

AN INTRODUCTION TO  
AWAKENING



*Empowerment*  
CONSCIOUSNESS™

*The Co-Creative Evolutionary Transformation  
to Your Authentic True Self*

*6 Powerful Steps to  
Invite Empowerment*

Dr. Rev. Deborah Lallier

# 6 Powerful Steps to Invite Empowerment

*An Introduction to*  
Awakening Empowerment Consciousness™:  
The Co-Creative Evolutionary  
Transformation to Your Authentic True Self

By  
Dr. Rev. Deborah Lallier  
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# Awakening Empowerment Consciousness™:

## *The Co-Creative Evolutionary Transformation to Your Authentic True Self*

Imagine choosing to live your life through the dynamics of empowerment rather than through the limitations of fear.

Envision a conscious style of living where you no longer merely survive – but rather, you creatively thrive.

Consciously evolving to a transformed way of Being where you:

- Experience better health, less stress, more balance and discernment;
- Engage supportive, loving and mutually respectful relationships;
- Develop enriched business partnerships, harmonious communities, global interconnectivity and unity;
- Embrace life with Grace through the enriched, powerful heart-based feelings of gratitude, peace, joy, and ease; and,
- Consciously manifest your heart's desires while inspired to live a divinely guided, purpose-filled life ...



### CON-SCIOUS

Perceiving, apprehending, or noticing with a degree of controlled observation

*Merriam-Webster Dictionary*

*I am here to help.*

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*This Evolutionary Transformation Process initiates the shifts in consciousness that invite the awakening of Empowerment Consciousness™.*

*Embodying Higher Consciousness is the evolutionary path of awakened, enlightened, Consciously Co-creative living bringing balance, healing and wholeness into your life, body, emotions, mind and relationships.*

*Choose the conscious path of Evolutionary Transformation to express your Authentic True Self and to Consciously Co-Create your most empowered life.*

# This is a time of Evolutionary Transformation ...

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It is the Era of Conscious Awakening, an evolutionary transformational journey of empowerment. This is the conscious path of realizing the Authentic True Self, our most integrated and whole Divine Human Self, and it is guided and supported by the healing, integrative energy of Higher Consciousness.

This awakening empowers a way of living and manifesting through Conscious Co-creation where your Whole Being – body, mind, emotions, relationships and spirit – are aligned with Higher Consciousness. This Divine Alignment connects us to a higher functioning, spiritually integrated Co-creative level of awareness that I have termed Empowerment Consciousness™.

*Through this consciously awakened connection, we become our most Authentic, True Self ...*

- Co-creatively expressing a divinely inspired, empowered life;
- Accessing our uniquely individual gifts, strengths, talents and creative abilities; and,
- Supporting us to lead healthy, balanced, purpose-filled, abundant, enriched Co-creative lives.

We are awakening to the NEW possibilities of Integrative Change. This is the Evolutionary Transformation catalyst for engaging a higher level of Conscious Co-creation, which is a spiritually integrated space of Being expressing unity, harmony and peace through Empowerment Consciousness™.



*Within this higher level of consciousness is The Pattern of Perfection, a Divine Plan orchestrated by the free choice of its members:*

- We are those members, those spiritual beings who contribute to the creations of our shared existence;
- We are those spiritual beings who are ready to consciously awaken and take ownership of our Co-creative abilities.

*Through our conscious choice – our free will ...*

- We are the catalyst for change that initiates the spiritually integrative healing dynamics of The Pattern of Perfection;
- We are consciously choosing to participate in this process of Evolutionary Transformation to Empowerment Consciousness™.

# Now Is the Time For...

## *Mastering Empowerment Consciousness™*

- This is a higher level of expanded, Co-creative awareness that uses integrated heart-brain processing – conscious choice aligned with positive, heart-based feeling states and observation – to transform fears and limitations into empowered realities.
- Releasing you from the restrictive conditioning of the past, a transformation of consciousness de-energizes the outdated, disempowering ways of thinking and feeling found in our current lives and based in Survival Consciousness.
- Long gone will be the limiting thoughts, the fears, the frustrations, the unfulfilled outcomes, the habits of anger, the rejections, resentments, regrets and the energetic dynamics of past drama and trauma.
- Through this journey of Evolutionary Transformation to Empowerment Consciousness™, the pain-filled attachment to the dynamics of mere survival are transformed – the body, emotions, mind and relationships are spiritually integrated into a coherent, unified whole that functions harmoniously to bring about thriving holistic well-being.



