

• ALISON CROSTHWAIT •

HOW THE EMPOWER PROGRAM HELPED A. RELEASE OLD EMOTIONAL BLOCKS, GAIN AN INCREASED AWARENESS AND UNDERSTANDING OF HERSELF, AND BEGIN LIVING HER LIFE IN A MORE AUTHENTIC AND DEEPER WAY



“Throughout this process, I’ve come to know myself so much better. I’m more aware of the way I feel and am able to articulate it — to myself and others. Being able to have a conversation with myself about what I’m feeling and why instead of shoving my feelings down and just grinding through it has been transformational for me. It feels like a huge weight has been lifted off my shoulders.”

A., Arizona

Empower Program Participant

When A. began to consider joining Alison Crosthwait’s Empower program, she’d had the feeling that her life was lacking in purpose.

Although her work as the head of project management for a marketing agency was going well and her 15-year marriage was strong and stable, A. said that life felt stagnant, and she yearned for a deeper way of living.

“I’ve always had the feeling that there had to be more to life than this,” A. said.

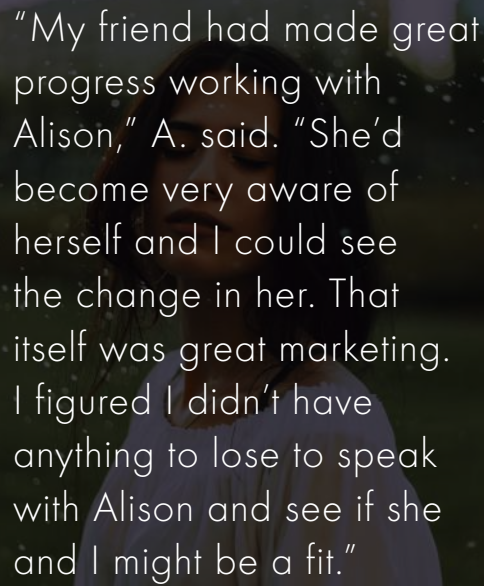
“It felt that there was so much more available to me to feel and experience but I didn’t know how to access it.”

A. had recognized that gaining that access would take work — and **she’d begun to ponder what tools, resources, or people she could turn to to help her achieve it.**

She’d been to therapy many times, but always for situational events like going through a divorce or the sudden death of her mother back in 2016.

While she'd enjoyed therapy, she felt that she was at a tipping point in her life and needed different tools to get to where she wanted to be.

A close friend had shared with her about her experience with Alison and the Empower program and A. began to give it some thought.

A woman is shown from the chest up, speaking. Overlaid on the image is a quote in white text.

"My friend had made great progress working with Alison," A. said. "She'd become very aware of herself and I could see the change in her. That itself was great marketing. I figured I didn't have anything to lose to speak with Alison and see if she and I might be a fit."

So, A. reached out and scheduled a consultation. She said she and Alison clicked right away, and she was able to get the information she needed while also being very open about her hesitations and fears.

"I told Alison that I was worried about the financial investment, and she assured me that if doing this work was something that I truly believed in, then I would make it happen," A. said. "She gave me the permission to invest in myself.

"I was also hesitant about the group aspect of the program, but Alison helped me realize that if I really was looking for new tools and ways of doing things, I needed to try things that felt scary or outside of my comfort zone. Being in a group setting was actually a great opportunity

to put my money where my mouth was."

With her hesitations in check, A. joined Empower and began a 6-month journey with two other women and Alison as the facilitator.

She said that from the very first call, she jumped into the program with both feet and was surprised by how comfortable she felt inside the group.

"I don't know what black magic Alison has for bringing people together, but from the very first call our group felt very meant to be," A. said. "There was a great dynamic among us, and I learned so much about the other women, and saw myself in them. I went into that first call with no-holds barred. I didn't want to waste any time — I just wanted to start the process."

A. said that process involved three core components: group calls with Alison, breathwork (as a group), and





The “grief work” involved journaling through the phases of her mother’s life before A. was born, where she was asked to create some context around the events and dynamics her mother may have been experiencing throughout the earlier portions of her life.

A. said that completing the journaling exercise was transformational for her.

“The process of breaking down and putting a story to who my mother was before I was even a thought in her mind helped me realize that she did the absolute best she could with what she had,” A. said. “To be able to recognize that and then share it with the group at a very deep level was cathartic, and I was able to release a lot of anger that I had been holding onto.

“The process painted a different level of understanding of who she was and how I came to be. It explained so much about the sources of my anxiety and tendencies toward perfectionism. To be able to know this about myself makes it so much easier to be aware of it and work with it.”

core energetics (one-on-one).

The group calls were completely customized to each of the women’s needs and goals at that particular moment in time, with Alison using her extensive knowledge of various tools and healing modalities, her background as a psychotherapist, and her laser-sharp intuition to create a path that would help each of them achieve the necessary breakthroughs.

A. said a particularly powerful portion of that work involved a two-part process. The first part was a 10-day practice of having fun, where every day she needed to find at least one thing to do that helped her loosen up; and then a 14-day practice of working through the deeper levels of grief she was carrying around her mother’s death.

A. said another powerful aspect of the program were the Core Energetics sessions, which involved **learning where energy sits in her body, what it feels like, and the limiting beliefs she had been hanging onto** that needed to be moved and released.

