



# FEMININE POWER

# *Live!*

3-Day Breakthrough Immersion Experience

with Dr. Claire Zammit, Senior Coaches  
and a Global Community of Brilliant Women



DAY 2 HANDOUT - RELEASE HIDDEN BARRIERS & BREAK THROUGH TO A NEW STORY



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### WELCOME to Feminine Power LIVE! DAY 2

#### On Day 1, We Ignited Potentials!

You discovered the key shifts that give you—as a conscious, smart, gifted woman—the power to align with your “True North Star” and create a shift so deep and lasting that the forces of heaven and earth will begin to propel you forward toward an inspiring future!

We were all uplifted by the love and amplifying presence of our global community of visionary women who have come together to create a powerful manifesting portal for this event!

Then we began the process of bringing new awareness to identify and release the inner barriers that have been blocking our power and potential.



**Today (Day 2),** you’ll be guided to **Release the Hidden Barriers** that have kept women playing small until now! I’ll show you how to *permanently* release feelings of not being good enough or too much, along with your fears of being seen, taking up space and having a voice, self-doubt, self-neglect, and more.

The liberating and life-changing practices you’ll discover will give you the tools to finally show up as who you were meant to be, expressing your gifts and genius—visible, powerful, brilliant, and with a voice that is heard, valued, recognized, received and rewarded.

We’ll then move into the exhilarating 3rd and 4th step, as you **Break Through to a New Story** of power and possibility and **Become a Powerful Creator** by unlocking all three of your Feminine Power Centers.

By the end of today, you’ll step fully into your brilliance and claim your power as an unstoppable creator of your future—tapping into the forces of synchronicity, flow and intuition.



**On Day 3**, you'll skyrocket your confidence to boldly and courageously realize your dreams as a result of a deep process you'll go through to **create your personalized "DESTINY MAP"** with the exact steps necessary to bring your vision for love, health, prosperity, impact, visibility, or success to complete fruition.



**NOTE:** We didn't have time to commence this power practice yesterday so we've included it in today's handout, as well! :)

### **Power Practice: Calling Forth Your Power**

As you move through this power practice, think about an area of your life in which you'd like to have a breakthrough.

#### **STEP ONE: CONNECT WITH EMPATHY, COMPASSION, LOVE AND SUPPORT**

Think about that part of yourself that shows up powerfully for a friend or a loved one, or elsewhere in your life where you are in touch with your most powerful self.

#### **Where in your life do you feel the most powerful?**

It might be at work. If you're an attorney, it might be when you're making closing arguments. It might be in your garden. It might be as a parent. It might be when you're hiking or doing something physical.

Put yourself into that place where you feel the most powerful, and take a moment to just breathe that feeling into your body.

Stand the way you stand when you feel the most powerful; breathe as you breathe in that state, listen as you listen.

**Put yourself in that most powerful place and begin to get really curious from this place of power.**



Then reflect on the following:

What are the challenges or struggles you've had in this area up until now?

Are there any patterns that seem to repeat themselves?

What is it that actually happens in this area of your life that has caused you to feel stuck?

Who or what have you been blaming up until now as the reason you've been getting stuck or stopped?

For example:

- Others don't support you.
- You invest in things and get no return.
- You end up taking care of everyone else's needs, but your own.
- You diet and exercise only to regain the weight you lose.
- You put yourself "out there" and your work isn't valued.
- You emotionally invest in a new relationship only to be rejected or find that the person is unavailable.
- You see less capable people being promoted ahead of you.
- People take advantage of you.

**Note:** When you're reflecting on yourself as the source of your experience and you're uncovering these core identities, **be loving and kind to yourself.**

It's important that when we're reflecting and beginning to see and get curious about ourselves, that **WE'RE ANCHORED IN THE MOST POWERFUL PARTS OF WHO WE ARE**, the parts of us that have wisdom, that have power, that have perspective.

What are the ways in which you can take responsibility for co-creating your current experiences in the disempowered areas of your life?

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## STEP TWO: IDENTIFY AND NAME THE OLD STORY

Connect to the feeling that comes up when the emotional pain of disappointment, stuckness, or frustration gets activated—notice where it lives in your body.

Place your hand on the lowest center of where the feeling is held in your body and breathe into the feeling, turning toward it rather than away from it.

Ask yourself, “If I could give this feeling a name,” and then finish these sentences below:

- I AM... or I AM NOT...
- Men/Women/Others are...
- The possibility of me succeeding and creating what I desire in this area of my life is...

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## STEP THREE: RECONNECT WITH THE PART OF YOU THAT'S BEEN ISOLATED AND STUCK IN THE OLD STORY

From a mature, loving, and wise adult center, ask yourself: “How old is this part of myself?”

Ask yourself: “How large is the energy being held here?”

Open your eyes and shake the feeling off. Now ask yourself, “What is the best thing about being my current age compared to being \_\_\_\_\_?”

\*NOTE: Look for the resources, wisdom, power & strengths of your adult self.

Breathe into the center of this adult presence within you, anchoring the energy of this center down through your entire body.











Again, using The Transformation Matrix as a guide:

**What new skills, capacities or ways of showing up can you develop that align with this deeper truth?**

For example:

I can keep my first attention on myself so that I am deeply connected to myself, and from here, allow myself, my feelings, my needs, and my desires to be visible to others.

I will need to learn how to pace healthy intimacy when getting to know new people.

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**Congratulations, you did it! You have completed 3 of the 5 steps in the Destiny Process!**



**It's time to Become a Powerful Creator!**

**Tomorrow, in the next step,** you'll discover how to activate your Feminine Navigation System and magnetize all manner of resources and support to manifest your Destiny Intention.







## About Your Instructor

CLAIRE ZAMMIT, Ph.D.

There are few women alive today who have done more to empower conscious women to actualize their potential and realize their destiny than Claire Zammit. In her two decades as a transformational teacher and leader, Claire has shared her life-changing Feminine Power principles and practices with millions of women around the globe.

Her groundbreaking doctoral research on the underlying obstacles blocking intelligent, conscious, women from stepping into their greatness has been praised as a seminal contribution to the advancement of women in this century.

Over 40,000 women from more than 100 countries have graduated from her innovative online Feminine Power Academy, and her Feminine Power Professional Certification Trainings have trained hundreds more to create fulfilling, impactful and successful careers as transformational coaches, facilitators and leaders in their fields. She is fast becoming known as the “mentor of mentors” for gifted, conscious women.

In addition to building the Feminine Power global community, Claire is also a wildly successful conscious entrepreneur. In 2010, she co-founded Evolving Wisdom, LLC which, under her leadership rapidly grew to become one of the world’s most successful online transformational learning enterprises. In 2013, Evolving Wisdom was ranked #83 on the Inc. 500 list of America’s fastest growing private companies and since its

inception, it has generated over \$50 million in revenue and reached millions of people from more than 180 countries.

A dedicated philanthropist, Claire’s personal contributions and fundraising efforts have been hailed as a major catalyst for the growth of the Girl Power Project which is on track to bring self-esteem and leadership training to over one million low-income girls in Uganda by 2020.

Claire is an active member of Jack Canfield’s Transformational Leadership Council and was the recipient of its Achievement Award, and is also a participant in Deepak Chopra’s Evolutionary Leaders Forum. She is also the recipient of the Just Like My Child Foundation Women’s Leadership Award.

She holds a Ph.D. in Transformational Learning & Change from the California Institute of Integral Studies and lives in Berkeley, California with her husband of eleven years, spiritual teacher Craig Hamilton.

