

# RECLAIMING YOUR STRENGTH

## Your Inner Samson



### BORN WITH A PURPOSE

Samson was born with a purpose. He was to deliver the Israelites from the Philistines.

*Judges 13 verse 5: "...set apart to God from birth, and he will begin the deliverance of Israel from the hands of the Philistines."*

-We all born with a purpose and the inner strength to accomplish our purpose.

### LOSING OUR STRENGTH

Samson was deceived by Delilah.

*Judges 16 verse 19 "Having put him to sleep on her lap, she called for someone to shave off the seven braids of his hair, and so began to subdue him. And his strength left him."*

The truth is that he allows himself to be defeated mentally.

*Judges 16 verses 16-20: "With such nagging she prodded him day after day until he was tired to death. 17 So he told her everything...19...20 Then the Philistines seized him, gouged out his eyes and took him down to Gaza. Binding him with bronze shackles, they set him to grinding grain in the prison."*



-We can be blinded by lies. If we are not careful our clear vision (truth) is easily taken away by people and "things" (wealth, status, TV, radio, society, etc), which cause us to give up our strength of mind, heart and spirit or have it taken away. Leaving us to live life grinding grain instead of living up to the task God has set us out to do.



## GOD STILL USES US

God still used Samson to help defeat the Philistines, but as you know it didn't turn out all that good for Samson.

*Judge 16 verses 25-30: "25 While they were in high spirits, they shouted, "Bring out Samson to entertain us." So they called Samson out of the prison, and he performed for them. When they stood him among the pillars, 26 Samson said to the servant who held his hand, "Put me where I can feel the pillars that support the temple, so that I may lean against them." 27 Now the temple was crowded with men and women; all the rulers of the Philistines were there, and on the roof were about three thousand men and women watching Samson perform. 28 Then Samson prayed to the LORD, "Sovereign LORD, remember me. Please, God, strengthen me just once more, and let me with one blow get revenge on the Philistines for my two eyes." 29 Then Samson reached toward the two central pillars on which the temple stood. Bracing himself against them, his right hand on the one and his left hand on the other, 30 Samson said, "Let me die with the Philistines!" Then he pushed with all his might, and down came the temple on the rulers and all the people in it."*

-God still uses us wherever we find ourselves. However, we don't have to struggle through life or settle. We can reclaim the power we lost, had stolen or gave away.

# FINDING YOUR LOST STRENGTH

1. For each category, write down what you are feeling powerless about and/or how you are feeling powerless.
2. If you can, fill in where you think or feel your strength was originally lost, given or taken away around each issue.

CREATIVITY: Do you take time to express yourself? Did you stop expressing yourself?

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_

FAMILY: Are there any issues between you and your family?

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_

FRIENDS: Are the relationships with your friends balanced/even?

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_

HEALTH: What health issues do you have?

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_

# FINDING YOUR LOST STRENGTH

MONEY: dept, lack of, etc

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_

RECREATION: Do you take time to enjoy life?

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_

RELATIONSHIP: How is your love life? Do you have one? Do you want one?

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_

SPIRITUAL: Do you regularly take time to pray, meditate, read, etc?

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_

WORK: Do you enjoy what you do? Is your work environment harmonious?

1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_
1. \_\_\_\_\_
2. \_\_\_\_\_

# TAKING YOUR STRENGTH BACK

- Now, pick at least one (up to two) issue from each category and make up a tapping phrase.
- For Example: "Although I lost my creativity because my father always criticized me, I accept myself."
- Use tapping directions on page 7 to address each issue.

CREATIVITY: Do you take to express yourself?

1. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

2. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

FAMILY: Are there any issues between you and your family?

1. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

2. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

FRIENDS: Are the relationships with your friends balanced/even?

1. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

2. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

HEALTH: What health issues do you have?

1. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

2. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

MONEY: dept, lack of, etc

1. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

2. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

RECREATION: Do you take time to enjoy life?

1. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

2. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

RELATIONSHIP: How is your intimate relationship? Do you have one? Do you want one?

1. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

2. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

SPIRITUAL: Do you take time, regularly, to pray, meditate, read, etc?

1. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

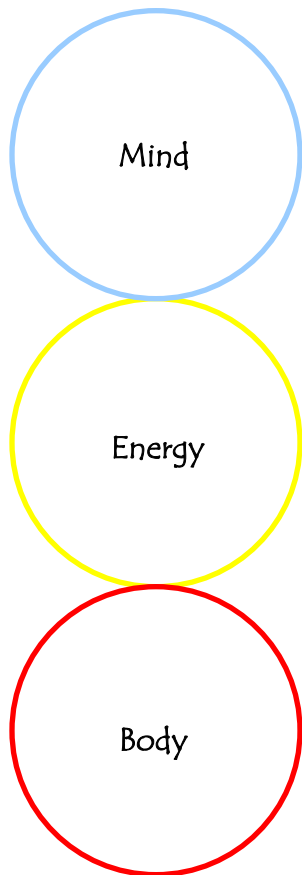
2. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

WORK: Do you enjoy what you do? Is your work environment harmonious?

1. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

2. Although \_\_\_\_\_, I accept myself, I choose \_\_\_\_\_ or I forgive \_\_\_\_\_.

# Mind–Body Connection



Mind: learned knowledge, emotions, thoughts processes, beliefs, DNA information, social and environmental influences

*Conscious, SubConscious, SubSubConscious, SubSuperConscious, and SuperConscious*

Energy: channels and store houses of chi, prana, qi, ki, etc.

*5 Elements, Meridians*

Body: physical mass

*Organs, Endocrines, Body Parts, Systems*

## ENERGY BODY

The energy body is a very complex and well mapped out grid-work.

The energy body is the interface **between the mental/emotional and physical body.**

This energy grid-work can be used to interpret and address mental, emotional, and physical imbalances (pain, illness, and disease). The energy body is just like a **KEYBOARD.**

The body by way of the 'energy body' reflects our consciousness (mental and emotional states).

## PAIN

Pain (physical, mental, or emotional) is caused by stagnation in the energy body. The stagnation leads to a build up of energy or inappropriately directed energy. To stop a pain response, the underlying block must be addressed (cleared) so the energy can flow freely again.

# M.e.A.N. Basic Protocol

"All problems have their roots in the Mind. The meridian system is the keyboard of the mind and body. By tapping, rubbing or holding meridian points the mind and body can be changed."

1. **Rate the Problem**...From 1- 10 (10 being worst)

2. **THE STARTUP**... repeat the problem/issue 3 times while rubbing one of the **L1 Points**:

"Although I \_\_\_\_\_ I accept myself."

Example: "Although I have this anger at my father, I accept myself."

3. **THE TAPPING**...lightly tap, approximately 9 times, on each of the points below while repeating the **CORE** of issue. Tapping can be done on either side of the body. **Left side = Feminine - Right side = Masculine**

Example: "My anger at father"

Last point: The Thymus point is in the middle of your chest. As you continually tap this point do the following eye movements:

