

Exercise the
power to
change
your
life!

The Inner Power Workbook

*Life-Changing Exercises & Master
Keys for Positive, Radical Growth*

A holistic tool for adults, youth, leaders, families, and groups

Antonia M, PhD



- Based on the Whole Growth Method™
- Features the Inner Power Mapping Technique™
- 12 Icebreaker games for workshops and retreats
- Tips for facilitators, mentors, and group leaders

PRAISE FOR THE INNER POWER WORKBOOK

"Dr. M is brilliant. Her *Inner Power Workbook* really helped me connect to those places of blockage that seemed to prevent me from moving forward with certain aspects of my life. Her work really brings your underlying patterns to the surface so that you can address them in a profound and purposeful way! The *Inner Power Workbook* is a MUST HAVE for anyone who desires to stop clinging to excuses and start living their LIFE ON PURPOSE!"

—**Simone Turner, CEO**
Holistic Transformations Global Wellness Service, LLC
Certified Holistic Health Counselor

"Dr. M...is able to strategically guide the willing sojourner to personal heights never imagined. Her ability to assist others in defining and focusing their efforts and potential is groundbreaking. Dr. M's work, particularly in the area of achieving breakthroughs, can be of tremendous benefit in corporate, non-profit, and community-based organizations, as well as for youth and gender-focused programs.

—**Anita Davis-DeFoe, Ph.D., President/CEO,**
The Afia Planning and Development Corporation
Author, *Follow Her Lead: Leadership Lessons For Women*
Author, *A Woman's Guide to Soulful Living*

"Anyone determined to make significant changes in their life, Dr. M provides steps with practical concepts to help you reach your fullest potential. She provides motivating exercises to give you the confidence to trust your abilities and confront your weaknesses by tracking your progress."

—**Terrance D. Richburg, Director**
Men's Initiative Youth Development

"The *Inner Power Workbook* is a wonderful book that continues to help me focus on establishing balance, order and peace, and in bringing out the best in myself. As a mentor...I have recommended the book to a Rites of Passage organization to assist the youth in learning how to be introspective at an earlier age. The workbook is an invaluable tool.. for healing, growth and positive development."

—**Sensei Veanda Simmons, President**
Dynamic Visions of Excellence

"In the *Inner Power Workbook*...you have a balanced combination of motivation and powerful practices to accomplish your mission. Go for It!!"

—**Manolo Cetina, Spiritual Leader**
Founder, Conexion Humana

This is not just a book. This is a dare. Should you choose to accept it, you run the risk of embracing your greatness.

If the life you envision is not the life you are living, the *Inner Power Workbook* is your opportunity to change that. This book reveals some of the most essential wisdom every human being should possess to close the gap between who you think you are and who you have the power to be.

A holistic empowerment program in a book, the *Inner Power Workbook* is dynamic and interactive. It introduces you to several personal development techniques, including power journaling and Inner Power Mapping™, that help you transcend challenges; create positive, radical change; and accelerate growth in your life. The book contains fifty workshops that connect you with different aspects of your path, power, and purpose. The book's unique approach empowers you to make major breakthroughs in your personal, professional and spiritual life. The exercises and master keys reveal fundamental holistic principles and metaphysical strategies for breaking down your barriers while building yourself up. This book is an invaluable tool for strengthening teams, communities, families, relationships, and body-mind-spirit awareness.



“The Inner Power Doctor,” Antonia M, PhD holds a doctorate in metaphysics and is pursuing a second in metaphysical psychology. A spiritual health professional and holistic program consultant, Dr. M draws upon a unique blend of eastern, western, and indigenous teachings and techniques, including energy medicine and the martial arts. She has been developing custom growth and spiritual rehabilitation programs for a diverse audience of adults and youth for nearly 15 years.

Learn more and take courses at www.InnerPowerment.com



ISBN 978-0-9717939-3-4



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Beginning to Shift Your Inner Flow of Power

Who is the person you have the power to be? How willing are you to let yourself become that? Imagine what it might mean for you to make a monumental shift and commit to bringing that person to life.

Perhaps for you it will mean enjoying the freedom, success, or love that you've been looking for. Perhaps it will mean greater happiness and well-being. Maybe it will mean developing the confidence, courage or character that you wish you had. Whatever it means for you, the road to mastering self, life and fulfillment begins with a personal shift, one that breaks down the internal barriers that block you from becoming the kind of man, woman, lover, leader, parent, entrepreneur, artist, politician, student, teacher...human being...you intend to be; a shift that lets you fearlessly seize opportunities to create a life you're truly excited about living. This is what the *Inner Power Workbook* will help you achieve.

