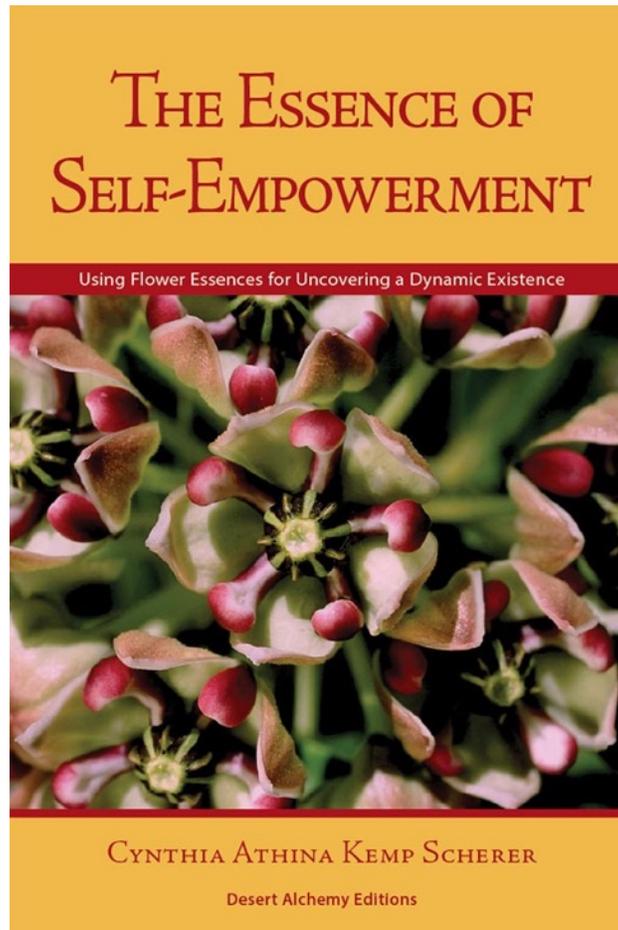


The Essence of Self-Empowerment - Study Guide



This is a study guide to accompany the book, "*The Essence of Self-Empowerment - Using Flower Essences for Uncovering a Dynamic Existence*", by Cynthia Athina Kemp Scherer. The purpose of this study guide is to encourage contemplation in the process of uncovering issues that inhibit leading a life of purpose, contentment, and self-empowerment.

More information about this book can be found at:

www.desert-alchemy.com/info/publication/ese/

After reading each chapter in the book, you can use the questions to provoke awareness of the themes from each chapter.

The Essence of Self-Empowerment - Study Guide

Chapter 1 - What is Self-Empowerment?

1. What does power mean to you?
2. What makes you feel powerful?
3. What are the things, circumstances, or people that leave you feeling powerless?
4. In what areas of your life do you feel that you need to become self-empowered?
Some areas to consider are: work; family; spiritual endeavors; friendships; intimate relationships; and caring for your physical, emotional, mental or spiritual needs.

Chapter 2 - Three Stages on the Road to Self-Empowerment

1. Do you feel ready to take a journey that you have no idea where it will lead?
2. If not, what do you feel you need before you could start the journey? Is internal courage or determination an issue?

Chapter 3 - Stage One: Recognizing the Ways in which You Feel Disempowered

1. Can you identify any times in your youth where you felt you were being taught self-empowerment?
Do you remember or have you been told about things that happened as a youngster that illustrated learning how to be self-reliant in any ways?
2. Are you aware of times in your youth when you felt you were inhibited from learning how to empower yourself?
Were you overprotected?
Were you allowed to make mistakes?
Were you encouraged to try new things or take risks?
Were you discouraged from following things in which you thought you might be interested?

The Essence of Self-Empowerment - Study Guide

3. Think back to when you were officially an adult. Did you like this transition?
Did you feel ready to be responsible for yourself?
Did you feel prepared to make decisions for yourself?
Did some part of you want to abdicate responsibility?

4. In subsequent years when big transitions happened, such as having your first child, moving to a new city, or purchasing your first home, did you feel confident and up for the adventure, or were you terrified?

5. Considering your life today, are you satisfied with your relationships and your career?

6. Do you have an outlet for expressing your creativity?

7. Are you comfortable with your spirituality?

8. Do you feel secure in your life?

9. Do you feel capable and able in all areas of your life?

10. Do you feel comfortable being responsible for yourself?

12. Can you identify any feelings of entitlement you may have?

13. Do you tend to compare yourself to others?

14. Do you have the capacity to send the inner critic to the background, or does it demand your attention constantly?

15. Do you notice a tendency to sabotage yourself and your good intentions?

16. Are there times when you believe that you do not have a choice in a matter?

17. Do you tend to be over-responsible, or take responsibility for things that are not yours?

18. Do you do things out of obligation?

The Essence of Self-Empowerment - Study Guide

19. Are you actively involved in an addiction of some sort, whether to a substance or an activity?
20. Do you feel victimized by your emotions?
21. What is it that you think or feel that leaves you feeling like a victim?
22. What keeps you from doing or saying what you want?
23. Do things outside of you keep you on a treadmill of ineffectiveness?
24. Name some types of situations in which you feel powerless.
25. What is it outside of you that holds you or obliges you to do things in your life that you do not want?
26. In what way are you defining yourself or your life so that you are powerless?

