

Tip sheet for Testing Beliefs That Get in the Way of Owning Your Powers or Feeling Powerful



Discovering Negative Power Beliefs

Here you will use your primary and secondary powers along with the blind spots (also at the end of this tip sheet) to discover limiting beliefs that stop you from being powerful.

Step 1 List your primary power (at the end of this tip sheet)

List your secondary power (at the end of this tip sheet)

Step 2 Using Power Blind Spots to record your primary blind spot (at the end of this tip sheet)

Record your secondary blind spot (at the end of this tip sheet)

Step 3 Uncover your beliefs getting in the way of you expressing your powers by reviewing your blind spots and answer these two questions

“What would I have to believe is true to think this way?”

“What am I afraid will happen to me if I change how I respond by expressing my power?”

Additionally, here is a list of common fear beliefs associated with the different power drives which you may want to consider:

Possible Fear Beliefs for Reformer Power Drive (1) a beautiful change agent. When fear strikes, they can be tempted to believe that they are flawed, corrupt or wrong. They may come to a conclusion that even they are a mistake. They may feel a sense of shame, thinking that no matter what circumstances happen to them, they may never be appreciated or understood. So they could make decisions to prove to everyone and their world that they have to be perfect or do everything perfectly.

Possible Fear Beliefs for Helper Power Drive (2) a person who most genuinely helps others and beautifully lets people feel that they are known by them. If caught in fear patterns and too many negative experiences, they can believe they are unloved. They may feel they are doomed to lose affection and even their connection with the Divine. They can come to make decisions that they will be alienated or alone unless they control those they love.

Possible Fear Beliefs for Achiever Power Drive (3) those who wonderfully achieve what seems to most as the impossible. If stuck in fear, they can come to believe what they do is all that matters, and they themselves, do not matter to any one or even the Divine. They may feel that no one will appreciate all that they are and

only what they achieve is what matters. They can come to make decisions that what they achieve is more important than being who they are.

Possible Fear Beliefs for Create Power Drive (4) those who make beautiful creations and passionately inspire others. When they become fearful orientated, they might believe that they are an exception to everything and that everything works for everyone else but them. They can feel insignificant and excluded of the gifts from the Divine and believe they have to prove they are special in order to receive those gifts. They can come to make decisions that they are entitled for all the suffering they had and a good life is earned through struggle.

Possible Fear Beliefs For Researcher Power Drive (5) those who have such a delightful discerning nature. If being run by their fears, they may believe that what they do is not useful or they are not capable. They may feel that they will be expected to do things they can't do. They can come to make decisions that they are not enough or what they do isn't valued enough unless they know everything there is to know.

Possible Fear Beliefs for Loyal Friend Power Drive (6) those so capable of providing safety and security for themselves and their loved ones. When unable to resolve their fears, they can come to a belief conclusion that they will not be safe or guided properly in their world. They may feel they cannot survive on their own or rely on themselves. They can come to make decisions that in order to get the support they need, they must show and convince those around them all that could go wrong in a scary world.

Possible Fear Beliefs for Adventurer Power Drive (7) one who is so much fun to be around and expresses joy so spontaneously. If fear erupts, they may believe or fear that they will be trapped in pain. They may feel being abandoned by those important to them and may fear get excluded from the fun and joys in life. They can come to make decisions that they can only be comforted by material things and do fun in excess because getting too close to people may result in pain.

Possible Fear Beliefs for Leader Power Drive (8) a heartfelt and reliant leader that others can count on. If stuck in fear thoughts, they may believe that others may hurt or control them. They can come to feel weak or powerless because they perceive others are trying to control them. They can come to make decisions that they need to be in charge or in control of events of others in order to determine the course of their destiny.

Possible Fear Beliefs for Peacemaker Power Drive (9) the community builders in our world. When caught in fear, they can believe they will be separated and alienated from their world. They may feel insignificant and unworthy. They can come to make decisions that in order to feel connected and at peace they need to

make sure everyone gets along, and if people don't get along, they are a failure and useless.

