

Standing in Your Own Power

We hear the word 'power' used often, but what exactly does it mean? Social psychologists, political scientists, and philosophers all have ideas and countless theories about power, as it relates to the external world, and in reality this power is not so difficult to comprehend. However, when we consider the power we feel within ourselves, it becomes clear that this feeling of power is much harder to understand and embrace.

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Since time immemorial, the quest to understand self, live our authentic truth, and stand with perfect recognition of all that we are, has been sought by many. Nevertheless, like a layer of dust on a perfect diamond, the challenges and disappointments we face every day can easily lead to self-depreciating core beliefs that cloud our sense of personal power. As we pursue knowledge of self, it is easy to be persuaded into believing that our power lies external to ourselves and can be measured by status objects, what we do for a living, and what other people think of us. This limited view might fool us for a while, but in truth it is as temporary and fragile as a house made of sand.

So how does one overcome the self-doubt, self-limiting beliefs and self-sabotaging behaviours that prevent us from standing fully in our personal power? In a

world spoilt for choice with therapies for every condition and ailment conceivable, it can be overwhelming and confusing to find ways that will assist us along our path to inner well-being. Beyond the scope of traditional therapies, there are numerous practices that can remove the deeply rooted obstacles that stand between you and total acceptance of yourself.

EMOTIONAL FREEDOM TECHNIQUES

Unlike ancient therapies, like acupuncture and yoga, that work on the energy channels of the body (ie. meridians, *nadis*), Emotional Freedom Techniques (EFT) is a transformational technique that neutralises self-limiting beliefs, thoughts and emotions by tapping on energy/acupressure

points while repeating personally relevant affirmations. EFT therapist, Michelle Hardwick has witnessed life-changing shifts in people when the energetic disruptions that hold negative emotions and experiences are released. In essence, EFT cuts the connection between the negative energies, emotions and beliefs that create conflict between our ego and our authentic self, thus allowing us to speak up and respond to triggering events and emotions as an adult and not a wounded child. Hardwick says EFT offers a lasting model for change by "separating the gold from the garbage", as disturbing emotions and experiences from both childhood and the recent past are released. Although memories of past events may remain, the emotional response to these previously triggering 'old programmes' are severed, allowing you to live from a place of genuine inner strength and power.

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René Descartes profoundly stated, “I think, therefore I am”, and unfortunately we believed him. We hold steadfast to the notion that what we think - is who we are, and therefore it’s no surprise that we erroneously believe that those self-defeating thoughts are who we are! Furthermore, attempts to access the body, mind and heart through conscious reasoning can remain clouded until we bypass the thinking mind and access a deeper level of awareness.

KINESIOLOGY

It is not so easy to relinquish our attachment to our rational mind, however techniques like Kinesiology help to address the self-sabotaging belief systems that limit our personal power by bringing awareness to our body and beliefs through biofeedback. By measuring the body’s muscular response to a thought, feeling or belief (eg. “I’m a confident public speaker”), the change in muscle tone provides feedback of the subconscious reaction to the statement. Based on this knowledge, one can easily find the root cause of a physical or an emotional issue. Kinesiologist, Brett Scott, believes the success of Kinesiology lies in its two-fold approach: building awareness through biofeedback of the subconscious patterns that negate our power and clearing

them, “using various techniques such as acupressure and reflex points, and positive statements that serve to reprogramme negative thought patterns.”

MEDITATION

Meditation expert and founder of Break The Norms (BTN), Chandresh Bhardwaj, deeply believes that personal power is our “divine essence” and something that lies abundantly in us. The challenge, according to Bhardwaj is “knowing how to unlock the ocean of wisdom within, otherwise known as intuition, which will guide us step by step through our life.”

Many see meditation as a simple relaxation technique that soothes away tensions and peacefully transports us to a sunny tropical beach. While meditation undoubtedly has powerful physiological and psychological benefits, it isn’t simply a vacation from the mind. In fact, analytical meditation has been used for thousands of years to connect us with the wisdom that recognises our unlimited potential and true self. BTN Samadhi meditation is one of these schools of meditation that takes you “out of your comfort zone and ignites your inner light”. Bhardwaj believes that by giving you the tools to be your own guru you will be independent to release the emotions and

fears that pollute your pure natural state of being. BTN Samadhi meditation helps you to uncover your personal power and true inner happiness by embracing the present moment through mindfulness and using conscious breathing to crystallise your prana or vital life force. Recognising that most people aspire to a life that is harmonious and balanced, Bhardwaj recommends a three-fold approach, using the time-honoured and tested practices of Ayurveda, yoga and meditation.

