

# DIVINE EMPOWERMENT

Ellie Blair explores a new and deeply transformative healing technique that is perfect for the modern, technological world

**D**ivine Empowerment is futuristic healing for modern times. Antonia Harman has devised a brand new way of self-healing, which is fast, effective and powerful enough to fit in with our permanently busy lifestyles. With Antonia, what would usually take weeks or years to learn can now be learned in just a few minutes.

I met with her to talk about this revolutionary style of healing.

## New Approach

'Energy systems are a bit like iPads,' says Harman. Various 'deeply nurturing energy frequencies' can be uploaded into our human software just like we install apps. 'Most of us are perfectly happy installing apps – apps that make funny voices or games – and we often get excited like kids clicking on them when the mood takes us,' she explains. 'Divine Empowerment can do the same. In two minutes an energy app can be installed into any human system – to benefit all we need do is click. Clicking is dead simple – say the name of the energy and then Go,' she smiles.

In our age of technology, everything is easily accessible, quick and speedy. This rapid change makes many people feel overwhelmed. We carry a great deal of stress, which not only causes lots of misery but can also heighten any latent illness. Some of the energies used in Divine Empowerment offer the chance to experience the blessings of meditation and profound inner healing – such as 'grounding' and 'centring' – in just a few minutes.

## How Does it Work?

Once installed, all we need to do is consciously call upon the energy and we

drop into a peaceful, meditative state. It sounds too easy, too good to be true; however, the world has moved forward. In this crazy place in which so many people are desperately in need of inner peace, compassion and healing, this new programme offers a really simple and effective solution. Five minutes of passive channelling while pottering around has the effect of 20 minutes of dedicated meditation.

Harman's clients are also very happy to use 'Energetic Aspirin' – a natural pain killer that works within seconds. Simply the intention of running the energy will help you to switch out of severe pain. This app is also fantastic for headaches, toothaches, back pain or menstrual cramps.

On the course, 40 or so energetic apps are installed. Whether you are a veteran healer or a novice, this energy is accessible to all – to be used on ourselves, our friends, and our clients.

Possibly the most amazing part of Divine Empowerment is that the energy wants to spread, to bring light and oneness. This means that no less than 50% of the energies installed at the workshop can then be taught by the students who attend. There are many more energies installed at the workshop, for example, 'Ying-Yang' and 'Compassion' which help to clear emotional issues. There is also 'Chakra Blaster', which starts to bring chakras into their true nature, plus a 'Tantric Meditation' which allows us to merge energetically with a partner.

## Use of the Energy

You can use the energy in three ways. The first is the traditional or 'active' method, whilst performing a healing or during meditation. The second is 'semi-



Antonia Harman

passively' – you can run energy during simple tasks such as cleaning the house, cooking dinner or watching TV – by intention it works in the background to fit in with our busy lives. The third and most extraordinary way is 'passively'. The energies from this system plant seeds. These seeds happily 'grow on the windowsill', meaning that even if we are not actively using the energies, we are still getting the benefits.

The workshop is profoundly transformative, offering an opportunity to become empowered, to master your life and deepen your spiritual journey. Learn to relax deeply, clear viruses, numb pain, bulldoze through emotional trauma, gain physical strength, energise and self-heal. Then share these apps with friends and loved ones, simply and effectively. 

## Find out more

To learn more about Divine Empowerment and for information on upcoming workshops, visit [www.divineempowerment.co.uk](http://www.divineempowerment.co.uk)