



Getting Your Power Back

Isn't it amazing how some people know what's best for their life and yours?

If only you and I had the ability to think and choose for ourselves; things could be so different. Power is the ability to act. When you give your power away, what you essentially do is take the reference point off you and put it out there to the thing that you give your power to.

Now this is significant because in order to be powerful, you need to have the ability to make choices that come from Your Will, (not somebody else's Will) and to activate these choices if you so desire which is what power is. So a pertinent question now that you are an adult is,

Below are some of my favorite tips to stay in your Power:

1. Stop looking for easy and start "doing" effective. Today:

All too often our desire to live a comfortable, painless, easy and safe existence (all things driven by fear) is the very thing that kills our potential, our productivity, our ability to develop and ultimately, our spirit. Sometimes (in the moment) we believe it's simply easier to just "fit in", to compromise and to bite our tongue. While this is understandable on occasion, over the long term this kind of behaviour and thinking will set us up for unhealthy relationships, stagnation, disconnection, frustration, desperation and misery. In order to take back your power you will need to be courageous (that's a choice by the way), you will need to be prepared to get uncomfortable (that's where you learn, grow and adapt) and you will need to do things that may piss other people off – perhaps the ones who previously pulled your strings for their own gain.

2. Face your fears:

You can never take back your power until you confront the things that scare you. By the way, being fearful does not represent weakness but rather humanity. If things only have the power and influence that we assign them (and they do), then fear is something we can control and use for our own personal development. For the most part fear is a completely personal thing. It's not about the situation, circumstance or environment but rather US in it; how we react to, process, cope with and interpret the events in our world.

3. When nice isn't. (Nice):

Ground Yourself

ZEN FOR YOU'S WEBINAR SERIES



Seek to be strong not nice. Endeavoring to keep everyone in your world happy is an exercise in futility, frustration and exhaustion.. In short, it can't be done. It's not your job to "make" people happy; it's your job to be you. And not the "you" that people want you to be, but rather, your authentic self. The one who has clarity, certainty, contentment and calm about who and what they are. And no, being you does not mean being selfish.

4. Stop being a victim:

The world isn't fair. The majority don't care about you or your issues.. Bad things happen to good people. And lots of people are selfish and nasty. There — we've cleared that up. Now, stop seeking pity, attention and sympathy and get on with it. Stop having the same pointless discussions about the same issues, stop waiting to be "saved" and stop giving away your power. You don't need universal approval, acceptance or endorsement, you need a different attitude.

5. Win respect through your actions:

Talk less, do more. What you do will tell the rest of us far more about who you are than any words that might come out of your mouth. Words are cheap and often meaningless. Most big talkers are just that. And nothing more.

6. Keep re-inventing yourself:

Being stagnant and inflexible in a dynamic world is a sure-fire way to become redundant, unnecessary and powerless. While your core values, beliefs and standards might remain constant, it is important that you continue to adapt, learn, grow and develop with your ever-changing world.

7. Value yourself:

Stop treating others as though they are of greater worth than you. Nobody is more important than anyone else. And nobody is more important than you. Nobody. This is not about having a massive ego or being self-righteous; it's about stopping all the self-sabotage. You know what I mean. It's about changing your standards and your thinking. In case you don't know or you haven't been told, I will tell you now; you are worthy, you are talented, you are good enough and you are powerful. More than you know.

Good luck with this week!

Love and light

Manali