

# The Empowerment Program

For You and for the Journey Called *YOUR LIFE*

Here ✨ Now ✨ This moment

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

Step One: Activate your [e-Formula](#)

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

Step Three: In your mind's eye, pretend, if your body tilts forward on its own, it is a YES. 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*

You will be practicing *your e-Formula* and *e-Games* anyplace, anytime, and for no reason. You will begin to notice where and when you have not been Present. While practicing, you will notice there is nothing to make wrong or to judge. It is actually part of the human condition to NOT be Present. Simply noticing is very powerful.

You will receive Additional Value for extra participation. Extra Value means extra benefits from extra practice: Up to once an hour, while using your e-Formula, create this intent by thinking the following three times:

*I am now optimally connected with my guidance.  
Please activate this intent on the word IS and/or the word ADONOI.*

Additional Value Notice when you are NOT present. AT that very moment think the words *Thank You for that*. You can do the same at the moment you notice you are not speaking or acting congruently with the e-Values, that were distinguished during your e-Session, think the words *Thank you for that*. More information:

[www.eempowerment.com/gap.pdf](http://www.eempowerment.com/gap.pdf)