

The Key to Owning Your Power

With all the demands of everyday life, it's easy to feel like a victim. Yet, do you know any victims who are truly at peace inside? And how successful are they? Not very.

Freedom, success, joy and inner peace come when we're standing clearly in our power. Let's explore how you can have more of it!

If you're tired of giving your power away, then let's explore: **THE KEY TO OWNING YOUR POWER**

* What it means to really take responsibility for your power...and why you're never really a helpless victim.

* 8 areas you're responsible for, even if you don't realize it yet.

* Why it's easy to resist our power (you'll be surprised at the hidden payoffs that keep us stuck, procrastinating and comfortably uncomfortable).

* Simple strategies for taking responsibility and owning your power more fully.

**** How to transform your biggest debilitating pattern (it is easier than you think).

NOTE: Think about the biggest reoccurring pattern in your life that isn't serving you. Hint: Look for places where you aren't in your power.

What does it mean to be connected to your power?

- Power is a source of fuel – gas, nuclear, electricity, wind = ENERGY
- Metaphor – plugged into the wall vs. unplugged

BENEFITS of connecting to our power?

- When we're in our power...
- access to creativity,
- great choices, clear action
- intuition
- deeper intimacy
- productivity/clear action
- life flows
- fulfilled
- present

What does it means to take responsibility for your power?

- you're in charge of this connection

Anything that has us dwell outside of our power for any length of time... resting as a VICTIM. BTW, we all step into victim mode at times. Sometimes a lot. As we share time on today's call, I want to challenge you to NOT allow yourself to go to your victim. One of the fastest ways to go to the victim is to be harsh on yourself. Today is about AWARENESS. Awareness is power.

Antithesis of victim is taking responsibility...

This call is really about TAKING RESPONSIBILITY...

* responsibility isn't necessarily a sexy word... it's more associated with work or heaviness – or something to resist

- Yet, I'm suggesting that when we embrace responsibility as a cool, even hip, things.... Life becomes a natural and effortless flow of expression.
- "Responding to Spirit"

"Most people do not really want freedom, because freedom involves responsibility; and most people are frightened of responsibility" – Sigmund Freud

***Our deepest fear is not that we are inadequate.
Our deepest fear is that we are Powerful
beyond measure.***

***It is our light, not our darkness, that frightens us.
We ask ourselves: "Who am I to be
gorgeous, talented and fabulous?"
Actually, who are you not to be? You are a child of God.
Your playing small does not serve the world.***

***There is nothing enlightened about
Shrinking so that other people won't feel insecure around you.
We are born to make manifest the glory of God that is within us.
It's not just in some of us; it's in everyone.***

***And as we let our own light shine, we
unconsciously give other people
permission to do the same.
As we are liberated from our own fear,
Our presence automatically liberates others.***

-- Marianne Williamson

CRISIS IN JAPAN... earthquake, devastating... could be EASY to go to the victim mode. So, no one can take responsibility for the earthquake happening, except maybe God. So how can folks avoid feeling like a victim and remain connected to their power?

What ARE we responsible for? (GROUP DISCUSSION)

- * Not blaming
- * Choices, Actions, Decisions
- * Interpretation, Assumptions & Meaning of things happening
- * Being happy
- * Taking Chances - 80% of people fail because they don't get started. And the 80% who get started fail because they don't stick with it long enough.
- * Sharing our talents/contributing to the world...

AND here's...

- * 8 areas you're responsible for, even if you don't realize it yet.

1. Your Consciousness – How present you are in your daily life? What are you paying attention to? Neglecting?

2. Meeting Your Needs – Many of us look outside of ourselves to get our wants and needs met. (spouse, job, friends, etc)

How can you give it to yourself? (CLIENT... verge of divorce, not feeling respected and supported)

3. Own your reactions vs. BLAME (others did)

- A reaction can always be traced back to a stressful thought. Take time to investigate limiting thoughts.
- What thoughts are you attached to?
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4. Own Your Dreams – What are they? Are they clear? Are you taking action? Accessing resources? Showing up in a way to realize them?

