



Some define power as having the authority to control others, but by the time you finish reading, I hope this is no longer your definition.

Before we look at the most common emotions behind this word, my favorite definition from dictionary.com is, "Ability to do or act; capability of doing or accomplishing something." Imagine in five years if people spent more time learning to empower others and exercise power over self instead of attempting to control everyone else.

The ability to influence one's actions to become a more compassionate, supportive human being is the ultimate act of love for humanity.

The next time you're feeling powerless, look at what you do have control of in your life; who you spend time with, food consumption, wardrobe choices, where you live, and where you work. Before you start thinking you are stuck and have no choice - YOU DO! Don't confuse a dislike of consequences with not having a choice. Making significant changes is never easy, I spent 18 years in an unhealthy marriage because the unknown was too intimidating. There is comfort in predictability.

Not feeling like you have the ability to influence people? Take a look at who you are surrounded by; they directly impact how capable you feel every day. Please don't let them get the better of you! Find people who will nurture your ability to contribute in a way that feeds you. You can make a difference in the next five minutes in someone's life. Open your heart and smile at someone or give them a hug, you'd experience the joy and power of your influence. Sometimes a soft gaze is all it takes to help another feel valued.

Consider the ability to change your mind as a skill worth developing. If that seems a little far-fetched, look at the way your relationships shift when you or another chooses to forgive. How about if you have a food allergy and decide to cave into a craving? Then you recall the reaction you had the last time you ate wheat, shellfish, etc. and decided not to endure that agony again for a few fleeting moments of pleasure. Everyone is but one choice away from something beautiful or potentially terrible.



Having the power over one's thoughts can be as simple as what you do when you stub your toe. You have the choice to let it ruin your day, to see it as a distraction from whatever you were harping on at the moment or as an intervention. What if you got delayed just long enough in attending to your toe that you avoided a car accident or a traffic jam? It's all a matter of perspective.

Let's uplevel the conversation around exercising your power. Unfortunately, there's no shortage of women who are intimidated by the potential power they possess and won't fully explore it. Women want to be liked and accepted. There is a perception that with power the opposite will occur, because of people who misuse it. Much in the same way confidence can be confused with ego, those who are threatened by the success of another will always have a harsh word. The most impactful way to use your influence is to be in service to another out of love for helping people, not a love for money or status. Both may come as a result but when feeding the ego is the root of your mission, the success will be short-lived and true happiness will be sacrificed.

Here's to your influence and the impact you have yet to make!

***Hungry for deeper connection to your power?***

***Join me Wednesday, June 14 at 7 pm EST***

***for an eye opening training,***

***"What Your Body Is Trying To Tell You,  
The Truth About Authentic Connection!"***

***Zoom meeting #5505769861 or call 646-558-8656  
meeting ID 5505 769 861 (Toll Call).***

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