



EMPOWERMENT

~ COHERENCE ~



This Empowerment series helps you to establish coherence with the totality of your Great Self, as microcosmic and macrocosmic principle.

This is referring to 'holistic coherence' and implies harmony, interconnectivity and stabilized order, where the whole is greater and more efficient than the sum of its parts.

As our consciousness continues to awaken, we unveil our natural ability to function in 'coherently connected states'. This is like reforming an enlightened 'global brain'. This gives us the ability to move peacefully in unison while being completely self-supportive.

This is essentially a harmonic convergence of your personal energy into coherent states of 'collective' frequency, thereby accelerating you, and all of us, into the new reality of our preference.

Any way that your thoughts, visions and dreams reflect to you the awareness of being 'coherently connected' will be reflected in your outer world.

INVOCATIONS:

Use this invocation every day of the week, preferably in the morning as a way to begin your day feeling empowered as one with your Greater Self. Then, follow up this invocation with one or several affirmations.

AFFIRMATIONS:

There is one affirmation for each day of the week to help you remember who you are as a majestic creator being of light, love and tremendous wisdom. Keep affirming your Self as you step into this greater expression of who you really are.

WEEK 1

THE EMPOWERMENT OF COHERENCE



INVOCATION

I AM ABSOLUTE CONSCIOUSNESS

Through the power and presence of God, I attune to the light of creation that unifies all things in existence, blessing the divine intelligence that flows through every aspect of my consciousness.

I give thanks to my Greater Self for expanding this field of coherent energy throughout my entire being, inspiring wholeness and harmony in my body, thoughts, feelings, words and actions.

Divine Presence of all life, thank you for sending this transforming light into the collective heart-mind of humanity.

Unity consciousness is now emerging in mass scale.

WEEK 1

AFFIRMATIONS OF COHERENCE



- * All things in the universe are infinitely interconnected. Everything is representing the larger whole. I am a unique spark of light that permanently resides within the vast body called God awareness, Existence itself. Wholeness resides within me.
- * I am God in the flesh. My consciousness is born from and permanently resides within the vast macrocosmic body called God awareness. I am an aspect of this prime entity, which is now experiencing Itself through my physical form. There is no other recognition even possible.
- * I am not separate from God, I never have been and never ever will be. This is impossible. I am an individualized consciousness that resides inside the body of creation. I live, move and have my entire being inside the body of omnipresent awareness. I am always contained inside the body of perfection, of incomprehensible love.
- * I am a multidimensional intelligence. Consciousness does not exist within my human body. My body exists within my vast awareness.
- * I am within God and God is within me. I am one unified whole. The sum total of all of my thoughts, actions and beliefs is the way that God expresses Itself through the unique gateway that is me, as a human channel.
- * I am made from the light of creation. I am a mirror of that light reflecting back to the one all that is and all that I am... a tremendous gift to existence. I am crossing over now into a new reality returning to the eternal, whole-some self. I am a Creator.
- * What is true for me is true for God. As a powerful creator, what I believe is what I am experiencing. To experience something different, I simply change my perceptions.

WEEK 2

THE EMPOWERMENT OF COHERENCE



INVOCATION

REALITY REFLECTS MY STATE OF MIND

In the name of divine intervention, I invoke the awesome power of my mind's capacity to create the most dynamic and inspiring realities.

I give thanks for the purification of my thoughts and feelings and for the total empowerment of my internal mirror to reflect only my highest preferences.

Greater Self, thank you for bringing me into total coherence with my life's reflections.

Through the light of the Holy Spirit shining in the one mind of humanity, the reflections held in the mass consciousness are shifting for the highest good of all.

A more vibrant and loving reality is now revealing everywhere.

WEEK 2

AFFIRMATIONS OF COHERENCE



- * I came to this planet to experience physical existence only to discover that everything in this reality is made up from projections of consciousness. Physical reality is within my consciousness. Physical reality is determined by my consciousness.
- * Physical reality is created by what I deem it to be. I do not need to work really hard to make things happen. It is to just be in coherence with my life's reflections. Reality reflects my state of mind. State of mind is the fuel to manifestation.
- * By seeing what I am as a 'web of awareness', the brain rewires itself to be a precise receiver of the frequencies that mirror my truer vibration. My reality reflects coherently connected consciousness. As a result, all other things not of that vibration naturally fall away.
- * Life is created from my beliefs and the physical me is the sum total of all of my thoughts and feelings. Everything in my life is reflecting back to me, my thought vibration. The meaning that I give life is exactly how I will experience it.
- * Whatever I am thinking, feeling and projecting, whether consciously or unconsciously, is sent right into a mirror, giving me right back a reflection. These reflections form my life experiences.
- * I am in control of my life mirror by what I perceive to be true. As a powerful creator, to change any pictures in my manifesting reality, I simply shift the thought that holds the belief in place.
- * The meaning that I choose to give life, completely determines what kind of a story I will experience. Life is a direct product of my definitions about it.