“Man, alone, has the power to transform his thoughts into physical reality; man, alone, can dream and make his dreams come true.” – Napoleon Hill (vs. dogs, animals, etc.)

5. Prioritizing Time – There are 24 hours in a day. What are you saying “yes” to? What are you saying “no” to? Priorities?

6. Choices, Actions, Decisions – Are you doing the choosing in your life? Are those choices happening externally? What's getting in the way of "choosing for you?"

"If you choose not to decide, you still have made a choice" – Neil Peart

7. Self Treatment – Most human beings are harsher on themselves than others. We judge ourselves. We don't give it the rest or nutrition we need. How does being harsh support your connection? Harm it?

8. Fulfillment – Are you fulfilled at the deepest level? What's standing in the way?

*** Why it's easy to resist our power (you'll be surprised at the hidden payoffs that keep us stuck, procrastinating and comfortably uncomfortable).**

p.260 in Power of Inner Choice

There are enormous payoffs for NOT taking responsibility. Yes, benefits to being a VICTIM. Payoffs taken from Nathaniel Brandon's "Taking Responsibility"

Avoid these statements:

I'd have to face my fears.
The old way is comfortable.
I'd have to work harder.
I'd have to say "no" more often.
I wouldn't be able to cry, "life isn't fair."
I'd have no excuse.
I'd have to change my life.
I couldn't avoid facing my problems.
I'd eliminate 30% of what I do.
I won't be able to play ignorant.
I'd see how out of control I am.
People will expect more from me.
I won't be able to goof off.
Others may judge me.
I wouldn't blame people.
I'd have to accept people for being who they are.
I'd have to have a much higher mental focus.
I would really have to examine things.

I don't know what would happen in my marriage.
I could lose friends.
I might end up alone.

Simple strategies for taking responsibility and owning your power more fully. (BRAINSTORM)

- * **Agreement**
- * **Owning worthiness and value**
- * **Forgiveness**
- * **Authenticity**
- * **Seeing everyone as perfect**

1. **Humility** – they are right! They MAY be right. Taking responsibility means embracing your humanity.
2. **Making Amends** – Apologizing is the quickest way to own any reaction against another. When you make amends, power returns to you. Inquiry always reveals that what we thought was about them, is REALLY about us?
3. **Forgiveness** – hanging on to mistakes from in the past, our energy is sucked out of the present moment. Generously forgive ourselves and others. Again... about accepting humanity. Forgiveness frees up your energy.... So you can be connected to your power.
4. **Honoring Spirit's Guidance** – As you check in and ask "What is my spirit's guidance? Look for it. Listen for it. Respond to it. Responding to spirit.

This is like keeping your hand on the rudder of the sailboat, feeling your way as you direct the course.

5. **Responsible Action** – if something is neglected, ignored or a mistake was made, take action and attend to it. This is why "handling tolerations" is so powerful.

Success seems to be connected with action. Successful men keep moving. They make mistakes, but they don't quit. " – Conrad Hilton

6. **Are you coming from love?** – Just asking this question may shift your tone of voice.

7. **Asking for what you want.** Are you willing to ask? Assuming an answer? A No? What are you making a "no" mean?

8. **Boundaries** = friend consistently draining your energy – conversation, limit time. Challenge yourself to get five NO's – so you can BE with a "no"

9. Inquiry

10. Living a Turnaround.

11. IDENTIFYING PATTERNS

“Knowing others is wisdom; knowing the self is enlightenment” – Tao Te Ching

HOMEWORK: INTERRUPTING YOUR DEBILITATING PATTERN

1. What's' the pattern? (AWARENESS and Honesty is key)
2. What triggers the pattern? -- person, tired, focus?
3. Interrupt the pattern.
4. Take responsibility for the pattern... What is the pattern costing you? Are you willing to take responsibility? How can you? - Love yourself. Choice. Set a boundary. Self care – alcohol. Practice reinforcing power.
5. New pattern. New conscious choices? Live the turnarounds? Visit the gym daily. Eliminate a specific reaction.