### *Empowerment Consciousness™*

A higher level of expanded, Co-Creative awareness that uses Integrated Heart-Brain Processing:

**Conscious Choice**

**Positive, Heart-Based  
Feeling States**

**Observation**

to transform fears and limitations into empowered realities

*The following Evolutionary Transformation  
Process is your conscious invitation to  
manifest Co-creatively with Higher Consciousness.*

# Your Evolutionary Transformation Journey From Survival To Empowerment Begins Now

The step-by-step transformational processes described in the book, *Awakening Empowerment Consciousness™: The Co-Creative Evolutionary Transformation to Your Authentic True Self*, attune your intuitive awareness to the specifics of initiating and maintaining Conscious Co-Creation through Divine Alignment with Empowerment Consciousness™.

6 Powerful Steps to Invite Empowerment is one in a series of spiritually integrating, holistic healing consciousness processes that utilize the transformative initiatives of Integrative Change.

They are Co-Creatively designed to awaken and empower the Divine Human Self and the manifestation of a thriving and harmonious existence that is consciously aligned with Higher Will.

*I understand  
what you are going  
through and I am here.*

Call (910) 960-7119

# From Survival To Empowerment:

## *Embracing the Willingness to Change*

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All that is required to begin your conscious Evolutionary Transformation is the willingness to change. Without accepting change as the inevitable beginning of transformation, our goals are left unmet and unrealized. Hoping, wishing, daydreaming, yearning, craving, desiring and imploring outcomes to be different are neither efficient nor effective methods of initiating change.

Without a commitment to change, previous choices will only be subconsciously reaffirmed, reselected or re-avowed. Without conscious awareness, we will fearfully and unconsciously select failed choices time and time again.

These futile attempts at change have been halted through our attachments to the past. We have protectively retained our fears, anger, hatred, shame, guilt, resentments and regrets as motivation to avoid any potential future pain and suffering. We are surviving through the best way we know how.

These kinds of thinking and feeling states initiate from a less optimal, essentially powerless base where our past conditioning continually creates from fear, lack and limitation. Attempting to initiate change while still being connected to the past proves to be unproductive, leaving feelings of frustration, defeat and unfulfillment.

NO CHANGE is the result of failing to focus our conscious awareness into observing the NEW, empowering possibilities of Integrative Change, which can only be found in the present moment.

Wishful thinking just isn't an effective catalyst for change. Having been unable to initiate the willingness to change, the new goal is left unfueled, de-energized, unsatisfied and unrealized. When we focus too much of our energy— *thoughts and feelings* – into the past dynamics of limiting, survival based conditioning, we limit our ability to create NEW, integrated and empowered experiences.

Because we are focusing too much attention, awareness and energy into the fear-based conclusions of the past, we never optimize our present moment creative potential in a way that will actualize a more empowered reality. This way of “unconsciously choosing” energizes the habits of the past and continues to create what we have always created.



*Wishful Thinking  
Is Not An  
Effective Catalyst  
For Change*

# Willingness to Change is the Catalyst For Empowerment Consciousness™

Unconsciously we have anchored our awareness into the conditioning of the past.

- We hold attachments to what we believe is “possible or impossible;”
- We limit our creations to the concepts of “what we deserve” and/or “what we feel we can or should have.”

We habitually condition our thinking to fulfilling the same old limiting ideas and expectations of the past through:

- Continuing outdated ways of thinking and feeling;
- Maintaining limitations and constrictions found in judgment, blame and unforgiveness;
- Aligning with the pain of reoccurring disappointments; and,
- Holding onto the sufferings of the past.

## Survival Consciousness

A less whole fragmented level of awareness where the worldviews of :

**Fear**

**Limitation**

**Scarcity**

create the illusion of separation from the Integrated Awareness of Higher Consciousness, which contributes to the paradigm of *dis-ease* and victimology.



We are habitually conditioned to our own expectations of things never changing

*Attached to the pain and suffering of failure, fear and defeat found in the outdated paradigm of Survival Consciousness, our beliefs are reaffirmed, and the result is that things never truly change.*

Invite Integrative Change and embrace  
Empowerment Consciousness™

# In The Present Moment of Now...

The power is available to be aware, to transform the past and to consciously choose your thoughts by inviting the healing dynamics of Integrative Change. As a field of coherently organized healing energy, Integrative Change is an Empowerment Blueprint that is divinely designated for the Evolutionary Transformation of the less integrated choices and experiences of the past.

