Simple Ways To Increase Your PERSONAL POWER IN 24 HOURS

How to Break Out of a Funk and Raise Your Energy with Easy Techniques You Can Use In the Comfort of Your Own Home

BY CARA YOWELL
Simple Ways To Increase Your Personal Power In 24 Hours

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Welcome

Welcome to *Simple Ways to Increase Your Personal Power In 24 Hours! How to Break Out of a Funk and Raise Your Energy with Easy Techniques You Can Use In the Comfort of Your Own Home*

It’s all about energy, and now you have in your hands information that allows you to change circumstances — fast, if you just use these simple practices.

**You want change now.**

And you want it to be relatively simple.

“Instant gratification” is a buzz phrase in modern society.

I have personally tried all the methods and can attest to their effectiveness. Some may seem unorthodox, others more mainstream and practical — all are easy and won’t cost you anything but effort.

There is, however, a catch: **You have to remember to use them!**

When you’re in a funk and energy is stagnant, it’s hard to remember to do something to lift your energy.

For some reason, these methods often slip from your awareness or you simply don’t have the energy to use them. It is much easier to stay down than to go up.

Think about it — things roll down hill, it’s hard to swim upstream.

**The Law of Gravity keeps us down.**

Yes, it’s hard. Anything worthwhile requires effort — these methods work if you use them!
Energy 101

Before we get into the methods of changing energy, you must become even more aware of your inherent personal power.

You are a powerhouse!

Yes, you!

You are a powerhouse of energy, filled with the very power that created the universe. This is not metaphysical mumbo-jumbo but scientific fact. You are made of the same substance that everything else is made of — atoms. You are animated by something. Some call it spirit, or God.

Let's call it the Life Force. This force is in you! We've all heard the old adage, "The kingdom of heaven is within," and let's not forget, "Greater is he that is within thee than he that is in the world." Paraphrases from the Bible, I know!

Don't worry, this is no sermon. But what do those statements really mean with regard to increasing your personal power?

We have to first become aware of the great power that resides within ourselves.

You know the story: You don't have to think about your heart beating or your cells functioning. Something makes it happen, right? Energy is involved in making your heart beat and cells function.

Some people say it is the function of your subconscious mind. I like to think of it as your Life Force. The same Life Force that makes flowers bloom and grass grow and all that good stuff.

Somewhere along the way, our minds decided we were separate from this Life Force. And in this decision lies the fundamental problem.

We have a vast reservoir of energy to draw from. We are always connected. (Remember, if your reading this right now, I bet your heart is beating, so you are connected!)

Here's the rub: If we are not aware we are connected it's difficult to derive increased personal power from the inexhaustible Life Force. Keep this in mind when you are reading this e-book of methods to increase your personal power in 24 hours or less.
Warning

The methods I’m about to share with you work. In fact, they work so well that you might experience chemicalization. Chemicalization is a good sign. It confirms that your energy is changing. It’s similar to cleaning up a cluttered area. Before you begin, things often appear worse than they actually are. When you sweep a floor, you move dust everywhere before you are able to dispose of it and the area looks nice. Same with chemicalization — the situation may (not always) appear to get worse before it is resolved. Just stick to your guns and say, “THANK YOU!” Good is coming your way!
Stagnation

Let’s talk about stagnation for a moment, because stagnation can be the cause of many problems. Think about a stagnant body of water, where nothing moves. Flies are buzzing around it, dead things are floating in it, it usually smells kind of rotten. Yuck!

Do you feel stagnant?  
Life isn’t going your way right now?  
You need to get out of a funk?  
You can’t make a sale no matter what you do?  
You need to change the energy involved.  
Guess what?

You can!

To change situations, energy must change forms, just as water changes to ice or steam. Think about how you feel when you walk into a “junk” or storage room. It feels heavy and stagnant. (Don’t confuse stillness with stagnation. Being still is usually temporary and purposeful.)

**Stagnant**, according to the *Oxford Desk Dictionary and Thesaurus*, means: 1. (of liquid) motionless; having no current; 2. (of life, action, mind, etc.) showing no activity; dull; sluggish.

How do you change a situation that has no apparent current? You stir it up! You create motion! No worries, we won’t go into a long treatise about the benefits of exercise. But if you are in a stagnant place, motion and change can focus energy in a positive direction to create beneficial outcomes for your life.
Thoughts Are Things

“I think therefore I am,” wrote French philosopher Réné Descartes. What about:

”I think therefore it is!”

