

# Masterclasses

## Stepping into Your Power (a summary by Pat Evert)

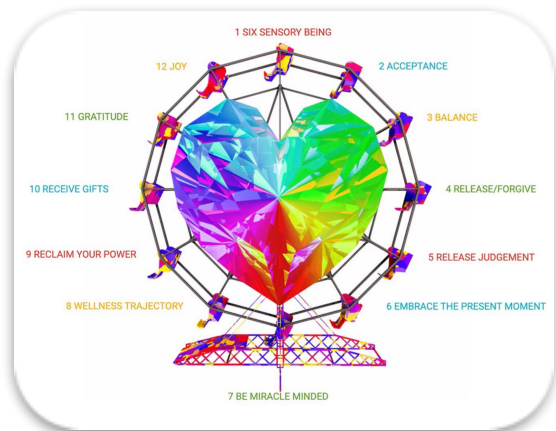
- 1) This is a time of seeing this world from a higher perception. It will grow on us over time. We have forgotten our magnificence. The power is within YOU! **Energy: you have unlimited energy.** We have denied our intuitive senses. There's a whole new world to experience. This energy perception affects everything, health, relationships, etc. **Intuit the energy of others; size, color... Clear negative energy. Lift your self and others.** Don't judge or beat yourself up. Learn what increases/decreases your energy. Focus on wellness (love), not on illness (fear). From time to time sense your energy; size and color. Animals can see and clean our energy. Plug into Source so your up-times are more than your low-times.
- 2) See our energy. Clear your energy of dense energy. I am one with Source. **Take care of yourself**, for others. You don't need to exploit others, you have enough yourself. **You can be the light-worker you are. Your presence and being will do the heavy lifting.** Insights come. **Tuning into your own intuition/imagination is to hear your guides' truth and will become more habitual.** When you see with your mind's eye that a feeling is not yours, but another's, send it away WITH LOVE. We're opening a portal. Be patient. Do all from love. Seeing = feeling = knowing = being aware. Chip away what is not our true self. Live your life and don't try to convince others.
- 3) **We are six-sensory beings (or more).** Know it. Our universal connection to all. Fear will release. The view from above. **It's best to have one foot in each world (view). To see purpose and to feel compassion.** A balance of all chakras. Six-sensory practices: a) care less what others think of you, **it's not my job to convince them.** b) **love your self more**, up lift your energy. Notice synchronicities. Notice what feelings are of others. Notice when your energy shifts. When you are entrenched in your small self you feel overwhelmed, in fear. When in your true self you know all is as it should be, in love. Eventually we will be able to communicate with everyone without devices or speech, Clairvoyance.
- 4) **Be your own best friend, not a doormat.** Self love is light and uplifting. You become more content, less needy. You don't need the approval of others. You feel more health. Put yourself first, not last. Allow yourself to receive abundance. Foster the most important relation in your life. As an empath your default is to serve others. Notice when you say yes when your body says no. **This defines how we love others.** I am ready. **Be gentle, kind, patient and forgiving with yourself.** Considerate of others, empathy and sharing. **Love unconditionally. Voice it.** The



more you love yourself the more selfless you become. **If they cannot receive your no, they would best not be your friend** and will eventually fall away. Saying no gives them the opportunity to love you.

- 5) We are involuntarily feeling the energies of others, even the planet. Learn how to let go of untrue stories. These stories cause us to give up our power. External events can effect me. **You can take back your power and clear these feelings (energies).** Release those energies. When did I stop trusting myself and I gave away my power in wanting to fit in. College, religious fanaticism, married life, family life? All those incidents helped me survive. I now put them in a box and put it in the ocean and say good bye to them. They no longer hold me back. **I know who I am in truth. I am free.** I am not a victim of my past. **I, your soul, love you and will never leave or forsake you.** The real You wants to express Itself through your physical being. I've gone from failing ego to soul. **We don't need to eradicate cancer from our bodies, but rather remove it from out consciousness.** Imagine having an imbalance in my life. Focus on what you want to do in life. Leave behind the fear-based paradigm, wellness rather than illness. Look in the mirror, deep into your eyes, and tell yourself, 'I love you.'
- 6) Honor the self relationship. Take care of yourself while healthy or you'll have to when ill. You have a tendency to put yourself last and beat yourself up. You can take on illnesses from others problems, not loving yourself. Fighting for justice must come from love, not fear or anger. Misplaced guilt - why would I feel guilt for something I didn't cause? Forgive yourself. Know your worth. Take time for yourself. Receive as well as give. **This is the most important relationship you will have.** Accept who you are. Appreciate who you are. Enjoy your own company. Cherish your body. Do an act of kindness for yourself daily.
- 7) We can heal and tank so quickly physically/emotionally. When your body needs rest, don't be too quick to jump back in to the work. Let your energy climb to 80+ %. **Receive and expect big miracles.** Watch your battery level. Ask for a miracle for YOURSELF. **Notice the miracles the Universe gives you.** I am as deserving of love as others. When you are at 100% charge your presence will uplift others without energy loss. My past does not determine my future. **My body is a conglomerate of millions of miracles.** Who am I? What is my purpose? My true self already knows! You don't need to seek or convince anyone. The hungry for it will come to you. When you are ready.
- 8) Forgiveness, its not even a thing on the other side. There's no judgement there. No ego or pain there. No victimhood, fear or separation. **Release them of all your expectations.** Your expectations are unreasonable. Our souls have much bigger plans. Forgive yourself, releasing yourself of all expectations. In victimhood we blame others. It makes us lame. Take responsibility for the rest of your life. Doormat-hood is blaming yourself. You can be assertive without being aggressive. Take control of your life without trying to control another. Dissolve the defensive shield you have built around your heart by **forgiving everyone, including yourself.** Accept every bit of you. Release them from your energy field. Release yourself from punishing yourself. They have enriched your life.