It is a self-knowing, self-evolving transcendent template for Spiritual Integration. Its purpose is to transcend and include (to make Whole and Complete) any Survival Consciousness programming and to initiate movement into Empowerment Consciousness™.

It only requires your willingness to change for the Blueprint of Integrative Change to become an Evolutionary Transformation consciousness tool that works for you!

*Are you willing to . . .*

- Make the changes required to bring your transformational goals into reality?
- Bring yourself to initiate a new, present moment awareness that no longer contains the limitations, restrictions, conclusions and fears of the past?
- Forge ahead without the fear of past pain and suffering leaving behind the regrets, the resentments, the blame, criticisms and judgments that have previously constrained your ability to be a conscious creative collaborator with Higher Consciousness?



## *Empowerment Consciousness™*

A higher level of expanded, Co-Creative awareness that uses Integrated Heart-Brain Processing:

**Conscious Choice**

**Positive, Heart-Based  
Feeling States**

**Observation**

to transform fears and limitations into empowered realities

*All that is required to begin your conscious,  
Evolutionary Transformation is your willingness to . . .  
Invite Integrative Change and embrace  
Empowerment Consciousness™*

# The Habits of Survival Consciousness

It is human nature to bury deep inside of us the things of the past that we dislike, fear, hold shame, anger, guilt or feel unresolved about. In an effort to learn from our mistakes and to feel safe, we form conclusions about these past concerns ...we make a decision, form a judgment, create a limiting thought and hold onto our pain in a way that continues to reinforce these connections to the energetic patterns of the past. These habitual connections reinforce our unwillingness to change, which limits our choices (and our experiences) to be like the past.

*To evolve our  
Whole Being into the emerging  
paradigm of Empowerment Consciousness™,  
our goal is to become conscious and aware of any limiting  
Survival Consciousness programming that we placed into  
our subconscious bodymind complex.*

We initiate this transformational process by discovering, transforming and evolving outdated, disempowering thinking and feeling states that have historically served as the unconscious software of the bodymind complex.

- The purpose of the subconscious bodymind complex is to create through the law of attraction, and to assist us in re-experiencing life in ways that we have previously drawn conclusions about.
- The subconscious bodymind makes no decisions; the conscious mind makes the decisions.
- The subconscious bodymind is designed to only carry out our past decisions and conclusions.
- The subconscious bodymind holds onto our past beliefs, feelings, experiences and decisions; it records and safe keeps the conclusions and judgments we originally made.
- The subconscious bodymind efficiently groups together similar instances, filing our thoughts, emotions and experiences away to expedite our future decision making capabilities so that our predetermined conclusions are readily available to us.



## THE SUBCONSCIOUS BODYMIND

Serves as a continuous feedback loop, a repetitive playing of the informational software that we originally placed there.

These unconscious pathways re-validate the outdated perceptions of our world, our lives, and our bodies, and they constrain our ability to make a conscious, present moment choice.

## Questions?

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to speak with Deborah

The subconscious bodymind serves as a continuous feedback loop, a repetitive playing of the informational software that we originally placed there. This encoded information directs our habituated thinking and feeling states so that we unconsciously and habitually draw similar conclusions. These unconscious pathways re-validate the outdated perceptions of our world, our lives, and our bodies, and they constrain our ability to make a conscious, present moment choice.

All of this efficient filing creates an unconscious, automated reaction, one that you are rarely ever able to control or change without intervening with present moment awareness and conscious choice. This can be likened to the automated responses you experience when you call a help line. By the simple selection of a number on the keypad, the automated help-line system attempts to get you an automated response to your problem. Not always as helpful, appropriate, direct or responsive as you might like!

The bodymind complex develops habituated ways of routing information. Developing ingrained responses through neural networks and the chemical relays of neuropeptides, these pathways dispatch the conditioned, impulsive, unconscious reactions that compromise our ability to make conscious, present moment choices.

Needless to say, habitual ways of conditioned thinking are only helpful IF you want to continue to manifest the same outcomes by ...

- Unconsciously and reactively staying attached to the past,
- Drawing the same repetitive conclusions, and
- Expecting the same results over and over again!

This kind of conditioned thinking is based in separation, fear, lack and limitation; it reinforces the unconscious attachment to pain and suffering. These habituated ways of coping do not provide us with true safety, strength, support, stability and security, but rather they continue to feed and reinforce the illusion of these concepts. They create from a survival focus, which is fear-based and riddled with beliefs and feelings of disempowerment.