Thoughts are energy. The universe appears to be constructed between polarities: good and evil, light and dark, negative and positive. Our thoughts are like magnets. If our thoughts are in the proverbial toilet and everything is doom and gloom, we often attract unpleasant things into our lives. Same goes for keeping our thoughts on higher grounds, on good things. If our thought vibrations are basically positive, we are more apt to attract good things into our lives. It’s called the Law of Attraction. Birds of a feather flock together.
Faith

For our purposes, “faith” is the ability to believe in what you want for your life to be true, even when circumstances say otherwise. In other words: Even if the world around you does not support the belief you have for yourself, believe in it anyway until it comes to fruition.

Let’s say you planted a geranium seed. Now, that seed is not going to show evidence of a geranium the moment you plant it. But you planted the seed with your own hands, you fertilized the soil, and you water it daily so you know it is going to grow into a beautiful flower. The same reality applies to the vision you choose to create. You planted the seed of your creation in your mind, now you know it is going to appear, despite what other circumstances may be present at the moment.

It is written that faith without works is dead. You must perform the necessary outer actions, like watering the seed, providing nutrients, taking steps to make your vision manifest on the physical plane. For example, if you wanted to become a teacher, you would hold that vision for yourself, but you would also take the necessary coursework and seek out employment as a teacher.

Now for the methods! They are deceptively simple, yet powerful! You know most of this already — you just conveniently forgot!

Somehow we forget these things. Perhaps that is part of our journey on Earth, to remember we are, indeed, great!
Consciously Connect with the Life Force

Do this first. It's so simple you'll laugh because you are already connected.

This just helps turn on the switch.

Ready?

The easiest thing you can do is tell yourself you are connected with this energy.

Do it right now! Say: **I am one with the Life Force. It is flowing through me right now. I can feel it!**

You might not notice anything at first. Stay relaxed. You are priming the pump. You are knocking at the door.

You don’t have to say it out loud — repeat it mentally. You don’t have to repeat it as a mantra, saying it a hundreds of times per day. Try writing it, too.

This is no run-of-the-mill affirmation! What this statement does is open a mental door that shut a long time ago. Try it! The effects are cumulative. This exercise is from Baron Eugene Fersen. [www.scienceofbeingsecrets.com](http://www.scienceofbeingsecrets.com)
Clean Up Clutter

Clutter is an issue for many people, myself included. It is my biggest energy issue. Clutter tends to trap stagnant energy. It likes to stop positive change dead in its tracks. Am I saying people with clutter are bad and clutter is bad? No. But if you want to increase your personal power in 24 hours or less, one of the quickest ways is to bust your clutter. Give it away. Throw it away. Burn it. Only keep what it is necessary. Throwing stuff out is a real thrill. You might even find you drop some body weight, as well.

Organize your stuff as best you can. It helps with energy. You don’t have to be perfect, just not so cluttered that is negatively effecting you. Those of you who have clutter issues know what I am talking about. Things become in such a mess it starts to freak you out!

Don’t forget to de-clutter your car, too. Your car has your energy in it, just like your living or office space. We want to raise your energy. Clutter-busting is a sure-fire method to increase your personal power quotient in less than 24 hours.

Make your self do it and see how different you feel. You’ll be amazed!
Letting Go

Getting rid of stuff that’s been collecting dust not only changes energy but also makes way for more good to enter your life — it opens a door. Clutter-busting and disposal of unwanted items makes way for more good in your life, opening doors that can give way to unwanted energies. Cover your bases and extend the invitation to what you want to waltz through the door!

Rearrange Your Furniture

What? Rearranging your furniture seems silly! Here’s the deal: Rearranging furniture busts up stagnation and changes the energy in an environment. It also gets you moving. Remember: Movement = change.
Clean

Cleanliness is next to godliness. Okay, this is what that phrase really means: When an area is clean it is free from the debris that traps negative energy and leads to stagnation. Think of cleaning as a way to move energy. I personally do not like to clean and would gladly pay someone to do it for me, but having a maid is not always practical.

Fresh Air

Throw open the windows and the doors! Get that fresh air circulating in your house, office and car. The key word here is circulation. Get the air moving. Bust up stagnation. Fresh air creates movement and changes the energy in the environment. How simple is that? Fresh air. Another benefit to opening the windows and doors is that it allows stagnant energy to escape. Good air in, bad air out. Kind of like the way we breathe.
Movement

Since we’ve mentioned circulation in the form of fresh air throughout a living space and vehicles, it’s worth mentioning how improving the circulation in your own body can increase your personal power. Circulation meaning the circulation of energy. This can apply to your blood system, lymph system, elimination system, nervous system — all the energy systems of the body. Again the key here is movement. Get these systems flowing. The name of the game is to bust stagnation to create positive change.

