



# **24 Tips on How to Align Yourself with Being Empowered**

**(Goddess Empowerment)**









## **Hey Beautiful People! Welcome!**

Let me introduce myself! My name is Tara Diana and I am an Empowerment Medium! I have been connecting with Spirit and the Universe my whole life. I am dedicated to helping others find their Empowerment through their own Intuitive Higher Self!

Empowerment is the ability to explore your identity. Who are you? Body. Mind. Spirit! It is the natural collaboration of these three words that we commonly encounter in our daily lives, but it is truly one of the hardest collaborations for us to consciously work with. As women we are drawn to putting others before ourselves and naturally that means we put ourselves last!









We are constantly exposed to powerful women. Most of us have a female idol or mentor that inspires us! One (or more) that radiates confidence and strength. In our admiration of these individuals, we often wonder how do we empower ourselves to be like our idols and mentors?! We secretly say to ourselves "I want to be just like them!" I want their success! Their happiness! Their health! Their wealth! Their peace and harmony! I want to live their lives.

Well Goddesses! It is time to Rise Up! It is all about connecting with the divine that is already within you! Acknowledging your Higher Self and in that, acknowledging that you are not only capable, but you are absolutely worthy of accessing all that you **need** in this life! This is the key Goddesses! But let's be real! It is your personal responsibility to enlighten yourself. Learn the tools! And use the tools that Spirit, and the Universe provide to you!

Yasssss!!!








As a result, by empowering yourself, you contribute to empowering women in general. And that is the best feeling ever! How do I know? Because I live and breathe Empowering others every. Single. Day! I am committed to my continuous growth and development through Spirit and therefore I am a perfect vessel to enlighten others and guide them on their journey!!

I've put together **24 useful tips for empowering yourself as the Goddess you are!**





## **1. Meditation**

Take a moment every day to calm your body, mind, and spirit. Allow yourself to sit in a quiet, peace spot (start with 1 minute at a time for those that are new to meditation or how little time to spend) and focus on your breath. Deeply inhale through the nose and exhale through the mouth. Meditation is different for everyone so each of us experience it differently. Do not think about anything, let your mind wander where it may. Just focus on you're breathing and that will allow your body and mind to relax. Keep it simple but consistent. If you have the time, make the ambiance yours! Crystals, candles, figurines all can play part in this beautiful self-love ritual of calming and soothing ourselves.

## **2. Go Outside and Connect with Nature**

Connecting with Mother Nature aka the Goddess Gaia is one of the most beautiful energetic healing techniques you can embrace in your daily life! Take the time to disconnect from technology, society and chaos, interpersonal conflict, professional stress, and so on, and just spend some time with Mother Earth on her terms. Sit with your back against a tree, your palms flat on her soil, close your eyes and feel her pulsate beneath your palms. It is invigorating! Or just walk through a park or a forest and breathe in her clarity! It is one of the most empowering things you can do for yourself!



### **3. Think Positive, Empowering Thoughts.**

To be empowered, you must think empowered! Mind over matter! Your words are the most powerful thing you have in your arsenal, and we can be our own worst enemy! Be cognizant of how your inner thoughts are creating your narrative of who and what you are! Speaking lovingly of yourself as well as others allows us to sit in the positive and we all know that like attracts like! Remember that your mind is a powerful instrument, and believing you are strong is the first step toward being the Empowered Goddess you are all meant to be!

### **4. Stand Up for Yourself**

Speak your truth and come from your heart! How you communicate with yourself, and others is everything! Being able to self express is a tool that each of us needs to master in one form or another, but I highly recommend centering your heart chakra so that you feel safe in the words that you need to say to others. If you don't like conflict and that is what keeps you from speaking your truth, don't like at the situations as conflicts. See them as opportunities of growth and always be open to compromise! Don't let the fear of other people's judgements and reactions stop you from being heard! The discomfort that you may feel as you start this process of self expression preferable than years of bottled-up hatred and rage from all the times you been too shy or frightened to stand up for yourself.



