

## **THE PRINCIPLE OF POWER**

by Rita George

**The Power to create is within.**

**Outside forces do not control us.**

**We create our own results and experiences.**

Power is an aphrodisiac in our culture. It is a drug that seeps into the far reaches of our subconscious and controls our lives. Everyday, we are bombarded with images of *power* that become imprinted in our subconscious mind. We open memory files that validate our power comes from the outer world. We are taught to believe that we can have more powerful careers, successful relationships, or social approval if we upgrade our possessions, improve our looks, and acquire more money or a prestigious position. Advertisements continually reinforce this belief, enticing us to buy into our culture's view of power.

Eventually, most of us do buy this image. Since outer power becomes the key to success and happiness, naturally, we set out to attain it. Our sense of value becomes tied to our acquisitions, appearance, achievements, and status symbols. As we accept this view, we lose a sense of inner self-worth. We give our power to external standards, believing there is something wrong with us. We lose sight of honoring and respecting the inner self and do not value the development of inner power. Acquiring outer power, to the exclusion of inner power, does not result in happiness. On the contrary, it leads to extreme frustration, stress, and discontent. True power emanates from being awake, alive, alert, aware and living in the moment, and from developing and using our inner power to create results that have a profound, positive impact on ourselves, others, and the world around us.

Power is the energy of life that pulses in all of creation. We experience this energy as a life force, a presence, or inner spirit. Our thoughts, feelings, perceptions and behaviors are all expressions of this energy. We can convey it in a negative or a positive way, thus decreasing or increasing our energy. Since it takes energy to create results, it is beneficial to focus on increasing our energy.

We give away our power, when we are afraid. We do not use our power to achieve goals, solve problems, or resolve conflicts. We can deny our inner power by believing that we are helpless victims, under the control of a force outside of ourselves. People and other external influences did play a significant role in shaping our perceptions, beliefs and values when we were children. However, as adults, it is up to us to determine how we use our inner power by choosing what we think, feel, or believe and how to behave.

We live with reduced vitality and give away our power when we allow other people or outdated values to control our lives. We disconnect from our inner source of energy—our creative life force. We avoid risk-taking and developing our talents to our fullest potential. Likewise, if we

use our power to control others, we dissipate their energy as well as our own. We do not give others the opportunity to exercise free will, use energy freely and creatively, develop their potential, accomplish their goals, or live with dignity. We may feel powerful and experience a temporary boost of energy, but this outer-based energy cannot sustain itself. We will find ourselves chasing the illusive *more* and oppressing more people in order to feel good.

As we release our fears and connect with our inner power on a deeper level, we express our energy effortlessly. We tap into a profound reservoir of talent and creativity. We experience the excitement of using this power to achieve our goals, solve challenges, and empower others.

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