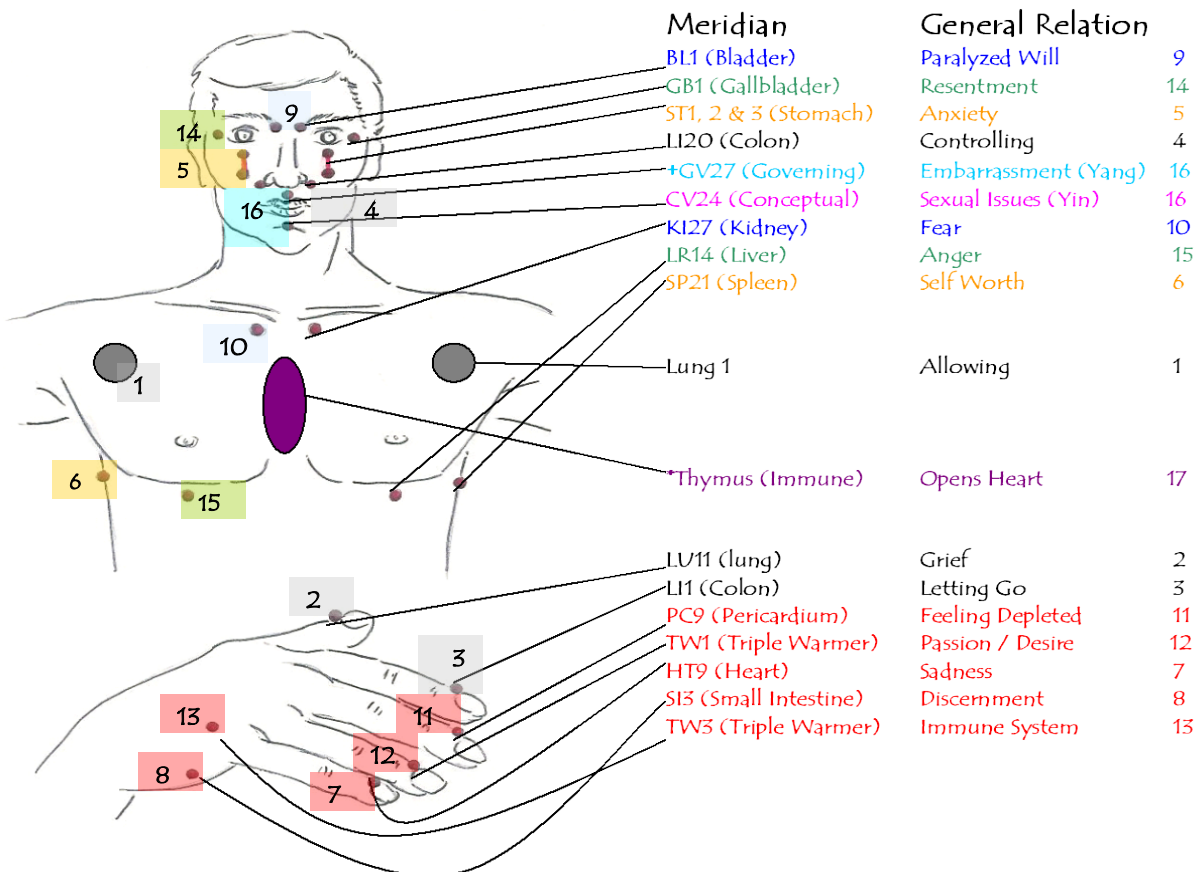
-Make a square in one direction: Repeat 3 times

-Make a large square going the opposite direction: Repeat 3 times

-Look to the left as far as you can then to the right: Repeat 3 times

-Look up then down. Breathing in as you look up and breathing out as you look down: Repeat 3 times

4. **REPEAT STEPS 2 and 3**...lightly tap approximately 9 times on each of the points below while repeating the **CORE** of the issue.



## JON WHATLEY LMT, CBP, M.e.A.N. & M.E. Mapping Developer

Jon is a massage therapist and energy worker. In his practice he incorporates many types of therapies. His studies include Massage, BodyTalk (Parama), Reiki, Emotional Freedom Technique, EMF Balancing Technique, Flower Essences, Astrology, and Feng Shui just to name a few. In his daily work he focuses on helping people achieve health and find their passion in life. Jon's main interest and drive in life is helping people achieve and maintain a healthy balance within the body (physically, mentally, emotionally and spiritually). He knows we are all connected and that true spirituality is behaving responsibly on a personal, global, and universal level. Since everything we do has an affect on everything else around us, he believes taking responsibility for one's self is of the utmost importance in claiming one's personal power. In his practice he does not take responsibility for others dis-ease (physical, mental or otherwise), but rather helps guide one to self-mastery through self-awareness.

As well as bodywork, Jon lectures and teaches classes to help awaken and empower people regarding their body and life.

Other classes Jon teaches:

Body Parts and E-Motions

Consciousness + M.e.A.N.

EFT Basic

EFT Advanced / M.E.A.N. (Meridian Energy Activation and Neutralization)

Feng Shui

Illuminating the Shadow Self

Master's Mind Group

M.E. Mapping and M.e.A.N.

Meridians and 5 Elements

Muscle Testing

Parents Working with Children

Reiki (I thru Master Level)

Your Body Your Friend Parts I, II and III

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