WEEK 3

THE EMPOWERMENT OF COHERENCE



INVOCATION

MY BODY IS WHOLLY INTERCONNECTED

In the name of the mighty Macrocosm, I affirm the supreme union of my Greater Self with my microcosmic self.

I give thanks to the cohesive power of Divine Love that constantly permeates my multi-body system, bridging all aspects of my consciousness into one immaculate whole.

As Love's intelligence empowers greater coherence within me, my DNA is expressing its greater human potential.

Beloved Creator, thank you for inspiring the ecstatic freedom of universal connection within the masses.

We are deeply blessed by the power and presence of love.

WEEK 3

AFFIRMATIONS OF COHERENCE



- * The spiritual presence that lives inside of me is the same force of energy that creates everything, from atoms and stars to the DNA of all life. I am learning to tap into this same power by shifting in the way that I interact in the world... as one with the world and not separated.
- * I am uniting my microcosmic self with the macrocosmic whole. When this supreme union is achieved, all things are possible.
- * My consciousness does not reside inside the body. The body is held within my consciousness. I am a multidimensional and the creator of my physical reality, including my very own body. I have the ultimate authority over all of the activities that take place in my physical form.
- * I am building coherence with my total self, with attuned loving attention given to that 'totality' of self. This is a main key to self-actualize into anything I want to be.
- * Cells and DNA are like little conscious antennas. They communicate through the frequencies that I give off, always responding to my thoughts and feelings. My body is an entire ecology that is actualizing its greater potential through the increasing coherence of loving thought.
- * Divine love floods my consciousness with Health and every cell of my body is filled with light. I love myself and I love all others, without exception. Gratitude floods my consciousness with Health and every cell of my body is filled with light. I am so blessed by this experience called life. Cellular harmony floods my consciousness with health and every cell of my body is filled with light. I am at peace with myself and my world.
- * The universe is wholly interconnected and coherent. The Earth is wholly interconnected and coherent. My body is wholly interconnected and coherent. I am one with all that is. I am free.

WEEK 3

THE EMPOWERMENT OF COHERENCE



INVOCATION

ALL RELATIONSHIPS ARE ME

Through the truth of Divine Relationship, I bless the field of unified awareness that sustains my connection to the eternal flow of life.

As I am empowered by this intelligent energy, I give thanks for the resulting shifts in my perceptions, which allow me to remember the spiritual nature of all things.

Thank you Great Presence, for blessing the Earth and all life upon it with an ever-expanding stream of unconditional love that keeps us grounded in oneness and peace.

Thy Will be done.

WEEK 4

AFFIRMATIONS OF COHERENCE



- * Consciousness ascension requires a perceptual shift in my thoughts and feelings. Most of all it is to simply remember that the Divine is in everything. When I truly embrace the interconnectivity of my life's relationships, I flow naturally into unified awareness.
- * I am in relational coherence. I love myself, completely. By loving myself, I am loving my Source. By loving my Source, I am loving the self, and all others.
- * All relationships are me. The majority of people in my intimate sphere are mirroring all of the thoughts that I have about myself. To understand any relationship more clearly, I must first get in touch with my own belief that has created the person to be in front of me to mirror their reflection back to me.
- * If another, more preferred reality is desired with another person, I simply shift my beliefs that hold the vibration of our relationship in place. I create a different definition of relating that mirrors the frequency of my preferred reality.
- * As my perceptions change, relationships change and some go away completely. This is natural due to the constantly changing mirror of perception. Knowing this, there is no reason to blame, project or judge any person or life situation ever again. I am creating it all!
- * Whatever it is that I perceive about another person, I bring that quality into my own experience, whether negative or positive. The only desirable feeling to have about any other is love, pure unselfish love that holds him or her in their highest potential. For this person is really a part of me, my self-created reflection in the mirror.
- * As I evolve my consciousness, my life purpose becomes solely inspired through the guiding light born out of group coherence. This navigation is received telepathically and intuitively through the developed higher mental body of the consciously connected 'group brain'.



PERSONAL SESSIONS OF EMPOWERMENT:

For those of you who are interested to go a step further, Sessions of Empowerment are offered each month during the times of the full moon. These are highly transformational experiences to help you embody your greater expression and totality.

All sessions involve DNA and energy reprogramming, healing, clearing and recalibration. The facilitators have also identified special focuses each month to assist the potency of each Empowerment Session.

For more information, please go to IAMAAvatar.org or cut and past this link into your browser: <http://iamavatar.org/dna-activation-sessions>.

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