Thriving and living an enriched, full and purpose filled life IS NOT the objective of these outmoded, disempowering and habitual survival-based ways of coping. Survival-based coping strategies have sacrificed essential, powerful and necessary parts of our Authentic, True Selves; parts of our unique personality and spiritual consciousness that we need in order to be conscious, whole and spiritually integrated to embody Empowerment Consciousness™.

“ *Insanity:  
Doing Things Over And  
Over Again And  
Expecting Different  
Results.* ”  
*Albert Einstein*

Albert Einstein's famous quote about Insanity affirms the craziness of this unconscious, repetitive way of attempting to initiate change.



*The goal of  
Survival  
Consciousness  
is to survive  
at all costs!*

## Present Moment Possibilities

*The following Evolutionary Transformation Process is designed to maximize your ability to focus the energy of conscious choice – your free will – and to use that universal dynamic as a catalyst for Integrative Change to invite your Co-creative authority found in Empowerment Consciousness™.*

This consciousness process is formatted to transform your limited, habitual and conditioned ways of thinking and feeling by detaching you from the no longer useful dynamics of Survival Consciousness. Use this technique on a daily basis to hone your creative imagination, your conscious awareness skills and your ability to stay in the present moment while working Co-creatively with Higher Consciousness to energize the attainment of your Highest Potential.

When you allow yourself to choose from the present moment, there will be exponentially more integrated opportunities available to you. Being in the present moment – consciously aware and without attachment to outcome, enhances your ability to observe and then to choose a NEW, empowering possibility without the past conditioned habits to limit your observations.

*The goal now is to make a conscious declaration to the universe of your willingness to observe and to choose from the NEW, empowered Integrative Possibilities.*

This is the time to let go of any ideas about what the Infinite Universe will present as an Integrated Possibility for your selection. Refrain from holding expectations about how the NEW empowering possibilities will present – what they will look like or feel like. Expectations are limiting.

- Expectations are conclusions we have already made.
- They limit our choices to be only what we can possibly image, and
- What we can imagine is influenced and controlled by the dynamics of the past.
- Expectations limit the possibilities of what can be observed in the Evolutionary Transformation of Integrative Change!

What follows are 6 Powerful Action Steps to Invite Empowerment. These consciousness steps affirm your willingness to observe the NEW Possibilities of Integrative Change. The Conscious Choice Formula will invigorate and energize your ability to notice and choose NEW possibilities by connecting your present moment awareness through the field of your heart to the integrating potentialities of Higher Consciousness ....

# The Conscious Choice Formula:

## 6 Powerful Action Steps to Invite Empowerment

In this powerful present moment awareness, you will be open and receptive —without the limiting filters of the past – and you will be conscious, present and available to notice the NEW expansive opportunities that are now available for your choosing. You are closing the door on the energy of Survival Consciousness and opening your awareness to receive NEW, empowering and Spiritually Integrative information about living life without the constraints of the past.

In this aware and awakened space of being, you are in the present moment. Free from the constraints of the past, your awareness is now open and receptive to the Integrative Possibilities of Empowerment Consciousness™! You are optimizing your ability to make an empowered, co-creative choice.

*In the action steps that follow, you will be using  
The Conscious Choice Formula  
to awaken your ability to observe and to choose NEW possibilities.*

The goal now is to make a conscious declaration to the Infinite Universe of your willingness to change. You will first be posing an open-ended question that invites the Integrative Change of Empowerment Consciousness™ to invigorate your creative options. Then you will follow that question with a powerful statement of your intention to change the past conditioned reactions. Combined with positive feelings, heart-brain integration and noticing what's different, these conscious action steps invite NEW body-mind pathways to be established for your observation and selection of NEW empowering, integrating possibilities.

### 1) The Empowerment Question:



Throughout your day, pose to the Infinite Universe the following open-ended *empowerment question* to invite a different, more integrated and balanced possibility to any and all areas of your life. This is the conscious and aware dynamic of being ready and willing to observe NEW solutions and opportunities. Refrain from having any attachment to what that may look like or how it might present by releasing all fear, judgment and expectation, especially anything resembling those disempowering coping strategies found in Survival Consciousness.

*“What Integrative Possibilities are NOW available without this habitual restriction of never changing?”*

## 2) The Clearing Statement



Follow the empowerment question with a *belief and trauma clearing statement* that presents your willingness to invite and receive the transformation of Integrative Change!

*“Whatever stands in the way of that, I NOW choose to destroy and un-create it all! Thank you! With gratitude, grace, joy and ease ... It is done! It is done! It is done!”*



## 3) Add Heart-Based, Positive Feeling States:

To embrace Empowerment Consciousness™, add high intensity, positive feelings states to your Conscious Choice Formula.