Step 4 Muscle testing your beliefs using the following muscle test for power beliefs. Record the answers to the beliefs beside the beliefs listed above:

Using a pen or pencil along with the list of beliefs will not interfere with the muscle testing.

Hold the list of beliefs along with a pen or pencil for marking which strengths test for a yes answer.

Test a belief using a full body muscle test:

- Find a quiet place. Stand with your feet shoulder width apart and face North. Keep yourself balanced by standing straight with shoulders back.
- Check how your muscle test is working for you by asking a basic true or false question. For example, "I am a woman," or "I am a man." If it is a true statement for you, you will tend to fall forward. If it is a false statement for you, you will tend to fall backward. This check will give you confidence that you are responding properly.
- If you do not get the appropriate response, then try drinking a glass of water. Keep practicing until you get consistent results for a true and false statement. It is advisable to always check a true and false statement before checking your beliefs.
- Now ask your highest self this question, "Will you answer me these questions without the interference of my ego mind?" Muscle test for a yes answer. If yes, continue. If no, then relax and come back later until you receive a yes answer.
- Now ask your highest self this question, "Is this my ego mind?" Muscle test for a no answer. If no, continue. If yes, then relax and come back later until you receive a no answer.
- Now ask your highest self this question, "Will you answer me the truth instead of what I want to hear?" Muscle test for a yes answer. If yes, continue. If no, then relax and come back later until you receive a yes answer.
- Now state your belief that could be getting in the way of you not feeling powerful and see if you receive a yes or no answer
- If it is "yes", choose if you want to change your belief or not. If you make a choice to change it, choose to change it right there.

- Now test again to see if it is changed or not by receiving a “no” answer.
- Continue until you receive a “no” answer. If you are having trouble changing a negative belief to a “no” answer, dig deeper to understand other belief lies that may be underneath. Ask yourself “What is my worst fear if I give up this belief”?
- Measure if your belief is a lie by testing it as unconditionally loving thoughts with the following list.

Use these power list criteria:

- The Divine Creation sees you as perfect always, even when you act in unloving ways. Your act perfectly for the level of consciousness you are at in each life experience. You do not need to have higher levels of consciousness to express being powerful.
- The Divine Creation would never define you as good, bad or wrong. They only define your actions as loving or sorrowful. They view you as pure love and light because you are made in their image. Your actions are only a result of the level of consciousness at that time. Life experience is meant to use experience to increase your consciousness in order to own how powerful you are. You are always forgiven by Divine Creation instantly. It would be arrogant to think you cannot forgive yourself, believing you know better than Divine Creation.
- The Divine Creation would never ask you to earn their love. They offer it unconditionally. There is nothing you can do to lose it and you need to do nothing to receive it. They would never want you to feel less or more powerful than another to receive their love.
- Your reality experiences are not a reward or punishment from Divine Creation. Your reality experience is a reflection of your beliefs and actions. Your subconscious helps you create your reality based upon what you consistently say and do. Chose to let go of any beliefs that say you need any conditions to feel powerful.
- There are never any conditions required for having your powerful desires met. Divine Creation elegantly finds ways to meet your desires in a way that is in the highest and best for all. There are always at least 7 direct ways and an infinite number of indirect ways for you to receive your desires. Think of the power of that. The highest and best for all is that all can own the power within them and use it to create expansion of consciousness.
- Divine Creation may offer surprise life challenges. Those challenges are Divine perfection meant to help you expand and grow. Accepting all life experience as perfection allows you to let go of expecting your experiences to reverse or

blaming yourself or others for them. You have the power to change in every new moment and to become a new powerful you in that moment by being an expanded you.

Step 5 Write out a new positive belief without any conditions needing to be met. Do this for any negative belief you want to change. Here is also a list of common beliefs for the different power drives you may want to consider:

New Beliefs the Reformer Power Drive (1) can take on to counter the old beliefs: I am perfect in every moment always. My growth contributes to the growth of the Divine. All mistakes are opportunities to expand; the question is really what I can learn about me here. I am forgiven instantly by the Divine. Being physical is to learn more about me to create what I desire.