## **5. Say NO to People**

Set boundaries and stick with them! If it is not for your highest best, then you must stay in your lane! Saying No is not about selfish! Don't ever let them trick you into believing that. The manipulators are good at that! They don't even know they are doing it most of the time! Saying no is about knowing how much you have to give and loving yourself enough to understand that.

## **6. Choose faith over fear.**

Spirit never let's us down. Never! Period! Spiritual and Self Empowerment is about living in and seizing the present moment! Address what is not working for you! Are you carrying things from the past that are no longer serving you on your journey? Ask the hard questions! Is your narrative based in fear of failure or fear of success? There is a difference. Are you asking for guidance from the Universe or even those around you? Start by thinking of yourself in the positive! I am empowered. I am strong. I am confident. I trust my process. I am open to learning the tools for my continued Spiritual growth and development! What do you admire about yourself! Do you celebrate the small wins as well as the big wins or do you sit in the lessons that you feel aren't fulfilling you? This is what is what empowerment is all about! On the inside, loving what makes you unique! Trusting that you are doing the work and acknowledging it along the way



## **7. Choose to be a Warrior**

Be the Badass Bitch! I said what I said! Being empowered means having control over your life. How you perceive what happens to you is everything. Validate the emotions, cry the tears, yell n frustration if you do feel victimized by someone or something! Do it! Release it! Then take that circumstance, learn from it, and turn it into something positive and constructive – that is exactly what it means to be a warrior. During an Akashic Records reading many, many years ago I was told that my Enlightened name was Light Warrior Princess. I accepted that immediately. Proudly! I own that sh%^! It serves me every single day. I slay obstacles and challenges. Because I am empowered. Always! It all comes down to remembering that no matter how down, powerless, or hopeless you feel, you always have a free will choice.

## **8. Take Care of yourself, ME time!**

If you don't fill your cup baby no one else is going too! Fact. Hard Truth! We must be able to fulfill ourselves without depending on others. Making yourself your number one priority is critical if you want to feel the self-love that you need. When you are feeling like you need a breather take the time to assess what that cup of yours is looking like! Are you collaborating with the Power of Three? Are you balanced physically? Psychologically? Emotionally? Financially? Each of these elements are important in our lives and being out of balance in one can mean we feel out of balance in all. Take a good look at your Chakras and you will see exactly where you need adjusting! Then adjust!



## **9. Only Surround Yourself with People That Empower You.**

Like attracts like. This is the truth. You want to make sure that you are surrounding yourself with the beautiful souls who align with you on as many levels as possible. Embrace the people who feel your soul! Who treat you as an equal. This is truthfully one of the easiest ways to empower yourself is by letting go of the disempowering people in our lives! Does that mean we have to stop talking to people etc. Not really. It means you can absolutely regulate how much time you spend with whom. Don't be afraid to fire a friend that is all about the greed when it comes to your energy! Don't be afraid to put distance between you and a family member that is sucking you dry. We weren't put here to please everyone. We weren't put here to be friends with everyone. You have the mental capacity to choose how much time and energy you give to someone! Pay attention to whose feeding your soul and whose not!

## **10. Empower Others and Give back, so it bounces back**

Transform, transmute, and return to the Universe as Positive! Yassss! Let's Go! This is what it is all about and it is currently all the rage with social media. Goddess Empowerment to me, has always been about what I do for myself I know it will benefit others. If I am living my highest and best (whatever that looks like for me) and people are inspired by that then I am doing it all right! Empowered women empower and encourage other women plain and simple! It is essential for us women to come together and empower one another, especially in light of recent developments in Women rights. Finding our voice and telling our stories of failures, success, growth, trauma, joy can be enough to empower others; you never know when someone sharing can change a perspective, a life! We need to speak our truths and be heard! You never know whose story will be the one to inspire you. Bring you strength. Confidence. Hope.






