal void of love, which is at the center of my soul?  
What if I were able to be in an energy of pure stillness?"

Ask yourself, "What if I were able to right now be in pure Zero point? In the no-thing?  
What if I were able to do that right now? What might that feel like? If I were able to  
move, and be, and stand, and embody the center of my very soul?"

What would that be like? If that were true? What would that be like if I were able to be  
in the 'I am,' the infinite, eternal void of love and the no-thing of my very soul? What  
would that be like if that were true?"

Now shine the light of consciousness by describing what it's like, play, pretend with this  
energy. What if it allows us to detour around the mind's obstacles. It detours around all  
the reasons why we can't and allows us to just go there.

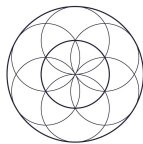
So again, ask; "What if I were actually at the center of my soul, and I could feel? Notice  
and describe what it feels like to be in that no-thing?" What's that like? Describe it  
yourself. What's it like to be in the no-thing? What's zero point like? Describe it to  
yourself.

Notice if your mind is interjecting with a judgment or a story about why you can't do  
this, or if it is in analysis or comparisons. Remember, your mind is bringing these  
judgments forward for a really good reason (remember the story of the boy and  
unconscious beliefs).

Simply say to your beautiful mind, if it's intervening or rejecting or judging, or whatever  
it's doing to distract... turn to the mind, and just say: "thank you very much beautiful  
mind. I know you have a really good reason for interjecting, and yet, I'm going to play  
and pretend in the center of myself. I'm going to do it anyway. Thank you very much,  
beautiful mind; I invite you to come and participate here as a witness, a quiet witness.  
You're invited to observe and be present with this. And I'm going to bring my full  
attention and my full intention into the center of my soul. And I would love for you to  
join me without intervening or interjecting or judging."

Say to your mind: "I appreciate that you have a really good reason for interjecting, and  
yet, I am the adult in the room right now. And I've got this. I'm staying in the pretend  
energy of the center of myself."

Now ask: "what if right now I've done this, and I'm really in a state of being and standing  
in the center of my soul? What if that were happening right now? What would that feel



like? If it were true, what would that feel like? What's it like?" Describe it to yourself, use some words to describe what this feels like.

Notice that in this place of your soul center, it's almost as if you have more space. Does that feel true? You have more capacity.

It's as if there's a vibrancy and potency of your power in your field here. This is your power, this is the love that you are, this is the light you, and it's humming through your field. What if *that* were true? What would that be like?

Notice the space expanding; watch the potency expanding. And something else is happening. You might notice this, that as the potency expands, the love and light power in your field expands. This is happening by simply being in, noticing, and bringing your conscious attention to the center of your soul. Also, notice that the borders and the boundaries of your universe get stronger. They get more flexible.

And what that creates is more self-contained energy of your soul power. You might be feeling a little bit of a heart opening or a sense that energy is running from your neck and shoulders down. You might also experience an expansion of your head. This is so good.

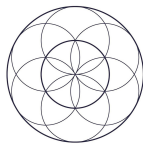
Let me share a little about the mechanics of what's happening here. As you stand in the center of our soul, you have shifted the energy. You are now standing in the center of your soul in a self-contained power.

Imagine that your universe is a metaphoric ball and as the borders of the ball get stronger to contain all this potency and power, it is creating a natural protection. People that may have previously attacked your energy field are now simply bouncing off these strong boundaries.

For some when they enter your field, they now must shift around your power. This is the mechanics of what it's like to stand in the center of our soul. And when we cognitively bring our conscious attention to this, it *really* expands all of it.

Now from this noticing, there's also a rippling happening. The love and light and power that is expanded in your field is rippling off of you moving into the broader universe, positively impacting your circumstances. Does that feel like that is true? What if it were true? What do you think that might feel like?

If you were to go again, right now, into the center of your soul... as you stand in it, notice your boundaries are strong, and you're self-contained in a big field. And that love, light,



and power, that potency is rippling from you into your circumstances? What if that were true? What do you think that might feel like?

And as we stand in this beautiful center of the soul energy, there is so much more, and you have more clarity. This opens us to an amazing superpower of being able to know in advance the energy that's coming our way and prepare accordingly.

Do this Center of the soul exercise with “What if...” regularly. It only takes 1 - 4 minutes to do and dramatically shifts the energy.