Movement is a fast way to do this.

Life energy manifests itself through motion and vibration. Everything is in constant motion. Electrons are always moving. Take a walk. Jump around. Dance. Just move. Still waters may run deep, but stagnant waters attract flies. So bust a move!
You Are a Generator

Think of a generator. To create energy a generator must move. You are a powerhouse. You must be in movement to increase your personal power.

That does not mean running around all the time physically, but it does mean to move. Thoughts move. Energy moves. You must move.

Try spinning around like a top. Spin in a clockwise direction. Think of whirling dervishes, but don’t fall down. Kids know the deal. Do you remember spinning around until you got dizzy? Kind of fun, huh? Made you giddy. This exercise is actually recommended in *The Ancient Secrets of The Fountain of Youth* by Peter Kelder.
The Power of Sound

You already do this. Maybe you’ve stopped doing this, but it would be a safe bet to make that you have done this at some point in your life. Crank up your favorite positive tune and sing it. Dance around if you want, but really get into it. It is especially powerful if the song has a victorious, positive message. Positive tunes can help you increase your personal power and it’s fun.

Don’t be afraid to make a fool out of yourself and sing with emotion in the car at the top of your lungs.

You might get a few strange looks, but you’ll have the last laugh because you’ll be feeling fine when other drivers have road rage! Just the other day driving down the road, I was singing “Take It Easy” at the top of my lungs along with The Eagles and it made me feel great.
Hydroelectric Plant

You’re a powerhouse, you’re a generator ... you’re a hydroelectric plant!

Since the human body is composed primarily of water, it’s not such a farfetched concept. What is a hydroelectric plant powered by?

Water!

So how can you get more energy rather quickly?

Drink more water!

I discovered a long time ago that I got energized if I drank a lot of water. I don’t especially like to drink copious amounts of water, but it will increase your energy and, in turn, your personal power.
Infuse Your Water

Recently, a book was written on the effects of thoughts on molecules of water. Photographs were taken of water crystals that were infused with different types of thought. You can check this out in the book, *The Hidden Messages in Water* by Masaru Emoto. If this information is correct, imagine the implications this could have on the human body. Since we are mostly composed of water, if we infused the water we drank with positive intention, it could increase our personal power!

Apply the same principle to water you bathe in. Infuse your bathing water with positive intention and a specific goal. Think about this before you infuse your water: Water is a conductive medium. You don’t want to throw a plugged-in toaster into the bath while you’re in it because you’ll get electrocuted! Water is a conductor for energy, so infuse your water with positive energy and watch what happens to you!
Blessing

Perhaps the concept of infusing your water can be extended to anything you ingest. Blessing your food is not just a way of saying “thanks,” but a way to honor yourself and infuse your body with positive intention. Blessing other people and things is also a way of extending positive energy to yourself. If you subscribe to the belief that we are all connected in some way, you can understand how blessing another benefits yourself. So be selfish and bless others!

Forgiveness

This is a toughie. Why should we forgive someone when they did something to harm us? Let’s be selfish. If we forgive someone of their wrongdoing, we are freeing ourselves. When we harbor resentment to another it keeps us hooked to the other person on an energetic level. This drains our personal power. Forgiveness is not condoning someone’s harmful actions, it is freeing yourself from an energetic trap. Be selfish and forgive others to free yourself!

And most importantly, FORGIVE YOURSELF.
Be Selfish

Let me explain. Being selfish in this context does not mean being petty, self-absorbed or self-indulgent. I am referring to loving yourself. Scripture says love thy neighbor as you love thyself. You have to love yourself first, or you really can’t love anyone else. You need to have healthy self-esteem. Think good thoughts about yourself. Motivational speaker and author Brian Tracy likes to say “I like myself” over and over again. As corny as it may sound, it actually works! You can’t help but smile when you say it to yourself, especially in the mirror.

Keep doing this and you’ll start believing it and squash your inner critic!

Get Out in Nature

The quality of oxygen, the movement of the air, the sunlight, the other living entities seem to all be a part of the positive influence of hanging out in nature. Whoever created this planet knew what they were doing!

Nature is just plain rejuvenating. If you’ve been camped out on the couch in front of the TV or cooped up in the office in front of the computer, do your best to get out in nature for 30 minutes or more. Nature seems to recharge your batteries. Sunlight not only allows your body to produce vitamin D, but can provide you with energy as well.