Inner power is what makes you come alive and what allows you to be fully present in your life. It is organic and radiates from within. It cannot be induced artificially from the outside. To awaken it, you must first embrace it. Are you living your life like you mean to be more alive and awake each day? Or are you living like you've gotten as good as you'll ever get?

Mastering your inner power may seem easier said than done. The road can be littered in some places with personal roadblocks. A roadblock, however, is like a shadow puppet; it's a distorted projection of something you perceive to be bigger and more powerful than it really is because of the light in which you see it and yourself. Change your self-image, change your perception, change your energy, and you change the apparent power an obstacle has over you. Shifting your inner flow of power shifts the path your life takes.

You may not know it (or perhaps you do know it but are reluctant to embrace it), but there is something about you that is brilliant and awe-inspiring. This "something" is the seed of your success and prosperity in life. It is the root of the legacy you will cultivate and leave behind. When you stop hiding it, judging it, fearing it, squandering it or holding it back, you begin to shine. When you shine, you naturally excel and inspire growth all around you

— The Holistic Approach to Growth —

A holistic approach to growth incorporates the whole person into the process. A whole person is an integrated system or field of mental, physical, spiritual, and emotional energies. Each of these energies affects all the others because they are actually different sides of the same coin rather than four separate energies. Yet each side expresses, projects or manifests itself differently in your internal and external experience. To create permanent change in your life, the change must penetrate all four “sides” or dimensions of yourself. This is called integration, transformation or alchemical growth; the change becomes a natural part of who you are, not a fake skin you try to wear. When change is natural, every part of you from your cells to your ideas resonates with it. This is essentially the author’s Whole Growth Method™ on which this book is based. The Whole Growth Method™ is an organic holistic process for balanced growth in all dimensions.

Success in any endeavor requires mind, body, spirit and emotions to be in harmony with the tune you’re trying to play on the instrument called your life (or your business, marriage, etc.). If one of these aspects is off key, the tune falls flat, even if you play the right notes. If you’ve ever found yourself doing all the right things but getting all the wrong results, then something within you is out of tune. The exercises and techniques featured in this book aid the internal tuning process, allowing you to quickly pinpoint your most discordant energies in a situation and harmonize them. Because the technique taps the creative mind and body consciousness, it minimizes the psychological barriers that can impede progress. The process is engaging, dynamic, and is also invaluable to those with difficulty expressing themselves.

Many people take a one-sided approach to balancing their personal and professional lives. They focus primarily on the psychological or material aspect of a problem. Their results, therefore, tend to be lopsided and impermanent. A problem may appear to have been resolved, but then it suddenly resurfaces. Perhaps it appears in a slightly different form or in some other area of your life. Why? Because only the symptoms were “treated.” The underlying problem (which may be the root cause of several seemingly

~ Power Journaling for Positive, Radical Growth ~

Under ordinary circumstances, a journal is just a memoir. Under extraordinary circumstances, a journal is an agent of change. If you have kept a journal for any length of time, look back at the entries you've made over the years. The names and places may have all changed, but has your internal reality remained the same? Have you written about the same things, had the same thoughts, gone through the same ups and downs over and over again? Have you vented your frustrations within the safe confines of the page while never confronting the issue directly in your everyday life? Have you recorded insights and bright ideas that you subsequently never pursued, never applied, or perhaps forgot about altogether? If your answer is yes to any of these questions, then you have not journaled consciously in an empowered way. The *Inner Power Workbook* introduces both the new and experienced journaler to a holistic journaling approach that simultaneously stimulates organic growth and transforms your inner and outer life.

For the mindful, a journal is an enlightened space where the power of the pen, the word, awareness, and intention meet for the unified purpose of educating and unfolding the Self. When done consciously, journaling becomes an interactive and dynamic vehicle for incubating your selfhood and humanity.

On the surface it may appear that keeping a journal is automatically a mindful practice. But from a metaphysical point of view, memorializing your experiences on paper is not in itself a mindful activity. What transforms journaling into an empowering and meditative process is its conscious use for alchemical change—the restructuring or reweaving of the fabric of your being.

Practiced consciously with introspection and purposefulness, power journaling is a tool for mastering mind, body and emotions, and becoming attuned to spirit. It lays a path for discovering personal truth and examining how best to demonstrate it in your life.

~ The Path of InnerPowerment™ ~

To begin a path of InnerPowerment™ is to take an important step toward true selfhood, life mastery, and destiny fulfillment. InnerPowerment™ is a combination of holistic empowerment, “inner education,” and purposeful transformation that guides you through an organic journey of self-development and healing from the inside out. The foundation of every journey is its beginning. Did you start at the “Beginning...” (page 1) or did you skip it? Did you skim through the chapter quickly without paying close attention to the message or did you take it to heart? How many false starts have you experienced in life because you bypassed the crucial beginning stages or lacked a fundamental piece of knowledge that would have made all the difference? Getting off to a proper start is the first step in this process.

