

## **Your “Personal Power” What’s it Mean?**

It has been said that our lives are run 95% of the time by our unconscious programming. Clients come to my “Soul Attunement” energy balancing sessions, seeking resolution for a diversity of issues. These include sabotage behaviours, negative emotional and spiritual patterns, negative attitudes and mind programs, such as anxiety and worry or physical body symptoms and disease. In the session, I use a muscle testing modality (kinesiology) that reveals the underlying unconscious programs creating the diverse issues clients bring for healing. The result has been consistently two programs. For most people, they are **“your personal power” or “use of your personal power”**.

### **Addressing programs sabotaging your “Personal Power” can be life changing!**

It’s not surprising that most of us hold this program, for it’s really what, as humans, we’re here to learn. In this context, your personal power is the ability to consciously create your life, living in alignment with highest expression of your true self and your evolutionary path. Yes it’s A BIG ONE! It’s an ongoing journey.

### **It’s an inner journey, guided by your heart and soul.**

The answers are not found looking outside yourself. It’s about listening to the deeper knowing of your heart and what the essence of your soul is pulsing you to bring forth. This is where you’ll find more joy, unconditional love, abundance, creativity, inspiration, peace and fulfilment in life!

### **“Personal power” is about you discovering how to master energy.**

Your personal power is not about the control, manipulation or “power over” that we’ve experienced. This is the mis-use of power, which we’ve all experienced, both as doer and receiver. True personal power is about taking charge of all your life experiences –your reactions to people or circumstances and the choices you make–by harnessing and directing your energies. This ability to master your energies requires your sustained will and intention.

### **Will Power and the Power of Intention**

We all have the gift of free will. Your will is the power to direct your choices. The question you need to ask yourself is “Am I willing to consciously direct my energies with the intention to align to my true essence and highest expression in life?” **If the answer is yes, developing your Personal Power is the key. Read on ...to discover how.**

### **A deeper look at “personal power” and “use of your personal power”**

It’s inevitable that we all have to deal with issues in life. And it’s normal that issues create energy imbalances due to inner parts in conflict. This feels uncomfortable and challenging. The good news is that it is totally normal, for the essence of your soul, your unique and true self, is always seeking to grow and evolve through your physical being. Seen from the

higher perspective, our issues arise as opportunities for us all to learn to master energies, in order to re-align us to our true self and life path.

**The blame-game has to go! Are you ready to see the higher perspective?**

Will you choose to accept the idea that issues arise as an inevitable process of your growth and evolution?

Will you choose to take full responsibility for clearing old energetic patterns that are creating the issues i.e. energy imbalances?

**See the issues as opportunities and gifts to set you free!**

At some level of your Being, you've created these issues as opportunities to release old limiting programs that are holding you back. This is all part of the growth process your soul chose for you. As you accept this, the first and fundamental step towards developing your personal power is to see and deal with your life issues from a higher soul perspective. This means taking full personal responsibility as the creator of everything in your life -whether created by you consciously or unconsciously, probably lifetimes ago.

**“Why would I choose this?”**

This is perhaps the hardest concept to really accept! - When you're really feeling discomfort, you may ask “Why would I choose this?” The answer lies in recognising that there is an ongoing conflict between the ego and soul levels of our Being. The ego strives to keep us “safe” in our old comfort zones, even for example, when there's lots of fear. Remember the saying “our greatest fear is fear of fear itself! This reflects the ego's desire to play it safe believing this protects us. The ego is the expression of old memories locked into our Being – those presenting now as life issues for release.

**“Personal Power” is a learning process**

Once you have committed to align to your true self and highest expression, you will be called to make choices in every moment, between the ego (small self) and higher soul perspective. We haven't really been educated to know how to do this. There will be new learnings about the nature of energy and how to master energies, as you reclaim your personal power.

The journey teaches you to accept all of you, acknowledging and embracing both the “shadow” and light aspects of your nature, with no judgment. Life is not a black or white experience. These aspects are like clouds covering the sun beneath. You are not the angry, guilty, fearful and sad aspects that you've falsely identified as you. Honouring every experience expands your capacity for compassion and forgiveness as you come to understand the true meaning of unconditional love – for yourself and others. For love alone heals!

**The good news is that there are many resources available to assist you.**

### **The practise of “Presence” – choose present moment awareness**

Your point of Personal Power is in every moment. It’s about the choices you are making moment by moment. Those of you having experienced my Soul Counselling, Soul Guidance, Soul Attunements or meditation sessions and Life “Soul” Coaching programs, know that the practise of coming into a state of “Presence” – present moment awareness is a founding principle of my work. “Presence” is an expanded open hearted state of stillness, where love and inner peace are felt in your heart and mind. The “Ego” mind that is fuelled by old conflicting energies, especially fear-based programs, becomes calm and quiet; any emotions, pain and tensions, can be witnessed, without you needing to be pulled into them or judge them. Then the healing can begin.

**LISTEN TO or DOWNLOAD YOUR FREE 10 minute MP3 “Practise of Presence” Click <http://www.soulpower.net.au/free-mp3-practise-of-presence>**

Last month I mentioned in an article “What is Stress? 7 Keys to Effectively Managing Stress” that what we call “stress” in its many manifestations, results when we do not manage the little things in life as they occur. Click to read <http://www.soulpower.net.au/articles.php>

Over time our repeated reactions become automatic as habits. What’s great is that we can replace habits that don’t serve us anymore. We can choose to install new habits by repeating new actions over time, whenever symptoms arise. This means applying our discipline, will and intention to create lasting change, to see beyond the short-term.

I encourage you to make the simple, short yet effective “Practise of Presence” your resolve for 2014. The practise may take only 5-10 minutes and is most effective when used as often and when it’s needed.

### **Soul Attunement sessions fast –track your progress**

Sometimes you will need this type of assistance to delve really deep to get to the core of the issue. These sessions create changes at the cellular DNA level, often held from other times. They fast-track your progress.

When you choose a session your own innate healing activates. I access and release the programs i.e. unresolved energies related to the issues, re-aligning all of the subtle energy bodies, which you are not aware of, that make up your Being. This rebalances the energies related to the issues through all levels of your energy field, re-aligning you to your true self.

**I created Soul Power Unlimited services to serve you** in supporting your inner journey of mastery and its highest practical expression out in the world. I will be sharing information and more resources to assist you to develop your personal power in 2014.

To read more on other services: click <http://www.soulpower.net.au/services.php>