Sunlight assists in the growth process of many things-why not human beings? Is it any wonder why many cultures have worshiped the sun? Get some sun — just don’t over do it! Consciously connect with the sun and allow it to infuse you with energy.
Your Inner Sun

Every human being is born equipped with the physical and mental means to contact and use the Life Force. Think about it. You have a complex nervous system, complete with brain and spinal cord, designed to be an electric-like conductor for the body.

Ever heard of the solar plexus? It's a real group of nerves at the back of your body behind the stomach. Check out Gray's Anatomy and you'll find it. Did you know that the solar plexus is even called the abdominal brain?

According to the Ancients, this is where the Life Force is stored in your body. When you run out of Life Energy in the storehouse or solar plexus, you feel like you've run out of steam.

So what's the problem?

We've forgotten how to naturally connect to the Life Force that is all around us. It's like we have access to the power, we've paid our "power bill," put the plug in the socket but forgot to turn on the switch!

Turning on your "power switch" allows you to become conscious of the Life Force Energy flowing within you. Awareness is the key.

Is it a wonder why many are plagued with chronic fatigue and depression?

This method I'm about to share with you was instrumental in alleviating medication-resistant depression for me. I had almost non-existent energy. Getting out of bed was a major accomplishment!

I tried anti-depressants, supplements, exercising, diets, positive thinking and therapy. I'm not saying what I am about to share with you is a substitute for going to a medical professional, but my experience was nothing worked for me ...
Refuel Your Life Force Storage Tank

1. Stand with your feet apart.

2. Hold your left palm up and your right palm down.


4. You can hold arms out to the side if you wish, but make sure to bring arms down towards your side if your arms get heavy. You can always raise them back up.

5. In your mind repeat occasionally: “I am one with the Life Force Energy. It is flowing through me now, I feel it.”

6. See if you can sense the subtle current of energy.

The benefits of this exercise are cumulative. You can perform it at anytime, but for best results, perform morning and evening. Use it when you need a boost!

If people are around, just say it mentally. My favorite inconspicuous way of performing the exercise is to put my hands behind my back with palms up. Just make sure no part of your body is crossed to promote optimum energy flow.

Stay relaxed.

Don’t force the process.

Performing the exercise in nature also seems to make it more effective.

This exercise is courtesy of Baron Eugene Fersen. If you want to learn more about Baron Fersen's life changing methods, check out www.secretofthescienceofbeing.com
Think About This

We are masters of focus. We have the power to imagine things in detail and run them over and over again in our minds. Day-dreaming or being lost in reverie can be fun. What an awesome power we have to picture things in our mind!

Unfortunately, we often use this power of focus to imagine terrible things. We mull over what we don’t want in our lives more than what we do want. We become worry-warts, obsess over bad things that might happen to us, pick on ourselves and others. Why?

That darn gravitational pull thing — it’s just easier to go down than to go up.

Hey, if birds can fly and airplanes can make it off the ground, surely we can rise above the tendency to focus on the negative.

Our minds are like computers that use one program. A record gets stuck in a groove, but humans have free will and can change the program or record!

For some, the change may be instantaneous and permanent but I am not one of those people. I have to keep reminding myself that I have choice and power. Our good sides are comfortable with change, we know its good for us. But our ego likes the status quo and change makes it very uncomfortable. Side with your good self and keep focusing on what you want, even in the face of circumstances that say otherwise. It is challenging, but with practice, persistence and patience it becomes second nature.

Put Your Goals on Paper

Many authors in the field of self-development recommend writing your goals down. Putting your goals in writing every morning sets the tone for a positive day. It gives you focus, and puts your thoughts into the realm of the physical by the very act of writing. Writing on a piece of paper brings your goals into the realm of molecules! It pumps you up — and you’ll be surprised how many things you write down come to fruition!
Have Fun

Lighten up!

Whatever happened to good old-fashioned fun?

Observe yourself when everything seems to be going your way, almost effortlessly. You are usually light-hearted, happy, having fun in your endeavors. This is another one of those things we conveniently forget over and over again.

There is something to being like little children to enter the kingdom of heaven (there I go paraphrasing again), but you gotta have faith in the face of circumstances that don’t exactly support your vision for your life. You’ve gotta have fun, you have to move to get energy flowing, and you have to use your imagination in a positive manner!

We all knew how to be this way as children instinctively...then it went underground for some of us. Maybe you’ve forgotten what it was like to have fun? I know I sure did! I read books that advised me to revisit what I liked to do as a kid. It’s good advice. If you liked it then, reconnect with it and see what happens.