“Beginning to Shift Your Inner Flow of Power,” prepares your mind for the work you are about to do in this workbook and the metamorphosis you will undergo. Like a first impression, the first step can influence the entire course of events that follows. If you have bypassed the “Beginning...” of this workbook, if you have bypassed the beginning of anything else in your life recently or have gotten off to a rocky start, then begin again on the right foot by building a proper foundation.

The *Inner Power Workbook* takes you through a series of thirteen InnerPowerment™ programs that help you begin again and lay a solid, internal foundation for growth. Each program explores a different path of growth and consists of one or more workshops to help you exercise the power to change your life in accordance with your vision and with the inner potential you have yet to discover. For those who are still seeking their life’s vision or mission, the exercises in the workbook help you to become clear about your life’s direction.

Program I: “Your Personal Renaissance” (Workshop #s 1 - 11)

To see your life as a work of art is to recognize yourself as a source of beauty and inspiration, and to enjoy creative control over the symbolic and literal statement your life is making. “Your

Personal Renaissance” encourages you to sketch, sculpt, paint, and compose your greatest life’s work. The challenges of creating such a masterpiece are many. You may have no clue what picture to paint. You may be fearful or too inexperienced to paint the vision you see in your mind. Perhaps you lack the motivation, inspiration, resources, or support to complete the picture. Maybe you lack a clear spiritual, physical, mental, or emotional space in which to create what you want. After all is said and done, you may finally finish your masterpiece only to face the challenge of learning to treasure it and share it with others.

Through the activities in “Your Personal Renaissance,” you practice clarifying your life focus and getting out of your own way. You learn to recognize and use your hidden gifts and take the right action that will bring your hopes and dreams to fruition. The process is an initiation into a new dimension of self-discovery that leads to more authentic self-expression and purposeful living.

Program II: “Harnessing Your Inner Power” (Workshop #s 12 - 22)

With every new level of self-discovery comes new power. Your ability to cultivate and sustain Right Power has a direct impact on your ability to realize the growth you want to see in your life. “Harnessing Your Inner Power”—and the wisdom that goes with it—empowers you to accomplish the impossible. For some, the struggle is to summon the power. For others the challenge is to keep or use it. For others still, the challenge is to claim their power fully as their own. Completing the activities in this program will move you beyond those struggles. You will exercise your power to connect with the right people; clear your space of negativity; do things for pleasure rather than approval; move forward without procrastination or fearful hesitation; and do what is really best to bring your dream to life.

Program III: “Choosing Your True Goal” (Workshop #23)

With new power comes new responsibilities. “Choosing Your True Goal” encourages you to expand your horizons. False goals create false starts and false endings, and many people are unaware

that even their highest ideals can be unconsciously tempered by a limited sense of self. This program is an exercise in connecting with authentic goals that bring real fulfillment beyond your wildest dreams.

Program IV: “Unfold Your Essential Nature” (Workshop #24)

A strong connection with the core of who you are allows you to embrace your nature and understand where and how it fits into the grand scheme of things. “Unfold Your Essential Nature” is an exercise in discovering a new source of strength and connection to what goes on within and around you. It may not always be easy to find your place in the universe or your role in a particular situation. This workshop is a lesson in seeing the bigger picture, its natural balance, and your relationship to it.

Program V: “Conquering the Mind of Doubt” (Workshop #25)

There is no question that your life would be radically different if your choices were not influenced by doubt. “Conquering the Mind of Doubt” is an initiation into deep, grounded confidence. Belief in self or trust in others is a challenge for some. Yet sometimes disbelief and distrust are just the excuses one uses to avoid confronting the real reason for not moving forward. Through the activities in this workshop, you will learn to deal with doubt and the wedge it creates between you and what you want. You will also learn how to discover and remove the seeds of doubt so you can leap forward freely.

Program VI: “Your Energetic Bottom Line” (Workshop #s 26 - 27)

The ability to invest yourself wisely has a direct effect on how significant a return you will see from your endeavors and interactions with others. “Your Energetic Bottom Line” is an important lesson in protecting your self-investment and learning to live profitably from it. While the value of some investments may seem clear and straightforward, they can be significantly offset by hidden costs that can send you into spiritual, mental, emotional or materi-

al bankruptcy. The exercises and master keys in this program challenge you to take a deeper look at the energetic “portfolio” of your life to gain a deep and practical understanding of the full impact of your everyday decisions and interactions.