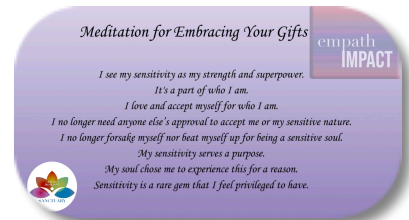
- 9) These meditations will activate your imagination, outside your five senses. **It's not delusion, but a connection with our true self.** Don't dismiss your imagination, but use it for healing. I feel pain in my lower abdomen healing.
- 10) **Release judgement and you will become receptive to what is coming.** Stop judging yourself too. They mean well and are doing the best they can. **Fighting does not work. Love does.** Release the tightness in your body. Allow energy to flow. We are at an all-time high of judgmentalism (angst, panic). Everything hyper-matters. See through all these fears... **love it all.** Have one foot on each side. Participant-mode and observer-mode. Earthly and spiritually. Discernment is an evaluation of what is best for me. Judgment is a man made creation to correct others. Judgment depletes you, discernment energizes you. No retribution, only love. They're doing the best they can. Just like me.
- 11) **A journey into love and light. Loving yourself is the key.** Why did she have to die to learn this? Death caught her attention. Every cell in your body is desiring to be bathed in love.
- 12) **None of this is meant to feel like work. The ferris wheel of self-love should be light and fun.** You will be less likely to let others control you. Our gift is to have one foot in the other world. You are free of the past. Re-focused, on wellness rather than illness. It may be better to give than to receive, but the foundation of giving is receiving. You are an expression of God, love yourself. A butterfly forgets much of the caterpillar life it had. **The more you love yourself the more your heart grows.** You spend more time on self-care. You don't need a reason to put yourself first.



## Empath Impact

Intuitive empath - I scored 28 out of 34 on the empath spectrum (7/25).

- 1) Empaths care too much what others think and feel. Very sensitive. We absorb the energies from those around us. We naturally put others before ourselves, even become doormats. We need to be emboldened to speak our full truth. We acquire many layers of identity trying to fit in. **Learn to be authentic, rather than seeking approval.**
- 2) Afraid of confrontation... embarrassment. Empaths avoid competition. Mystic empath vs. intuitive empath. **Are you afraid to share in a group?** Do you hide in a party? Afraid to get a 'no.' Make a first-time post in the Sanctuary.
- 3) Sociopaths and psychopaths cannot feel for others. On the other end of the scale empaths are highly sensitive to others feelings and not so much their own. Extreme empaths are lost in the energy and feelings of others. As an intuitive empath, you can tell when others are lying. You prefer nature and can feel the environment. You love helping others. You can heal yourself and others. **Learn to raise your vibe for others. You are ahead of your time. Humanity is heading this way. Share your truth for the hungry.**
- 4) List your empathic characteristics. Caring, helpful, overwhelmed easily, supportive friend, fearful, passive, easily persuaded, absorb others vibration, ... Appreciate your characteristics. Those that don't make you smile, how you would like to change? Release the parts that don't serve you. Awareness is key to consciousness. **Doing out of love, not fear. Propensity to co-dependence. I'm not responsible for others' happiness.** Don't doormat yourself.
- 5) Living in the extremes of earthy depression over the injustices or the heavenly side of things that we neglect practical earthy needs. Many find it difficult to connect or balance the two. **As an empath embrace your ego. Depend on self-love more-so than love from others.** Assertive, but not aggressive.
- 6) Your personal grounded position sensor, gaining **equilibrium between the physical and spiritual.** Recalibrating.
- 7) We are empowering our empathic nature to make an impact in our world. As we grow many relationships will form us and our perspectives. Gender disparity was not Anita/Danny's marinade, in contrast to their culture, her doormat inclination brought on her cancer through fear and shame. Everyone in our lives are influencing and shaping us. **As adults we can allow or refute such influences. Her NDE freed her to be authentic.** Sought like-minded people.



- 8) We can easily lose ourselves in the marinade of cultural environment. Notice the influences in your life. You need change your cultural field first, before you heal. **Your perspective will heal your body. What you buy into will most influence you.**
- 9) Unable to say no? Needing to extricate from an enmeshed relationship? Unable to have the necessary conversation? **My soul's purpose matters.** Am I aligned with this person? Staying in a relationship or not influences us. Does it match my soul's purpose? **Does this person raise or lower my energy?** List key people in your life. Designate if relation with them is more positive energy or negative? **Be completely honest with yourself and them. Fear or love motive.** How can I say no? I can't do that right now. I need to focus on myself now.
- 10) Warehouse clearing. All the experiences and choices you've made in this lifetime. Select those you would like to release. **All the yes's you've been holding onto.**

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