## **11. See challenges as an opportunity for growth**

Obstacles and challenges are opportunities to grow and learn. Nothing else. If you want to see them in a negative light then you will tackle them in a negative light! They should be looked at as ways and means to grow stronger! Yasss! Your perception is everything! Never be afraid of a challenge! Embrace it! Love it! Do the hard work with it! Yu eating too much chocolate! Throw the chocolate out. Set yourself up for success! Ask for guidance and set powerful and purposeful intentions to move past the mountain! Whether your walk over it and around it doesn't matter as long as you envision yourself doing the work!

## **12. Accept that awful stuff happens**

Yup. Sh^& happens. Every day. Something happens that makes us emotional. Remember that we have the free will choice in how we work with the energies that are thrown at us. Consider how you protect yourself from others energy. I always place the white light around me as soon as my eyes open! I kiss my husband, love my dogs, and place the white light around me. It stops other people's energy for attaching to mine. I am still open to feel, hear, see, and know but I don't take on anyone else's energy! As an Empowerment Medium this is an absolute must in my rule book. I can't help anyone if I am overwhelmed with everyone's energy. Check yourself when you are letting the little things become big things! Everyday life happens. Good stuff, bad stuff. You control how you let it affect you. Be aware and let it go. Sometimes bad stuff happens and there isn't anything we can do about it, but let it go.





### **13. Relish Change**

Shift and adjust accordingly. We frequently associate change with negativity. I believe that change is everything! Let it be both thrilling, powerful and purposeful! Embrace fresh thinking, new opportunities. See things through a new lens and embrace the teaching that come with change! Change means growth and growth means being empowered to new ways of life. Even if change is tough to undertake, it is necessary or it wouldn't need to change.....

### **14. Use questions to empower you.**

Rather than asking disempowering questions such: Why is this happening to me? Ask more positive questions such as: What am I learning from this experience that benefits my growth? The best questions are those that encourage innovative thinking.

### **15. Believe you're good enough**

Two affirmations you need to tattoo on your forehead! Okay that's a little much, I admit lol. But here they are. I am that I am, and I am enough. These are affirmations that allow you to be in the moment everything that you need to be and it's all god! This does not mean you can't do more, be more. It means that right now you accept that this is who you are, and it will work until you make the shifts that you need to make! It is all too easy to believe you are not capable of overcoming difficulties. Examine what you are trying to accomplish. Look at what you have in your toolbox to work with! Pump yourself up Goddesses to stand in your power! Tell yourself that you are amazing! Tell yourself that you can do anything that comes your way! You create your empowerment by believing you are empowered! Now get IT!





## **16. When you feel yourself becoming tense, relax.**


Calm, cool and collected. Not always but that's okay.

The moment you feel yourself start to tense up in a situation start to practice the art of breathing into your power! Take deep, meaningful breathes through the nose and fully gently release. Breath moves energy within us. It is the perfect calming tool! Envision a beautiful energy moving through you, calming and soothing. Works like a charm!

## **17. Gratitude Gratitude Gratitude**

Feeling all the feels when it comes to all the beautiful things that we can accomplish, see, feel, know! Gratitude is the single most important thing we must give ourselves as easily as we give it to others! Celebrating ourselves as well as those around us and not excluding our guides, helpers, elders, and ancestors on the other side is vital to our blessings. There really is so much good that happens to us that it where our focus should lie. Everything that we learn is a blessing. Being appreciative allows you to recognize how much you normally take for granted. Thinking on all the good things in your life helps you keep things in perspective.

Be appreciative for the current moment - for where you are right now. It's exactly where you are meant to be!





## **18. Make each day a “Sunshine & Happiness” Day!**

Everyday you have the ability to set yourself up for success!