Program VII: “Relationships” (Workshop #s 28 - 33)

Being able to resolve personal or professional relationship issues in a holistic way can make the difference between success and stagnation. The “Relationships” program is an exercise in how to rehabilitate dysfunctional relationships as well as create healthy, thriving, and meaningful ones that fulfill all parties involved. Relationship imbalances can challenge your stability, self-esteem, independence or identity. Even in a good relationship, your own issues of self-love, intimacy, commitment, or boundaries may still be triggered. The activities in this program help you confront your relationship issues and begin the process of undoing the damage they may have caused. You will practice recognizing and reshaping relationships that conflict with your priorities and life goals, as well as learn to recognize and nurture good relationships that uplift and celebrate your life.

Program VIII: “Letting Go of Conflict, Stress & Struggle” (Workshop #s 34 - 45)

To easily handle a difficult situation, emotion, or person (including yourself) is a skill and an art. It can make the difference between life and death—both literally and metaphorically. “Letting Go of Conflict, Stress & Struggle” helps you develop a new approach to, attitude about, and perspective of the way you handle yourself. When the pressure is on (and even when it’s not), it can be a challenge to relax, be flexible, and adapt. For some, it can be a challenge to simply enjoy themselves. Particularly after an unexpected change or upset, it can be difficult to resettle and reclaim your inner space. The activities in this program help you deal with the cause and effects of a range of challenges, stressors, and struggles, from bruised egos and emotional disconnection to poor judgment, miscommunication, and mind games. This program will help you nip these common problems in the bud so you can blossom.

Program IX: “Weaving the Social Fabric” (Workshop #46)

As you grow in character, there is the potential to take on new, more meaningful roles in your own life and in the lives of others. “Weaving the Social Fabric” is an initiation into purposeful leadership, collaboration, and community involvement. Many have great vision and grand plans to bring an idea to life. Few follow it up with action. This program is a lesson in initiating change that will make a difference.

Program X: “Do What You Gotta Do” (Workshop #47)

Knowing what needs to be done and doing it consistently are two essential keys to success. “Do What You Gotta Do” helps you develop clearer focus, stronger determination, and deeper commitment to your priorities and to yourself. To naturally and automatically do the right and best thing for yourself doesn’t come easy to many people. This program helps you to recondition your mind for success.

Program XI: “Your Response-ability” (Workshop #48)

The ability to respond appropriately to internal or external obstacles can instantly make the difference between a situation becoming better or worse. “Your Response-ability” is an important education in understanding when things are working against you and when you are working against yourself. To examine and rehabilitate tendencies you may have toward self-sabotage can be challenging but liberating. The activities in this program encourage a deep self-reliance yet offer a lesson in recognizing that being responsible for yourself doesn’t necessarily mean facing challenges alone.

Program XII: “What is Your True Desire?” (Workshop #49)

To know what you really want means that you can set a clear intention and path of action to achieve it. “What is Your True Desire?” guides you toward authentic desire and away from false

leads that send you on wild goose chases. To be controlled by what you think you want, or to be unable to help yourself from craving or seeking something that upsets your balance, is a serious problem. This program is an initiation into shaping a new intention and clarity for you and for your life.

**Program XIII: “Heal Your Life, Live Your Destiny”
(Workshops #s 50 - 54)**

Staying true to your life’s mission opens a new and improved “version” of your destiny every day. “Heal Your Life, Live Your Destiny” is a profound journey of self-direction, self-healing, and self-expansion to some place deep and destined within you. The challenge of soaring to your destiny, however, is not in learning how to fly; it is in learning to let go of the baggage that weighs you down. Through the activities in this program, you will connect with the inner peace and wisdom within and learn how to get into the natural flow that will uplift you toward your greatest possible destiny.

12 Holistic and Spiritual Icebreaker Games for Workshops, Retreats, and Families

Leading a workshop or retreat? You can use many of the exercises in this book as icebreakers to help loosen and open people up before getting into the meat of your event. Icebreakers help participants have a little fun, let their guard down, and start to bond. They also give the facilitator an opportunity to observe participants in action and perhaps pick up on some of their issues. Below are twelve icebreaker games and activities created for these purposes. When choosing an icebreaker, be conscientious of any health issues (such as pregnancy, heart conditions, or allergies, for example) that could be affected. These icebreakers are appropriate for most age groups of either gender. They're also great bonding activities for families.