Read on! I’ve included a few special tricks that have also worked for me as an extra bonus to this e-book in the next few pages. They’re easy, simple and practical. Put them into practice and I hope you experience the positive results I have!
Special Bonus!

Wacky Ways To Bust a Funk Instantly

Have you ever had the dark cloud come to visit you? Did you feel it coming, like it’s giving you a courtesy call before it shows up to hang with you for awhile? I think the dark cloud has it’s purpose, but that’s a subject of another e-book. More often than not, the dark cloud wears out its welcome and we must make it leave. Here are a few methods I’ve used to exorcise the dark cloud. Sometimes these methods can tell the dark cloud to postpone its trip.
Take a Cold Shower

Not lukewarm or tepid, but a cold shower. The cold water acts like a shock treatment of sorts. It gets your blood pumping and your neurons firing. Possibly, the cold water kick starts the adrenals and gives you surge of endorphins.

Not my favorite, but it works! You can also immerse yourself in a cold bath, just make sure to get your head wet. Guess you could dive into a cold swimming pool, or another body of water, too.

Why do you think such clubs like The Polar Bear Club exist? You know, the folks who bathe in frigid waters on New Year’s Day?

Because it is such a rush!

A variation on the cold shower technique is to roll around in the snow wearing nothing but your bathing suit. My friend Victoria swears by this method, but I can’t bring myself to try it. You can learn more about Victoria and her outrageousness at www.getwellstaywellamerica.com.
The Old Egg Trick

The egg is a mysterious symbol. It represents possibility, abundance, creation, fertility — the world itself.

Get yourself an egg. Supermarket eggs are fine, just don’t cook it.

Go into the bathroom, close the door. Rub the egg all around your body. Make sure you get the soles of your feet. Imagine the egg is soaking up any negative influence around your body. Infuse the egg with the bad energy you suspect is hanging out with you. Will your dark cloud into the egg. Say this intention out loud. Say it like you mean it!

Intend the space where your funk used to reside be replaced with positive energy and personal power. Say this out loud with meaning.

Now with force and intention throw the funk-filled egg into the toilet! Throw it hard! The egg will break and water will spill. Tell the Universe to dispose of the negative energy properly and flush the toilet. You might just need two eggs to handle the job if you are in a serious funk.

The symbolism, your intent and your physical actions combine to make a positive impact on your situation through the changing of your energy.

This is the method I use when I am at my wit’s end.
Pull an ‘All-Nighter’

Staying up all night resets your bio-computer. Not quite sure how it works, but it does!

Be sure to do something constructive during your all-nighter. Don’t just sit in front of the TV or party with your friends.

Read something positive, clutter-bust, create!

The next morning make sure to go about your day as you normally would. Don’t stay up all night only to go to bed the next morning. You need to stay up for 24 hours for this method to be effective.

Thank You Notes

Writing thank you notes is an easy but powerful way to banish a funk. At first, it seems like such a drag, but by the end of the third note you are smiling and feeling grateful. If you actually mail your notes, you get the added benefit of another’s positive thoughts towards you! A nice little bonus indeed!
Shine Your Shoes

I never ever used to shine my shoes, but now I do because it makes me feel great!

Before you leave for work in the morning, just shine your shoes with one of those little instant shine devices you can pick up for a couple of bucks. From an energetic standpoint you are telling yourself you are worth it! You also are banishing the negativity that collects on your shoes.

Ever wonder why certain cultures ask you to remove your shoes before entering the home? Not only is shining your shoes removing physical debris but energetic debris.

So, shine your shoes!

Rain Check

This method is from Judaism. My friend Chaz told me when the “Dark Angel” comes to visit, you just tell him:

“Not now, I’ll get back with you later.”

Simple as this may seem, it works when the dark cloud comes a calling.

Give him a rain check you’ll never cash in!
Don’t Forget:

1. You are a powerhouse.

2. You have the ability and natural inborn desire to change.

3. Use these simple methods to increase your personal power.

4. Movement = change

5. YOU CAN

6. Have Fun

7. Be child-like

8. It’s all a big game, have fun with it!

9. You are always connected to the universal Life Force at all times.
You’ve Got The Power!

Hope you’ve enjoyed reading this e-book and trying some of the “no hassle” methods as much as I have enjoyed sharing them with you.

To Your Increased Personal Power!

Cara Yowell
www.plugintopower.com

P.S. Be sure to check out www.scienceofbeingsecrets.com
“There will be a time when you believe everything is finished. 

That will be the beginning.”

Louis L’ Amour