

POWER, PASSION & PURPOSE

Seven Steps to Energizing Your Life

~ Ann Nichols Roulac

SELECTED EXCERPTS

ON POWER

Power is the ability to get things done — to take action and realize your goals and dreams. Personal power is the ability to create what you want in life. When you reach a greater understanding of who you are, it gives you power. The more self-knowledge you have, the easier it becomes to create what you want rather than settling for less. If you don't have the self-knowledge, you don't have the power. If you don't have the power, you can't create what you want in life.

ON MAKING DECISIONS IN AN INSTANT

In our fast-paced world, we need to learn how to make decisions in an instant. The effectiveness and accuracy of your decisions is not related to how much time you spend thinking about your options. The process of gathering opinions and as much information as possible, then analyzing and deliberating over your choices and options, will not necessarily support you in making better life decisions. In high-stake situations, there is no time to review your options. You need to learn how to listen to your own inner wisdom and develop more fully your instinct and whole-body intelligence.

ON THE IMPORTANCE OF HAVING A LIFE PURPOSE

Those with a clear life purpose are not as vulnerable to workplace stress and the pressures of day-to-day living. This purpose enables them to see the big picture, to step back and observe how their work environment is contributing — or not — to their personal growth.

ON FINDING YOUR LIFE WORK

"Life work" is different from a job or a profession. It is work, tasks, or even activities in which one finds mental, emotional, and spiritual fulfillment. When you can bring all of yourself to your work, when you understand how this opportunity is contributing to your personal growth, you satisfy inner yearnings for self-expression and fulfillment regardless of compensation or status. Being energized by your work in this way helps you manifest your dreams into reality. Since the majority of our waking hours are spent doing some type of work, our jobs and careers are a primary vehicle for developing personal power.

ON FEELING OUT OF CONTROL

We live in a time when it's easy to feel powerless, without control over our daily lives let alone our future. This feeling of powerlessness can cause us to become disillusioned with careers, hamstrung by stress-related illness, disappointed with transient relationships, and even paralyzed by a general confusion of self-purpose. Traditional methods of coping with stress and the challenges of the modern world — denying your fears, taking the latest drugs, working even harder — simply aren't working. And yet this crisis of overwhelm, this period of breakdown, also presents an opportunity to broaden your perspective and create a new personal vision, one more closely aligned with your dreams and motivating life purpose.

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ON IDENTIFYING YOUR PERSONAL GENIUS

All of us want to contribute to something greater than ourselves, but doing so can seem beyond reach. We may either downplay our abilities or assume that what we can offer is much less than what is required to make a meaningful difference. In truth, the biggest contribution you can make to society is to bring your unique qualities and skills to your life.

ON POWER IN ACTION

When traumatic personal or world events challenge your belief in God or humanity, you shift your perspective at an even deeper level to cope and move forward. This ability to adapt to change, to alter your behavior with a wide variety of people and situations, is “power in action.” Not a “power over” that seeks to manipulate others, but the power to create circumstances that can benefit your own life, a power that comes from inner strength and clarity, a power that reflects your ability to access and redirect your personal energy. Power and energy properly aligned will help you make and follow through on decisions that will improve your life at every level: personally, financially, in your relationships, and ultimately in the world around you.

ON ENERGY PRACTICES

All energy practices, from meditation, toning, and chanting to Chi Gung and yoga, support the development of personal power by helping you focus your attention on the skills of sensing, feeling, and knowing rather than thinking, analyzing, and speculating. These “right brain” abilities are the key to accessing your inner wisdom, consciously working with energy, and transforming uncomfortable realities such as a troubled relationship or a difficult work situation. In fact, “managing your energy” — not just figuratively but literally—has become a foundational element of wise decision-making.

ON TAKING RESPONSIBILITY FOR YOUR HEALTH

As we shift to a wellness culture that empowers individuals to take responsibility for their own health, awareness is increasing that disease is not only preventable but reversible. As the total cost of healthcare and related expenses approaches 15 percent of our Gross National Product and we don't seem to be getting much healthier, some believe that the new wellness trend could actually reduce the percentage of dollars spent on health care over the next ten years instead of the anticipated increase of over 30 percent.

Many of the leading medical research centers are advocating the integration of energy practices in combination with traditional healthcare in treating individuals with life-threatening illnesses. Spiritual healers are even working alongside anesthesiologists in operating rooms to support the care of the “spiritual body” during major operations. “Alternative” therapies that were once considered useless and even dangerous quackery are now being taught in the clinics of major medical centers.