New Beliefs the Helper Power Drive (2) can take on to counter the old beliefs: I am always loved by the Divine. When I give of who I am, I am being a loving person. When I love freely, I am blessed with feeling love from the Divine. When I love myself, my world reflects love back to me.

New Beliefs the Achiever Power Drive (3) can take on to counter the old beliefs: I am important and matter to the Divine in every moment. When I chose to be who I really am, I will feel genuine validation. My validation comes from an honest evaluation of my character, and I am forgiven whenever I step out of character. My truer self knows I am enough as I change to be as much in character as I am capable of.

New Beliefs the Create Power Drive (4) can take on to counter the old beliefs: The Divine provides enough for everyone, no exceptions. I create my future the same way as anyone else. I am enough and deserve. Life does not need to be earned; it is received based on how I hold myself to be.

New Beliefs the Researcher Power Drive (5) can take on to counter the old beliefs: I am given the strength, power, and talents to be capable and enough in my world. When I let go of needing all the answers, the Divine will reveal them to me when I need them. I am enough when I do things to the best of my ability in each moment.

New Beliefs the Loyal Friend Power Drive (6) can take on to counter the old beliefs: I am always supported by the Divine and can know that as long as I am willing to connect with them. I can use my fears to know truths about myself and change who I want to be. When I am loyal to myself first, my world can reflect loyalty back to me. My world changes when I change.

New Beliefs the Adventurer Power Drive (7) can take on to counter the old beliefs: When I connect to the Divine, my yearning and longing can be diminished, and I can free myself from pain. When I fill myself with love, I can let go of needing “things” to fill myself. I can safely connect with others using compassion and that can be fun.

New Beliefs the Leader Power Drive (8) can take on to counter the old beliefs: I am always powerful and strong, the Divine made me that way. I can let go of being in charge and know I can choose to have the life I want. The Divine wants me to have any destiny I choose.

New Beliefs the Peacemaker Power Drive (9) can take on to counter the old beliefs: I am significant to the Divine. When I own my importance, I can find peace and harmony. Any way that I build community with others is meaningful as long as I do it to the best of my ability. I as well as everyone else is 100% worthy to the Divine.

Step 6 Choose to stop believing the old belief and choose to start believing the new belief. Tell your ego comparative mind that you know these beliefs are lies and you are no longer going to believe them anymore. Tell your Highest Self that you are going to believe your new beliefs now. Look in a mirror if this helps.

Power Passion Drives:

9 Power Passion drives

CHANGE/REFORM (TO DO WHAT IS RIGHT) – 1 - These people mainly feel compelled to change or perfect things in order to do what they think is right in their mind. They see most experiences as needing to be changed, reformed, perfected or be corrected. They have high ideals and a good sense of morals. They can get caught up in wanting everything to be perfect. They also can get stuck believing they are right and needing others to agree that they are right. At their best, they change their world and fix things to be improved. At their worst, they get frustrated with those who won't do what they think is needed to make things right. When this happens, they can get caught in staying in anger and resentment. They can then descend into envious thoughts of those who are able to change things, resulting in them not feeling that they are good enough.

HELPER (LOOK FOR LOVE) – 2 - These people genuinely want to help others. They prefer to help others even when they have other responsibilities of their own they should be attending to. They are motivated out of being helpful and being appreciated for it. They also often flatter people with genuine flattery. They are selfless, empathetic, self-sacrificing and are close friends. At their best they are loving and helpful to others, making sure people are felt known by them, including acquaintances. They make good partners in business and wonderful spouses. At their worst they tend to smother those they love and get caught in being prideful that they are the only ones who can help. Or that those they are helping cannot do for themselves. They then descend into controlling behaviors, trying to control the love by being needed. They can cut off all emotions except love, and come across as too full of light, wanting to be loved for being helpful.