“I have a tendency to try and avoid my

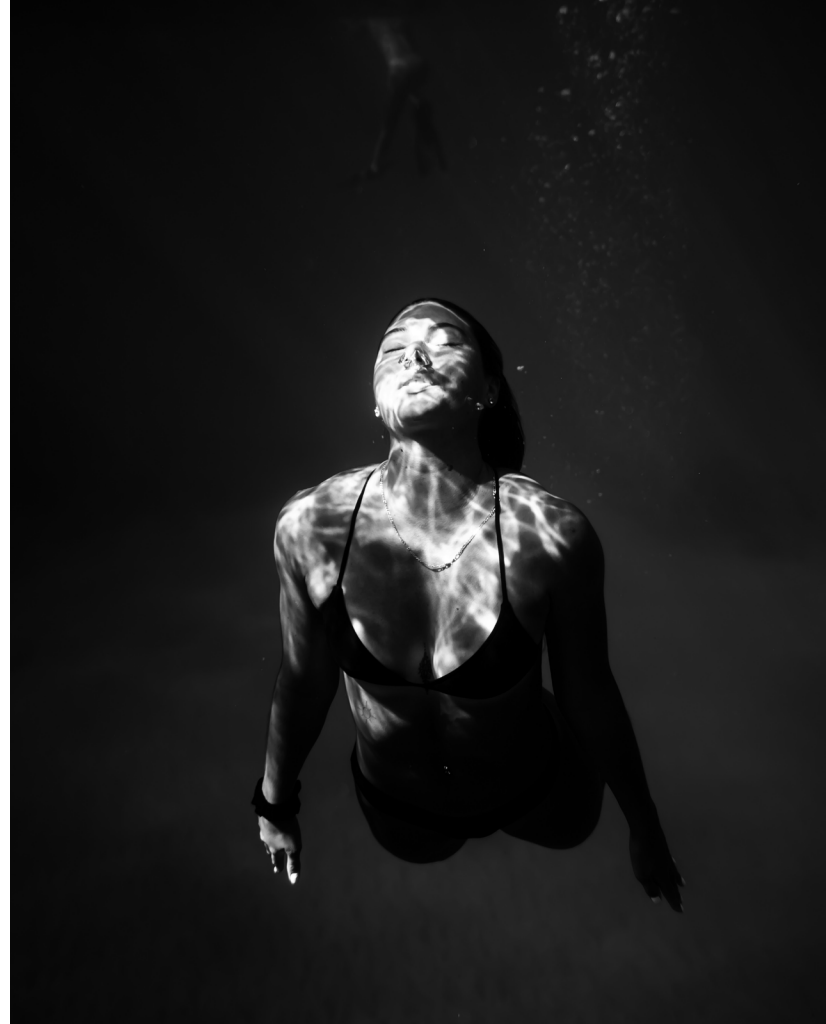
feelings and when something isn't great **I've just held onto that energy and shoved it down to make it go away,"** A. said. "But the core energetics sessions were about understanding that pattern, allowing that energy to be, and then moving it out."

A. said that she had a huge realization during one of the sessions about her tendency to feel that she can never get ahead.

"I was feeling particularly tired and run down at work and we began to look at where that feeling was coming from," A. said. "At first I thought it was because I had to work to make money, but then as we dug deeper and deeper, I saw that those feelings were really based in fear. I was afraid of failure and of disappointing someone. **I realized that so much of my life has been lived in fear of letting people down.**

"To be able to recognize that and articulate it has helped me analyze what I'm actually afraid of and whether or not that fear is really worth it. It puts so much into perspective, because instead of running around like a chicken with my head cut off trying not to disappoint people, I can stop and ask myself if this is really the energy I want to be bringing into my work and relationships. That shift has helped me so much."

A. said that, overall, the Empower program



provided her with the best result she could've asked for, which was to know herself better.

With this deeper understanding, she feels confident that the deeper level of living will continue to come naturally.

"When the program started, I said I wanted to find more purpose, but that was the easy answer," A. said. "It was something tangible that I could put a name to. But what I really wanted — and what I really gained — was a much greater awareness of myself. **As I get better at knowing myself and articulating who I am and what I'm feeling I believe the purpose will come on its own.**"

"As for now, I have a new operating system. I look back at the person I was six months ago and it's not that I don't recognize her,

but I understand her so much more. I know that there's nothing wrong with me and the way I am. **Because of that, I hold myself in such a higher esteem than I have previously** — which to me is the greatest result of all."

A. said that anyone who's willing to do the deep inner work that the Empower process requires of them will benefit from the program — and that the group aspect has proven to be the most powerful part.

"When you're going through something alone, you only have your own mirror to look at and your own reflections to process," A. said. "With the other two women and Ali facilitating, it became very apparent that a lot of what I was going through someone else was going through, too. Maybe not at the same time or in the same way, but there was enough commonality that I could see myself reflected in the others. It made me feel so much less alone."

"I've learned that when you feel resistance to something but also excitement, you should probably do it. There's a lot of fear and trepidation about doing something different, but **this experience taught me that you don't know until you try.** It could be more amazing than anything you could fathom. It certainly has been that way for me."

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