



# The Empowerment e-Formula

*This formula can also be used to invoke Divine Protection...It creates a pillar of energy protection which can be used in all practical situations for problem solving, healing, raising of consciousness and wherever we need to project energy...*

~ The Light Party [lightparty.com/Spirituality/Kadoish.html](http://lightparty.com/Spirituality/Kadoish.html)

## Directly Connecting and Asking Questions of Your Guidance

**Introduction:** *The Empowerment e-Formula* you are about to learn is the greatest e-Tool. It is the basis for all other e-Tools and e-Games and allows everything else in the program to work. It is so profound you will feel and know that its power can raise your energy, make you Present and connect you to your *Guidance*. It is something that you will eventually do all the time, any moment and for no reason.

During each private e-Session with me, you will learn more and more ways to apply what I am calling *The Holy/Kadoish* into every area of your life. The first application is to connect directly with your guidance. It is not necessary for the conscious mind to understand or remember what you are about to read.

***Holy, Holy, Holy, IS the Lord God of Hosts***

*(Repeated three times or more.)*

It can be repeated in any language: ***Kadoish, Kadoish, Kadoish ADONAI 'Tsebayot*** *(Repeated three times or more)* Pronounced: "Ka-dosh, Ka-dosh, Ka-dosh, Ah-do-noi, Sa-bay-ot." Your intent is more important than the language or the correctness of your pronunciation.

**IMPORTANT:** *The e-Formula and Empowerment are not in any way associated with religion or any system of belief. Together they gently guide you to connect with the core of your spirituality and its expression.*

*In the vibration of Kadoish, Kadoish, Kadoish, Adonai 'Tsebayoth, your Guardian Angel and all other Beings of Light that you personally acknowledge, can join you...*

~ Reverend Suzanne

**Step One:** Begin to lightly tap your heart chakra (e-Tap).

**Step Two:** Begin a continuous soft hum, perhaps no one can hear (e-Hum).

Step Three: As you continue your *e-Tap* and *e-Hum*, begin to think and repeat your *Holy/Kadoish*. I call this your *e-Formula* (*e-Hum* + *e-Tap* + *Holy/Kadoish*).

Step Four: Simply think these words three or more times with intent:  
*I am now optimally connected with my Guidance. Thank you for that.*

Step Five: Activate your *e-Formula* anytime, anyplace, for no reason.

*Better than a thousand meaningless words  
is one sensible word if hearing it one becomes peaceful.  
Better than a thousand meaningless verses  
is one word of verse if hearing it one becomes peaceful.*

~ The Dhammapada

### **How to verify that you are connected with your Guidance:**

Step One: Standing with your feet parallel, begin your *e-Formula* (Your *e-Tap*, *e-Hum* and the *Holy/Kadoish*)

Step Two: In your minds eye, pretend, if your body tilts forward on its own, it is a YES, and if your body tilts backward on its own, it is a NO. Just a bit of movement is enough.

Now think repeatedly these words *show me a YES*. Once you get a small tilt forward, continue your *e-Formula* thinking these words repeatedly, *Show me a NO*. Then, with the intention of receiving a YES or NO in response to your statement, think this statement; *I am now connected with my Guidance*. Keep thinking this statement until you get a response. If it's a YES, you're done. Say, *thank you for that*. If it's a NO, repeat the above steps, numbers four to seven.

*I now know The Kadoish 'clears' all the fields in the body and  
bridges us to all other dimensions. It is extremely powerful.*

~ Maureen J. St. Germaine, *Mantras for Ascension*