Chandresh Bhardwaj offers this meditation exercise to have an experience of higher awareness and personal power:

Take a deep breath. Relax yourself. Let go of all the demands and expectations. Close your eyes. Inhale your breathe through your nose. Hold it for a few moments effortlessly. Release your breath within yourself. Witness your breath without any efforts. If any thoughts arise, just watch them without any identification. Bring your awareness to your heart. Feel the presence of your heart within your body. Continue to watch your breath for the next 5 to 10 minutes. Now release love and forgiveness from your heart to everyone you know. Experience yourself in the flow of unconditional love. Take a moment to be grateful for all the blessings in your life.

You may use any of the following affirmations to stay connected while being watchful of your breath:
 “I am pure consciousness.”
 “I am pure awareness.”
 “The existence lives in me.”
 “Everyday in every way, I heal myself.”

Practice this daily for 15 to 20 minutes.

Breath is life, however you may be surprised to learn that most of us do not breathe effectively. Ineffectual breathing inhibits the elimination of toxins in the body, our ability to connect deeply with our spirit and body, and the deep activation of our vital life force (prana, chi, etc). This has

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Meditation helps you to uncover your personal power and true inner happiness by embracing the present moment through mindfulness and using conscious breathing

long been known and practiced by yogis (*pranayama*), however over the past 50 years newer techniques that incorporate conscious breathwork have emerged as a way to release trauma, increase inner well-being and significantly improve overall health.

REBIRTHING (HOLOTROPIC BREATHWORK)

Rebirthing emerged in the late 70s as one of these practices, and according to UK-based practitioner Julie Cook, it is the art of conscious connected breathing, also known as the ‘divine breath’. The circular breathing technique (holotropic breathing) used during Rebirthing is said to increase the level of physical and spiritual energy, clear the cellular memories that manifest as tensions in the body and allow us to live a joyous and more authentic life, free of past trauma.

Rebirthers believe that experiences during birth cause psychic trauma that significantly and unconsciously shape a person’s perception of life. For instance, even in a ‘typical’ birth, the baby’s first breath is a gasp and usually associated with fear; and a breech baby is said to hold a cellular trauma and belief that they ‘hurt people’. The Rebirthing process uses the conscious connected breath (not conscious mind) to access and release the trauma and stress that is held deep in our cellular memory, so that

our true potential can be fully expressed. Clearing may come about in a single 75-minute session or over several sessions.

YUEN METHOD

With roots in ancient Chinese Shaolin temple healing, the Yuen Method is an energetic technique that blends knowledge from anatomy, physiology, structural analysis, energetic technique, quantum physics and Qi and Shen Gong training. Fundamental to the Yuen Method is the widely held Eastern belief that everything is energy, and imbalance is a manifest from of disruptions to the flow of energy in the body. “We have many levels of consciousness, however what we say and consciously think is not always what we subconsciously support,” says Yuen Method practitioner Jessica Taylor. During a healing session a correction is done at the level of the central nervous system (akin to a computer hard drive) to energetically strengthen and clear the incongruity between what we think we want and what all levels of consciousness support. Using quantum physics, the ‘programmes’ in a client’s hard drive are cleared and strengthened, so they are prepared to find creative solutions and remove the emotions surrounding a situation. This is essential to manifest to your highest potential.

Taylor offers the following technique to test how your body reacts to simple weak

or strong:

Turn your feet out (like a ballerina) and close your eyes. You will wobble.

Now turn your toes inwards and close your eyes. You will feel the body shift to a strong position and you will not wobble. If you have a slight wobble still press your tongue to the roof of your mouth to further strengthen.

When you start the journey to living your truth and standing in your power, it can oftentimes be a bit frightening. The road seems long with hills and blind corners, however be encouraged that you will find yourself arriving at a vibrantly alive vista that offers a clearer vision of who you are, your unlimited creativity and strength, and the resources that will continue to guide you on your path. 🌿

For more information about how to get in touch with your own power, visit the following websites:

- Kinesiology
- www.kinesiologyasia.com
- Samadhi Meditation
- www.breakthenorms.com
- Emotional Freedom Techniques
- www.michellehardwick.com
- Rebirthing
- www.ravenstar.com
- Yuen Method
- www.intuitiveedge.ca