I’ve mentioned it before and I’ll mention it again – we are Spirit’s having a human experience so we get to allow the doubts, anxieties, and fears about what could happen to sneak into our day, but it’s how we handle it that makes all the difference. I use the Sunshine & Happiness mantra. When I feel myself being overcome with the emotions that don’t feed my soul, I invoke the mantra “Today I feel sunshine and Happiness”. Search for your method to make life “Sparkle”. Be upbeat about the exciting things that await you. You have no idea what those that is, but that’s okay! You will manifest exactly what you need in a positive light!

## **19. Take time out**

Rest. Relax. Rejuvenate. Reconnect. Realign. You must give yourself grace. Without it you will literally feel as though this human life is consuming you and you are not a chicken nugget! Take the mental break. Sit in mindful meditation or hell let your mind wander all over, but sit in a peaceful, quiet place and have a moment! Being aware of what your Humanness needs allows you to stop issues before they happen mentally and emotionally which can lead physical ailments, and NO ONE wants any of that! Revitalize your whole human self. Body. Mind & Spirit. Just close your eyes for a moment. Use breath to revitalize yourself. Inhale the love and light of source and exhale envisioning all the negative emotions that you have gathered within and feel them leave your body! An amazing tool you can use anywhere. Go a step further though! Go away! Somewhere that is away from all the hustle and bustle. If you can’t get away (and you most definitely should be scheduling away time!) Go to the Spa. Treat yourself to something soothing and loving and invigorating. You well deserve it!



## **20. Be optimistic**

Way easier said than done when things are not working out as you need them to. But you have already been given a bevy of tools to use to uplift yourself. Now you want to be able to switch the negative off and the positive on when things are looking like they are trending towards the “I don’t need this crap happening” kinda feels! Remember that if you believe that the bright days ahead will take you through the dark days you are doing something right!

## **21. Laugh often**

Some of my most amazing times have been with friends talking, sharing and laughing. Laughing authentically, laughing hard! When they say, Live, Love, Laugh they meant it with every ounce of their being! Laughter, literally, makes everything better! I believe this! It doesn’t mean you take a hard situation and laugh your way through it, but you let the laughter at the right times fill you up. Even just smiling at someone you are walking by can bring joy to their moment and to yours too! Why not make someone’s day and your too at the same time!

## **22. Stay connected, in person**

Connect in real time! Go for that coffee, walk or yoga class. Sit in the park with those that you love spending time with! Be apart of the lives that you want to be a part of. Pick up the phone and call or text and say, dinner tonight, let’s do it! These are the people that are your cheerleaders! They will love and support you and encourage you and help you! And you them! So be sure you are nurturing these relationships the best way that you can. If you can’t meet up with your loved ones in the physical a phone call and just hearing a voice can mean everything to someone.



### **23. Get physical**

DO NOT Disregard this! Every single day get your booty outta bed and start shaking that thing lol! No, seriously. Make movement an important part of your life. You cannot take your vessel for granted at anytime. Love it, nurture it. Feed it and water it with the energy that it needs to be fulfilled and work effortlessly for you! Just taking an easy 20-minute walk once a day is enough! Think of your vessel as your vehicle. You must keep the maintenance up or you are going to end up stranded somewhere you don't want to be! Loving yourself means loving all of yourself!

### **24. Be yourself**

Being truthful and authentic to yourself means that you love who you are. You accept yourself as is and are open to change but on your terms. Being yourself is living your life the way you want to live it, regardless of what other people think. What others think of you is not your business right? Right! How you value yourself is how empowered you are! Remember that every single day is a fresh beginning and a new chance to learn and grow. Every day is n amazing opportunity to empower yourself and go closer to your ultimate objective of loving and connecting with your Higher self. Allow the light in, and determine that no matter what occurs, every day will be a fantastic day! Make that sh%\$ real! Get EXCITED about the possibilities that each day holds because the entire universe has your back girl!

**IT'S TIME FOR CHANGE! For Real and Right Now!**





**Want to hang out with some of the most authentic and beautiful souls that are all working on their empowerment, self-love and personal growth?**

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