ACHIEVER (TO BE AUTHENTIC) – 3 - These people are motivated to achieve at all costs. They use their achievements to feed their esteem. They know what to do and who to interact with to achieve what they want. They know how to get things done and act upon what it takes to get things done. You can always count on them to complete things successfully. At their best, they accomplish the impossible. At their worst, they are chameleons being who they think others want them to be and can be misleading in order to achieve their goals. They often disguise themselves in the mannerisms of others. They seek love and approval from others and enjoy attention. They can descend into forgetting who they really are, not feeling they matter, and become lazy about understanding themselves.

UNIQUE SPECIAL ONE (TO CREATE) – 4 - These people have a passion to create and inspire others. They often feel they are an exception and feel special because of their creativity. They are dreamers and know how to make their creations and dreams

become reality. They often romance about life and are emotionally honest. At their best, they are very spiritual minded and use their creativity for the good of all. At their worst, they can fill their life with melodrama to prove that they are special. They can feel flawed and will get envious of others, feeling there is not enough to go around. It can become all about them, often descending into seeking love from everywhere outside of themselves.

RESEARCHER (TO THINK CLEARLY – 5- These people enjoy digging in and researching everything to know all there is to know before taking action. They are highly analytical and good at honing in on the truth about things. They become experts in their fields. You can count on their expertise and the good research they do. They are cautious about getting close to people and require an earned trust before becoming close. At their best, you can trust their research and expertise and they are loyal once you earn their trust. At their worst, they can go overboard with researching to the point of being greedy to know the truth. They can distance themselves from others when they feel their status of expertise is being threatened by people they do not consider an expert. They can descend into excessive thinking, cutting off closeness with people to avoid any emotional pain.

LOYAL FRIEND (TO BE SAFE AND SECURE) – 6- These people are compelled to find safety and security in any situation. They are courageous and usually do not automatically trust authority. Many can be misjudged as a pessimist, yet some are. Their loyalty is expressed by protecting others and by pointing out negative possibilities. They are truth seekers and will not stop seeking, even if it means knowing catastrophe. Some will take risks, testing out truths to get to the bottom of things. They are comfortable with others disagreeing with them. At their best, they are able to point out the worst that could happen in order to stop bad things from happening. When at their best, they are sensitive enough to try not to scare people. At their worst, they get consumed with fear, often scaring those they are trying to help. Then they feel betrayed and doubt themselves. They don't feel that they are supported in life and often mistrust others. They can descend into needing others to agree with their worst fears. Then they can become obsessed with being competitive and deceptive to achieve safety.

ADVENTURE (TO HAVE FUN) – 7- These people love to find adventure and fun with everything in life. Many can become obsessed with their work if it is fun to them, becoming workaholics. They are friendly and make friends easily. They love to party and try new things for the fun of it. They usually have lots of friends and tend to not get too close to others. They can also feel like they are going to live forever and do not consider providing future security for themselves or their loved ones. At their best, they are hard workers if they are doing what they love. They are joyful, friendly and a lot of fun to be around. At their worst, they can do fun in excess, and are vulnerable to addictions. They can get caught in feeling so righteous that they then become

superficial, impulsive, cling to their possessions and be stubborn about changing, even if their behaviors are destructive to them. They can then descend into rage and resentment of anything.

LEADER (TO BE RELIANT) – 8-These people love being in charge. They enjoy feeling powerful and in control of things. They have a natural affinity for leading the way to success. They have big hearts and love magnanimously. You can rely on them for they know what to do and when to do it. They are self-confident and strong. They love winning and will skillfully change the rules of the game to win. They naturally know that they create their reality. At their best, you can count on them to lead you on the right path to success. At their worst, when threatened, they are vulnerable to feeling weak, powerless and become controlling at all costs. They can descend into distancing themselves from others by over thinking events and become obsessive about regaining power and control.