Conscious Dream Circle

- *Uses:* Dream work; personal/spiritual growth; sharing
- *Materials:* A small stick or stone (optional)
- *Instructions:* Participants and Facilitator sit in a circle. The first participant shares a recent or old dream that he/she wants to understand better. Going clockwise, the remaining participants then share any thoughts, feelings, or memories that the dream naturally or spontaneously stirred up for them upon hearing it. The goal is not to "interpret" the dream but for participants to share what they see in the dream, or how they are touched by it. Continue until everyone has shared a dream. Use a talking stick/stone if desired; only the one holding it may speak.

Deep Dodge Ball

- *Uses:* Confronting fear; overcoming obstacles; responsibility
- *Materials:* Light-weight, medium size balls (such as foam, rubber or beach balls) that are easy to throw and catch.
- *Instructions:* Facilitator divides participants into two groups of up to 15 people. One group forms a circle around the second group and throws the ball at them (do not hit players in the head or face). The inner circle must dodge the ball. Periodically, Facilitator rhetorically asks questions, such as "What/Who are you dodging in your life? How long can you keep dodging the

ball in your life?" (The game is a metaphor for and meditation on this behavior.) Only the group forming the outer circle may throw and catch the ball. A player is out when hit by the ball and should then stay on the sidelines. The game continues until all players inside the circle have been struck out. The two groups switch positions so all players have a chance to dodge the ball. Participants should write any personal insights in their journal. Facilitator leads a discussion for participants to share what they have been dodging in life, and to discuss the potential consequences if they were to be "struck out." *Variation:* Use two balls if eight or more are dodging.

Drop Everything

- *Uses:* Emotional release; relaxation; self-image; stress relief
- *Materials:* Easy-to-carry, light-weight objects such as bags, balloons, clothes, newspapers, paperback books, small toys, etc.
- *Instructions:* Spread objects around the room. Facilitator calls out a list of stressors, problems, obligations, self-defeating thoughts, responsibilities, etc. For each one that applies, participants pick up and hold an object (in arms, on head/shoulders, etc. but not in pockets). When participants feel they have reached their "breaking point" and can't hold anything else, they are to stand still (continuing to hold the items). Facilitator waits until all participants are motionless and show signs of "buckling" under the weight of their "baggage". Facilitator shouts, "Drop everything!" Participants cast items to the ground (some participants may "break" and drop everything before Facilitator gives the word). Participants sit or lay back and relax quietly for 5 minutes or more, breathing deeply. Facilitator asks participants to share.

Hidden Message

- *Uses:* Clarity; creativity; inner guidance; insight; perspective; self-expression; wisdom
- *Materials:* Large drawing paper and art supplies (e.g. colored pencils, craypas, crayons, paint, paintbrushes, geometric stencils)
- *Instructions:* Participants formulate an intention or question on which they seek guidance or clarity. Next, they create an "abstract" art design using random scribbling, brush strokes, shape/pattern placements, symbols, paint splatters, ink blots, etc.

~~~~~~ About the Author ~~~~~~

Holding a doctorate in metaphysics and pursuing a second in metaphysical psychology, “The Inner Power Doctor,” Antonia M, PhD is a master metaphysician with an emphasis on spiritual health and holistic empowerment. She develops and facilitates innovate adult, corporate and youth programs for wisdom, wellness and whole growth. Dr. M’s work draws upon a unique blend of eastern, western, and indigenous teachings and techniques, including energy medicine and the martial arts. Her programs incorporate InnerPowerment™, personal development and spiritual rehabilitation to help participants achieve positive, radical growth; emotional healing; life balance; and clear direction. She also trains facilitators and other leaders in the use of holistic methods and metaphysical techniques. As a consultant, Dr. M helps businesses and organizations to create and implement holistic programs and methods for their members, staff, and business processes.

Dr. M is the CEO of Conscious Enterprise, Inc. which provides holistic staff, leadership, and business development training. This includes wellness, work/life balance, stress management, and “wisdom in the workplace” programs, among others. Dr. M is also Spiritual Director of the Inner Life Society in New York City, and a mentor in the Commonwealth Wisdom School in Richmond, VA. A columnist and radio show host, Dr. M was one of the first producers of metaphysical and holistic Internet talk radio and e-learning in the 1990s. She continues to speak and offer online courses.

Critically-acclaimed original programs created by Dr. Antonia M

- Entrepreneurs InnerPowerment Project™
- ILS Int’l Meditation Instructor’s Training & Certification
- Healing Pain, Grief & the Past
- Leader’s InnerPowerment Training Series
- InnerPowerment Program™ (6 different programs for parents, prisoners, staff, women, youth, and people in transition)

**Listen to Dr. M’s radio show, the *Inner Power Hour* at
www.InnerPowerHour.com**

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