

# POWER Practices For Women

Discover 7 Powerful Practices designed to banish overwhelm, and anxiety and get you back on the path to shining confidence.



*By Rachel Dhanjal*



*Hi ladies!*

Thank you for downloading the 7 Power Practices, I have created just for you! This guide is designed to get you out of overwhelm, stress and anxiety, and back into your calm, confidence, and powerful self.

These power practices are what I use on a daily basis both personally and with my clients, and has been proven to be effective in times of chaos and stress.

As women we tend to take on the world, eventually burning ourselves out before reaching our goals. One day we are flying high, and the next day we are crashing emotionally, mentally and physically.

Implement these practices into your daily life, and not only will you have more control emotionally, you will have more energy to confidently create the life your deserve.

*Rachel x*





## 1. Align Your Awareness

**LESSON:** Our subconscious mind runs the show. It directs all of our body's physical responses when we are feeling anxious, overwhelmed and stressed.

Having an awareness of your body's own physical responses places you in a powerful position to be able to respond differently,

**PRACTICE:**

Stop and do the following:

1. Observe your body and mind.
2. Become aware of the stress is in your body. Are you clenching your jaw? Are you tensing your body?
3. Breathe into the area of stress.





## 2. Acknowledge Intelligence

**LESSON:** Your body holds profound intelligence and wisdom - from the precise communication of your nervous system, to the power of your muscles and your emotions.

Your emotions give you deep insight into your thought patterns, your relationships, and the environment you are in. Stop letting your emotions control you by implementing this powerful practice.

### PRACTICE:

1. What emotion are you feeling?
  2. Name it - is it anger, frustration, hate, panic, fear?
  3. Feel the full emotion without judging it - don't resist, suppress, or ignore this feeling.
  4. Drop down into your body and feel it.
  5. Let go of the associated thoughts fuelling the emotion.
- You will find the emotion washes away when you allow it to just be.





### 3. Tame Your Inner Critic

**LESSON:** Nothing kills our confidence faster than our inner critic. Our inner critic can sabotage our successes, push us to our absolute limit, and stop us in our tracks.

That nagging voice of "I'm not good enough" is the common voice that likes to take the stage from time to time. She might shout out to you when you glimpse in the mirror, when you feel the pressures at work, or in a new relationship.

#### PRACTICE:

1. Notice who your inner critic is, what she sounds like, and when she likes to take the stage (e.g you are too fat, you're stupid, you're a failure).
2. Allow the inner critic to have her say.
3. Drown her out with a compassionate, and more realistic evaluation of yourself (e.g I can make it, I am smart, I have succeeded before).





## 4. Nourishing Breaths

**LESSON:** As we get older, stress often changes the way we breathe. When we are stressed, our bodies operate on the 'fight or flight' response to whatever is scaring us. This means we take short sharp breaths to help prepare for the 'fight' we will have to face.

Breathe correctly and supply your body and mind with the oxygen it needs. Switch over to your body's relax and calm state by following this practice.

### PRACTICE:

1. Place one hand on your stomach and one hand on your chest.
2. Gently breathe in through your nose and into your belly.
3. Pause for a moment - you choose how long.
4. Open your mouth and breathe out slowly with a gentle sigh - allowing your shoulders and back muscles to relax down as you breathing all the way out.
5. Repeat the process until you feel calmer and more at ease ensuring you are breathing into your belly more so than your upper chest.





## 5. Barefoot Grounding

**LESSON:** It is known that the Earth maintains a negative electrical potential on its surface. When you ground yourself, the earth's electrons are conducted to your body, bringing it to the same electrical potential as the earth.

The result? Reduced inflammation, improved sleep, reduced stress and boosted immunity.

### PRACTICE:

1. Take your shoes off and place your bare feet on the grass, soil or sand at the beach. You can even lay down having your entire body in contact with the earth if you wish.
2. Close your eyes.
3. Breathe deeply and slowly.
4. Do this powerful practice for 10 to 20 minutes to feel the benefit.





## 6. Anchor & Centre

**LESSON:** In Chinese medicine the Dan Tian is a point located between your naval and your pubic bone. It is a source of power for physical energy and inner power. Psychologically it functions by giving you a sense of stability, grounding and balance.

**PRACTICE:** Get anchored and centred to this energy centre by:

1. Visualising a golden ball of energy, like a small sun, expanding in your lower Dan Tian.
2. With each breath see this light growing brighter and brighter.
3. Practice this visualisation for at least 3 to 5 minutes.

You will find through this process, your thoughts and worries dissolve, and instead an inner strength and peace is created. Throughout the day, take one or two breaths into your Dan Tian to recharge your internal energy and reconnect.





## 7. Stress Discharge Points

**LESSON:** Do you ever place your hand over your forehead when you are stressed? When you need clarity or a way to cope?

You are innately holding acupressure points - what I call emotional stress discharge points.

### PRACTICE:

1. Place each hand just above the eyebrows on the bony point of the forehead.
2. Hold here and think about what is stressing you, until you feel calmer and relaxed (2 to 5 minutes). Couple this with nourishing breaths.
3. Place one palm over your forehead, and one palm at the back of your head just above your hairline. Hold for as long as you need to - until the stress response has diffused..



# POWER

## Practices Checklist

*Step 1*    Align my Awareness   

*Step 2*            Acknowledge  
                         my Intelligence   

*Step 3*    Tame my Inner Critic   

*Step 4*            Take Nourishing  
                         Breaths   

*Step 5*    Barefoot Grounding   

*Step 6*            Anchor & Centre   

*Step 7*    Stress Discharge Points



# Blitzed!

I hope you enjoyed learning these power practices and are implementing some of these into your life for more emotional control and confidence.

Use the checklist to guide you through the process of going from overwhelm to calm quickly. The more you implement these practices into your life even when you aren't stressed, the less you will get to the point of high stress and panic.

If you are still battling with overwhelm, anxiety, and a life lacking passion.

Get in touch by emailing me at [info@racheldhanjal.com](mailto:info@racheldhanjal.com) and book in a free 15 minute **stress assessment** and let's get you back on the path to emotional control and shining confidence today!

