

## Power

As we go through life, we discover many different kinds of power. There are the powers of nature, people, and mechanical things.

We are thankful when we are spared damages from the power of storms or other natural disasters. We are thankful when other people give us a little power by using our idea or trusting us with an important task. We are down right grateful when we are spared being overpowered by other people or being bullied. We are thankful that we have the power of a button to turn on heat or air conditioning or turning a key to start our car engine to take us from here to there and back.

What we sometimes forget or perhaps not even recognize at all is the power we all have within our being. We do not realize that we have the power of prayer always available to us to help us get through any crisis or even what may seem like a small dilemma.

We may not always know that we have more power than we realize to help ourselves as well as help others. We all learn things as we journey through life and we all learn the same lessons but at different times. We may not think that there is someone in need of help that we can offer. This is also true of us receiving help in the same way.

We forget that we are living our life. We fail to understand that as a person, we have the right to set boundaries with people, jobs, demands that are put on us. We neglect ourselves when we let others demand too much of us. We let ourselves down by thinking we have to do everything everyone asks of us. This leads to us becoming “unbalanced”. We find we are only giving, but never taking or receiving anything we need.

It is vital that we discover our own power and use it for good. We can better our situations, feelings, and outlook for the future by using our power for ourselves. We are able to set boundaries, say “NO”, and ask for Divine Guidance when we need it. By using our power in these ways, we empower us to live our life on our terms. This brings us happiness.

When we are happy, we have what we want and lose the feelings that we are only being taken for someone's advantage. Feeling better makes us stronger. Feeling better and stronger brings about us doing more for others. Giving to others who are in real need. By giving to someone in need, we empower them to move forward and eventually give back by paying it forward.

It is not failure to be in need. It is failure that will make us stop, look, listen, and learn what we do need so we can get balanced and happy. When we start using our power for ourselves, we are able to overcome any obstacle that is put in front of us.

Being our strong, powerful self helps us believe all things are possible. This is the greatest power of all. Believing you can do anything is how we change the world.