

# A SUITCASE FULL OF FAITH

by Saskia Röell

## Five Steps of Life Empowerment

A Conversation with **Saskia Röell**, best-selling author of **A Suitcase Full of Faith**

Saskia, you have always been passionate about empowering others and you recommend five steps leading to greater empowerment. Will you please tell us what they are?

*I'm not a big believer in "how to." I believe more in "how do." Here are the practices that have the biggest impact on empowerment:*

**Practice Awareness:** *Invest only in the map that leads you to the place you truly want to be. Watch your thoughts. Your beliefs create your destiny, so when you change your thoughts you change your destiny. I love the Mahatma Gandhi quote, "A man is but the product of his thoughts. What he thinks, he becomes."*

**Practice Moving Out of Your Comfort Zone:** *Take a new road to get to a new place. Let go of the past and allow the new to come in. Instead of staying stuck in a situation where you don't feel joy, dare to take a leap of faith and expand your horizons.*

**Practice Letting Your Heart Lead the Way:** *When you tune in to and trust your heart you always safely reach the destination of your dreams. Life is not only about survival. To live passionately, ignore the mental chatter that aims to hold you back and instead trust your heart to lead the way.*

**Practice the Power of Choice:** *You always have the power to take the road that leads to your heart's desire. Exercise your free will. There are no wrong choices, only different outcomes. No matter what your situation, you always have the choice of attitude. Make the extraordinary choice to get the extraordinary result.*

**Practice Surrender:** *Your true destiny is reached when you surrender to being guided by the compass of your soul. When you choose surrender, you release yourself from the need to control. Feel the freedom of letting go. Embrace the unknown. It's the place where new possibilities arise and miracles happen.*

**Invest your faith in yourself. Dare to step into your power.**

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