PEACEMAKER (TO HEAL OR COMFORT) – 9- These people enjoy helping everyone to get along with each other. They are easy going and at times self-effacing. They contribute without needing to be in charge, as they are more motivated by everybody feeling a part of community. They are natural healers and bring comfort to those who are worried or anxious. At their best they are good negotiators and can close contracts that all parties can live with. They build community and a sense of common purpose to groups. At their worst, they fear that who they are and what they do will not matter. They then avoid any conflicts and will give up or give in just to get along. They can descend into fearing that they have no importance or significance to their world. Then they become unmotivated, passive and uninvolved then descend into feeling anxiety and worried about everything.

9 Passion Power Blind Spots or Life Challenges

Below are listed the different blind spots that each of the power drives have. These are life challenges that you experience and are ways that you give away your power. It also describes how to take your power back.

CHANGE/REFORM (TO DO WHAT IS RIGHT AND PERFECT) – 1- The blind spot and life challenge of this power drive is someone who wants to be right and criticizes everyone including yourself to perfect your world. Learning to let go of needing to be right about what is perfect or not is key to reclaiming your power. Learn to let go of criticizing judgments by knowing you and others act in each moment based on the level of consciousness in that moment. Let in forgiveness of you and others. These moments are opportunities to expand your consciousness not critique you or others. Understand and know you are made in the Divine Creation's image and a perfect form of love and light, regardless of any actions you took. Understand and know that making mistakes is what reality is about; not proving you can be perfected. The true you is already Divine Perfection

HELPER (LOOK FOR LOVE) – 2 - The blind spot and life challenge of this power drive is helping others in order to receive outside validation that you are needed and a loveable person. This blind spot can also show up as protecting others from someone you perceive being attacked by them. Learning to trust that you are loved unconditionally by the Divine Creation and loving yourself first before loving others is how you can start reclaiming your power. Learn to be of service while not being a servant to others. Give to yourself first, and then when you give to others, it will be out of genuine love and self respect. What is important is to remember that believing others needing you is coming from the ego comparative mind. Acknowledge that everyone has enough power to take action and your help is not required for them to be happy and safe. Recognize that they have the right to choose their own happiness and safety. Let go of the desire to be needed by others and open to being wanted.

ACHIEVER (TO BE AUTHENTIC) – 3 - The blind spot and life challenge of this power drive is pretending to be what you think others want you to be to gain approval from them and feel important in your world. The real challenge is that you actually think you are what you are pretending to be. Learning to be present in the moment, letting go of the arrogance/insignificance of the ego comparative mind and being your authentic self is the key to gaining your power back. Recognize that you are a being of light who reflects that light. Your achievements are only ways you use to reflect your light. Identifying with your achievements and thinking you need your achievements to support your importance is a trick of the ego comparative mind. You are not your achievements and accepting your importance to Divine Creation can help you break free. You are not what you achieve in life. You are much more with your unique qualities of love,

compassion, joyfulness, courage, values and peacefulness. These qualities infused in your achievements reflect your unique expression of beauty.

CREATE (TO DO SPECIAL THINGS) – 4 - The blind spot and life challenge of this power drive is a desire to be special and believing you are flawed if no one sees your specialness. Life can be filled with melodrama as a means to fix those perceived flaws and get others to notice you. Wanting to stand out as being above others is the trick of the ego comparative mind. Accepting your uniqueness that you are made in the image of Divine Creation and not flawed is how to reclaim the power as your authentic self. Learning to let go of negative judgments of yourself and others by understanding that everyone acts at their level of consciousness is key to taking your power back. Accept that you are unique and loved by Divine Creation, so you don't need to seek love and attention from your world by feeling better than or less than others. Then you can create some very special things in your world because they are inspired by Divine Creation.

RESEARCHER (TO THINK CLEARLY) – 5 - The blind spot and life challenge of this power drive is investigating your world in excess before taking action. You tend to connect with ideas rather than people. Connect to Divine Creation first then trust that you will know what you need when you need it is the linchpin that unlocks your power. Connect to your emotions by letting go of resisting uncomfortable ones as well as the opposite comfortable one. Understand that connecting with others is more important than having the right information to take action. Staying in an idea thinking mode is a trick of the ego comparative mind saying you need more information before taking action and keeps you from connecting with others. Your relationships with others are achieved by connecting with an accord of the heart and will allow you to help them feel known on a soul level. That connects you with Divine Creation and allows inspiration to guide your actions.