Remember, this is just one of many things that you can do for step 3 of the Soul Power formula to shift, heal and transform the energy.

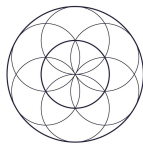
If you used just this “what if...” process and center of the soul technique as Part 3 of the formula, that would create a powerful momentum of change.

When you keep filling your toolbox of healing for use with step three, you are able to shift each day deeper and deeper and deeper and deeper and get to all the little nuanced beliefs and upsets and programs and coping mechanisms that were established in those many moments of trauma in childhood that we then layered on through adulthood.

We simply release, and release and release and eventually get to a deeply clear and powerful state.

*[NOTE: If you want to experience this eBook as a Live Video workshop, go to the following link (or copy and paste it into a browser) to register for the free video masterclass [Soul Power Formula Activation](https://www.soulpower.love/soulpower-healing-masterclass):  
<https://www.soulpower.love/soulpower-healing-masterclass>]*

I hope you are starting to see the possibilities here. Know that the workshop goes that much deeper than we can in an eBook. AND I can't do the **Soul Connection Attunement** in a book; you'll have to come to the Masterclass Video to experience that firsthand. It's stunningly transformational.



## Chapter 7 – What’s Next – A Free Video Presentation with Live Experiential Healing from the eBook

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There is a powerful healing Masterclass Video Workshop that allows you to experience the healings laid out in this eBook.

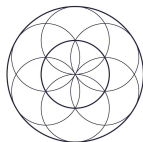
There are even deep explanations for many of the ideas you just read here that can only be elaborated through a video.

**AND you’ll receive a remarkable Attunement** at the end of the video presentation. My attunements are internationally renowned to create the deepest and purest core vibrational shifts, and in this video you will receive yours. If you know about Reiki, Reiki practitioners are "initiated," which is kind of like they are turned on and tuned into the Reiki energy; my attunements initiate as well...

I have developed this powerful attunement technique to activate specific intended yet dormant frequencies in your field. Think of it like an energetic key that will unlock your Soul Power connection, establishing a permanent foundation that you can forever access.

Go to the following link (or copy and paste it into a browser) to register for a very special healing encoded video masterclass: [Soul Power Formula Activation workshop](https://www.soulpowerlove.com/soulpower-healing-masterclass). It fills out this information masterfully. :

<https://www.soulpowerlove.com/soulpower-healing-masterclass>



## About Author Jennifer McLean:



Jennifer McLean is an internationally acclaimed Healer, Author, Speaker, Edge Pusher, and Transformational Change Agent. She is the creator of the renowned healing accelerant: “The Spontaneous Transformation Technique (STT),” that delivers instant transformation and healing.

For more than two decades, this innovative healing modality has helped tens of thousands of individuals shift held energy in the body. Individuals have been able to liberate themselves from old hurts and patterns of obstacles that lead to disease and upset and create new neural pathways and patterns of Quantum Wholeness. With almost 1000 STT Practitioners in this unique system, it is quickly becoming a “go to” for creating real change in extreme times.

She has also discovered the Soul Power Formula, the most powerful and proven method for connecting in and receiving direct insights, inspirations, and impulses of the soul for life-changing renewal, ease, peace, calm, and power for health, wellness, and prosperity.

Jennifer has co-taught programs offering the healing component to workshops and programs with renowned thought leader Marianne Williamson, and multiple New York Time bestselling author and near-death survivor Anita Moorjani, as well as Conversations With God creator Neale Donald Walsch, and was invited to teach on The Shift Network.

She came into this industry hosting the original, largest, and most renowned online summit; Healing With The Masters, reaching over 1 million souls over 17 seasons. She now focuses her full-time attention delivering her healing and psychic gifts.

Jennifer has appeared on FOX, ABC, CBS, and online summits and is covered in renowned media publications. STT and other healing philosophies are covered in her 5 bestselling books and dozens of online healing programs.

To experience Jennifer’s amazing gifts in a powerful original and one-of-a-kind Video Masterclass Workshop, go to the following link (or copy and paste it into a browser) to register for this special movie-length [Soul Power Formula Activation Workshop](https://www.soulpowerlove/soulpower-healing-masterclass/):  
[https://www.soulpowerlove/soulpower-healing-masterclass /](https://www.soulpowerlove/soulpower-healing-masterclass/)