

RECLAIM YOUR POWER

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Just as an acorn holds the potential of the majestic oak within its seed, you too possess the seeds of potential to create your life as *YOU* want it! You are the creative force driving the life you are living. *You are that powerful!*

So if you are so powerful, why do you feel so powerless? Why does it feel like no matter how hard you try, nothing ever changes? In the truest sense, your power is unlimited, vast as the universe. But many of us do not have a sense of our power in this way. In order to feel powerful we dominate others, need to be right or must always have the last word. Power in this sense masks the low self-esteem that lies beneath.

Power may come from overachieving, striving and competition on the job; endless degrees and certificates of accomplishment, proof that says you are somebody, you are powerful. We believe that something outside of our self will validate us when inside we feel worthless and insecure.

So what is it to have power in our life? As I reflect on this issue of power, a memory of Thailand comes to me. When I traveled there with my daughters a few years ago, we attended an elephant show, an attraction for tourists. Elephants are trained to do a variety of sophisticated tricks, one of which is painting. The paintings were quite beautiful, often Zen like in quality and actually sell for a lot of money. Not that the money makes any difference to the elephant.

Training the elephants starts very young. When they are babies their leg is chained to a pole. Every time they try and move they can't since the chain limits their mobility. Of course this in and of itself is very sad, that any animal should be restricted in this way.

But what is even sadder is that over time the trainers are able to replace the chains with a rope, and then after even more time passes nothing is needed to restrain the animal because they have become conditioned to be powerless, taught that they are not free to move at will.

It is not that an elephant is not powerful; it is just through this process of chaining and restricting the elephant that its memory of its power is lost. However that power is still within the elephant. It is just a matter of rediscovering it.

I see our own predicament of powerlessness reflected in the majesty of this most amazing animal. We too are powerful beyond measure, but through our limited beliefs, our repressive upbringing, the endless ways we have been taught to limit ourselves, obey, acquiesce...we forget. We forget that we are powerful.

Reclaiming our power is a remembering. Remembering that we are truly powerful beings, shining bright as the sun or as beautiful as a rose in full bloom. Like archeologists we must dig within, searching, uncovering the clues to the source of our own power.

A beautiful way to help access this power is through the creation of a fire ceremony. In the ancient wisdom of the chakra system; the source of our energy centers within the body, our power lies in the solar plexus. Its element is fire. The element of fire is supreme in its capacity to purify and destroy, as it clears a path for new growth and fertility.

Take a moment to reflect on where in your life you have given up your power. Look at all areas of your life. Notice if any of these statements are true for you.

- I usually give in to other people's needs, wants and desires at the expense of my own.
- It is difficult for me to ask for a raise or more money for the services I provide.
- I don't like to risk losing the love or approval of others.
- It is difficult for me to stand up to people I feel are in authority.
- I feel powerless over my addiction to cigarettes, alcohol, sugar, caffeine, etc.

When you have a sense of where you give up your power, write it down on a piece of paper. For instance, you may feel powerless when you have to ask for money, as in approaching your boss for a raise. Or maybe it is difficult for you to stand up for yourself to a certain person in your life feeling as if your needs don't matter. Maybe certain chemicals or substances have power over you. Whatever it is, write it down on a piece of paper.

Creating a Fire Ceremony

Using a candle is the simplest way to create a fire ceremony. Prepare a sacred space with fresh flowers or incense. You can use more than one candle creating an arrangement or pattern that may

have some significance to you. Allow your ceremony to be an expression of your inner creativity.

Within this sacred space include a container with water. Take what you have written down on paper, hold it to the fire and let it burn. Bring with this the intention of burning away what no longer serves you. Imagine this symbolic act burning what you are looking to release both in your outer world and your inner world.

When you can no longer hold the burning paper, drop it into your container of water. Now take a candle and light it with the intention of reclaiming your power. See yourself in the highest manifest vision of your power. Notice how it feels in your body. Let the fire be a symbol of that power in you.

With the sense of this power in you, what is one thing you can do in the next day or so that will support this feeling of power in you? What step can you take that will begin to bring this feeling of power to life for you?

Your action step could take the form of speaking up for yourself in some way, confronting a person you have been avoiding. Perhaps you could initiate an idea or project you have been looking to get started or maybe you have a project that needs to be finished. Can you cut down or cut out cigarettes, caffeine or alcohol for a day?

Make sure your action step is something that is realistic and manageable for you in the course of your time and schedule in the next couple of days. Create a baby step for yourself, one that will give you a sense of accomplishment and success rather than some large and noble action that is bound to set you up for failure.

Continue to light your candle every day, reflecting on this feeling of power in you as you gaze in its flame.

Within each of us lies the truth and majesty of our full power. All we have to do is remember.

Karen Chrappa has been practicing the art of Physical Therapy and body mind healing for over 20 years. She is the author of the *Success Journal and CD: Daily Practices to Manifest Your Intentions* and *A Pocket Guide to EASY MEDITATION TECHNIQUES*. To receive ongoing support and inspiration on manifesting your intentions visit www.freemeditationtechniques.com and sign up now.