

## **Be in Your Power**

*“The most common way people give  
up their power is by  
thinking they don’t have any.”*

*Alice Walker*

Being in your power means listening to your intuition, following your intuition, trusting yourself, trusting God, and standing up for yourself, without allowing anyone to convince you that what you are thinking, feeling, or doing is wrong. When you are fully in your power, not only will you feel internally strong, but no one will be able to take advantage of you. You will take great care of yourself in any given situation, regardless of how others respond. You will also stand firm on what you believe is right.

After surviving a very abusive childhood, filled with despair, I had to do a lot of hard work to develop being in my power. For many years of my life, it was difficult for me to stand up for myself and not allow others to control or take advantage of me. Before I mastered being in my power, I attracted men who were emotionally unhealthy. I was often deeply hurt if someone responded to me in a harsh way. Not being in my power negatively impacted my life. The more I put the tools, techniques, and information provided throughout this monograph into practice, the more I developed my power and began to live a life of peace, joy, and freedom. I also attracted a wonderful, healthy man who has greatly added to my life.

When you are in your power, you will no longer make excuses for not fulfilling your heart’s desires. For some, their heart’s desire may be to positively impact people’s lives.

For others, it may mean fully developing their talents. When you are in your power, you will be unstoppable in fulfilling what is in your heart, regardless of any obstacles or any negative feedback that you may receive. You will not just wish or hope for something to happen, you will take all of the necessary steps to make what is in your heart a reality. If it is not for your highest good for something to happen, then you will quickly move forward and trust that what you just went through was a necessary step that you needed to take in order to make what is truly in your heart a reality.

You may have something in your heart, but you are resisting this because you want things to be done your way. When you trust, you will see that your life is being perfectly guided, even when you do not get exactly what you had hoped. After God gives you what he knows is best for you, you may thank him for not giving you what you originally wanted. When you are in your power, you will give up the useless battle of making what you want happen if it is not for your highest good.

Great freedom comes when you are fully in your power. It will be easy for you to take excellent care of yourself and set clear boundaries. Standing up for yourself and for others will be automatic. Accepting manipulation or any form of mistreatment will be a thing of the past. Your people-pleasing days will be over. Feeling obligated to do things for others because you think you “should” will no longer happen. Saying “no” to the things that you do not want to do or are not right for you will be second nature.

Believing in yourself will be a natural part of life, regardless of whether or not anyone believes in you. You will make decisions that add to your life, not send you spiraling down an emotional hole. Most importantly, when you are in your power, you will rely on your inner voice to guide you. You will no longer doubt yourself or your intuition. You

will support what you intuitively know you need to do or say in any given situation.

Therefore, you will be well on your way toward creating a happy, peaceful life.

When I am fully in my power, my life will be different because:

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Whenever you are going through any form of trauma or loss, and you have not mastered being in your power, it is not uncommon to go in and out of your power. On the days when you feel strong and good, you are more likely to be in your power. When you begin to doubt yourself and become negative in your thoughts and actions, you will temporarily suppress your inner power. Be gentle and patient with yourself during this difficult time. Once you are in your power, no one will be able to turn off your internal power light switch. At that point, your confidence in yourself and trust will keep that switch on at all times.

### **Develop Your Intuition**

You may be thinking that you do not know where to begin with getting in touch with your inner power. You can begin by listening to your inner voice, known as your intuition, which will help you to access your inner power. You may be out of practice with listening to your intuition, but **YOU ARE INTUITIVE!** If you are not in the habit of listening, then this will take some effort on your part. A great way to begin to slowly tap into your intuition is by paying close attention to your inner world. Most people are so focused on what is occurring in their outer world that they fail to listen within. Take a