Energize your new, conscious Co-creation with coherent heart-based positive feelings including joy, gratitude, exhilaration and excitement with the expectancy of observing the integrated, whole and empowered possibilities that are sure to follow.

Use your conscious choice– your free will, to energize the expectancy of the most highly integrated and empowering of possibilities. Feel the certainty of the creation of NEW empowering possibilities within every cell of your body!  
With your “Thank You,” acknowledge that it is already DONE!

*Don't feel alone,*  
please call (910) 960-7119  
to talk through what you  
have just read

## 4) Heart/Brain Integration:



Allow the energy of Integrative Change to connect your awareness to Empowerment Consciousness™. Bring your bodymind's attention to this new coherent, empowering information by integrating heart and brain energy fields.

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Use one hand to tap on the top of your head and the other hand to tap over your heart as you pose the Conscious Choice Formula to the Infinite Universe;

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While engaging positive, empowering emotions and affirming gratitude of its completion, let go of any expectations or fears; and,

*Fully surrender to the Integrative Change of Higher Consciousness.*

*Allow it to inform your bodymind of the necessary changes in the outdated conditioned programing of the past.*



## 5) Observe the Transformation of Consciousness:

Repeat steps 1, 2, 3 and 4 until you feel, sense and/or perceive a strong, palpable energetic shift of consciousness. Notice the shift in consciousness as the energetic Blueprint of Integrative Change flows information into your bodymind.

In most circumstances, this feels like a rush of energy, a wave of chills, goose bumps, a solid grounding and/or expanding effect in the bodymind complex.

Allow the bodymind to make the necessary integrating energetic shifts ...

The body may move, sway or form a kind of yoga posture; you may sigh or breathe in a way that allows your bodymind to adjust and release stress; your mind may go blank, your knees may go weak, but you will definitely feel more open, relaxed and de-stressed.

*Observe the changes within your bodymind;  
NOTICE WHAT IS DIFFERENT!*

## 6) Make a NEW empowered Conscious Choice Formula:

Watch for the many NEW opportunities to make an empowered, integrated consciously Co-creative choice, one that affirms your detachment from your past, habitual reactions and offers you the healing opportunities of Integrative Change!  
Employ another Conscious Choice Formula as you use your ability to make a conscious choice:

*“What Integrative Possibility can I NOW choose without this habitual restriction of never changing?”*

*“Whatever stands in the way of that, I NOW choose to destroy and un-create it all! Thank you! With gratitude, grace, joy and ease...It is done! It is done! It is done!”*



*Add the heart-based, positive feeling states*



*Implement the Heart/Brain Integration Technique*



*Feel the shift and Notice what is different*



*Make a NEW empowered, consciously Co-creative choice Now!*

**Congratulations! You are now consciously engaging Empowerment Consciousness™ to Co-create your life!**

## About the Author ...

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Deborah Lallier is an Empowerment Consciousness™ Coach, Intuitive Spiritual Director and holistic minister who facilitates energetic shifts of consciousness through Evolutionary Transformation Processes that integrate body-mind-emotions and spirit. Deborah's personal and spiritual goal is to support the emergence of the Divine Human Self through teaching, healing, writing and embodying Empowerment Consciousness™.

Combining intuitive assessment with non-invasive mind/body practices and consciousness based healthcare, her life coaching and Evolutionary Transformational Processes contribute to a new, Spiritually Integrated dynamic creating holistic well-being, personal/spiritual growth and empowered Conscious Co-Creative living.

Deborah is a Certified ThetaHealer® and Instructor, Certified BodyTalk™ Practitioner, Certified Matrix Energetics® Practitioner, Healing Touch Practitioner, Certified Transpersonal Hypnotherapist, and Usui Reiki Master. Her credentials include over 14 years of holistic healing practice with a Doctorate of Theology in Spiritual Healing and Energy Medicine with an emphasis in Intuitive Spiritual Direction through Holos University Graduate Seminary. Deborah hosted the internet radio program "Balancing for Wholeness" and is currently Co-Creatively writing books on the Evolutionary Transformation Processes of Spiritual Integration and Empowerment Consciousness™.



*Questions?*

Call (910) 960-7119  
to speak with Deborah

*To further your expansion of consciousness, Deborah offers ....  
Private Healing Sessions (In-Person, Phone or Skype),  
ThetaHealing® Classes and Empowerment Consciousness™ Coaching,  
Workshops and Books*

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