Chapter 4 - Stage Two. Transforming Limiting Patterns & Feelings

1. Do you feel unable to confront the feelings that arise when you poke at the issues that leave you powerless?
2. Do you feel overwhelmed when facing old feelings?
3. Are you aware if you have internalized the desires or will of other people in your life as your own? If so, do those things fit your own deeper soul purpose?

Chapter 5 - Finding Self-Esteem

1. Do you feel you have something special to offer the world?
2. When people pay you compliments, do you brush them off or do you fully accept them?
3. Are you uncomfortable when someone recognizes one of your talent or accomplishments?

The Essence of Self-Empowerment - Study Guide

4. Do you tend to put someone else down, internally or externally, when you see them receive honors?
5. Are you jealous when others are acknowledged for their achievements or do you honestly wish them well?
6. Do you sometimes feel invisible, like others don't really see you?
7. Do you envy someone else?
8. Are you aware of one or more things that makes you unique?

Chapter 6 - Liberation from Fear

1. Are you aware of any fears you have?
2. If so, do you have faith in the fact that courage resides within you to overcome them?
3. Have you spent time exploring the fear and gaining knowledge about it?
4. Do you have trust in the universe or a Higher Power?
5. Do you tend to distrust other people, even if they have not shown reason to do so?

Chapter 7 - Establishing Self-Discipline

1. What is your relationship with self-discipline? Do you tell yourself that you don't have it?
2. When you want to accomplish something do you tell yourself that you cannot?
3. Do you feel that you either procrastinate in doing something, or do you not understand why you do not start something that seems like a great idea?
4. Do you have a taskmaster attitude towards yourself?

The Essence of Self-Empowerment - Study Guide

Chapter 8 - Freedom from Addiction

1. Do you have an addiction to something, such as a substance or an activity?
2. If no, can you accept yourself, just as you are, with your addiction? If no, go to Chapter 5.
3. If yes, do you feel ready to let it go?
4. Are you willing to deal with any underlying issues that have provoked you into acting out the addiction, even if you do not know what they are?

Chapter 9 - Resolving Regret and Guilt

1. Are there things about which you feel guilty?
2. Do you feel you can be responsible for your emotional state of being? If not, what are the emotions that leave you feeling powerless?
3. Are there things that you have done in your life that you regret? How do you cope with them?
4. Can you accept the possibility of forgiving yourself and/or the other person, even if you do not feel forgiveness at present?

Chapter 10 - Forgiveness Comes Through Grace

1. Is there anyone in your life that you feel you need to forgive but do not feel it?
2. Is there anything for which you feel you need to forgive yourself but do not yet feel it?
3. Do you think that if you forgive someone/yourself that it exonerates them/you from what they/you did?
4. If you don't feel forgiveness, can you accept yourself as you are? If no, go to Chapter 5.

The Essence of Self-Empowerment - Study Guide

Chapter 11 - Taking Responsibility for Yourself

1. Are you holding onto hurt, hoping that someone will notice and take care of you or acknowledge their role in what you experienced?
2. Do you feel that others should pay attention to you and help you out more than they do?
3. Do you tend to cling to the past and wish things were as they used to be?
4. Are there any areas of your life that you feel unable to be responsible for yourself?

Chapter 12 - Stage 3. Locating & Owning Your Power

1. What does power mean to you? What is its source?
2. In general, do you know what you want in each area of your life?
3. Are you comfortable communicating what you want to others?

Chapter 13 - Power Over Yourself

1. What is the power that you have, and what is your biggest challenge wielding it?
2. How important to you is your sense of ethics?
3. Do you feel that your senses sometimes control what you do?

Chapter 14 - Power in Skill

1. How much confidence do you have in your skills, or in your capacity to learn new ones?
2. Are you uneasy to be in the role of a beginner or new at some task or job?
3. What fills you with passion?

The Essence of Self-Empowerment - Study Guide

Chapter 15 - Self-Empowerment in Relationships

1. Are there any relationships in which you feel powerless or have less power than you wished?
2. How comfortable are you at expressing what you want in a relationship?
3. How comfortable are you with taking time for yourself, even if you perceive that others need you?

Chapter 16 - Empowering Others

1. Do you have the patience to step back and let others make mistakes, even if you know that you could do it better or faster?
2. Do you tend to take on things that you perceive others would have difficulty doing, even if you don't want to have another project yourself?
3. Do you tend to compliment others when they do something self-empowering?

Chapter 17 - What's Next?

1. What is the next step that you can take on the road to self-empowerment?