LOYAL FRIEND (TO BE SAFE AND SECURE) – 6 - The blind spot and life challenge of this power drive is not trusting in others actions and erroneously concluding that you are not supported because others actions often disappoint you. The key to taking back your power is in trusting that everything happens with Divine perfection for expansion of consciousness. Let go of expecting others to support you and start receiving support from Divine Creation. You do this by first allowing yourself to face your fears by allowing the fears to be felt fully and then allowing the fearless to be felt fully as well. Let go of resisting and surrender to both of the feelings. You can secondly become the observer of your feelings (notice where in your body they reside) which connects you directly with your Highest Self (observing and not judging them takes you out of your ego comparative mind). Thirdly allow all your emotions to pass through you. Fourthly bring into your awareness the best of possibilities and let go of resisting the allowance of the worst of possibilities. Fifthly become the observer of both of those feelings and

let those to pass through you. Then know that you can always connect to your Highest Self and are always supported by Divine Creation and they will inspire you to take right action.

ADVENTURE (TO HAVE FUN AND BECOME FREE OF PAIN) – 7 - The blind spot and life challenge of this power drive is about believing that you can avoid pain by distracting yourself with fun and adventurous activities. In order to take your power back, you must be willing to feel pain whenever it arises and become the observer of your pain. Unresolved pain turns into rage and resentment. You do this by first allowing yourself to face your pain by allowing the pain to be felt fully and then allowing the freedom of pain to be felt fully as well. Let go of resisting both of the feelings. You can secondly become the observer of your feelings (notice where in your body they reside) which connects you directly with your Highest Self (observing and not judging them takes you out of your ego comparative mind). Thirdly allow all your emotions to pass through you. Fourthly bring into your awareness the best of having a joyful life and let go of resisting the allowance of the worst of life filled with regrets and depression. Fifthly become the observer of both of those feelings and let those to pass through you. Then be willing to allow in healing. This path leads to being close and tender with yourself and then others for your natural joy brings much healing light to your world.

LEADER (TO BE IN CHARGE AND RELIANT) – 8 - The blind spot and life challenge of this power drive fears being controlled by others and overpowering them to regain control of your life. The way to take back your power is to first understand that you are always given the power and means to win in life when your winning is the highest and best for all. Secondly start opening your magnanimous heart to the highest and best for all then lead as someone who can be relied upon. Thirdly let go of the naysayers, for the nay saying is only a reflection of their own feelings of powerlessness. Fourthly open to let go of resisting the feelings of fear of being controlled and being in control. Allow both of those feelings to exist within you. Fifth, then observe your feelings by noticing where they reside in your body, until they pass through you. Now bring in feeling powerful as well as powerless. Become the observer of those feelings until those feelings pass through you. Now become the magnanimous heartfelt person you came to express by connecting with an accord of your heart and others.

PEACEMAKER (TO HEAL, COMFORT AND BUILD COMMUNITY) – 9 - The blind spot and life challenge of this power drive is about believing you don't matter in your world and becoming anxious and worried that whatever actions you take have no power or meaning so why bother. The way to take your power back is to remind yourself and know that you are an important part of Divine Creation because you are made in their image. If you were not important you would not exist. First tap into the courage of feeling unimportant. Feel it fully. Next stop resisting your ego comparative mind that demands you be humble. Feel your sense of importance. Allow in both emotions of

unimportance and your importance to Divine Creation as you observe where both emotions are in your body until they pass through you. Now open to feeling the peace of knowing how powerful you are. Next stop resisting the feelings of powerlessness. Observe where both of these feelings reside in you until they pass through you. Then you claim your power of being at peace and reflect peace to your world.