

Embodiment of Power – Issues, Obstacles and Realization

Power is a natural capacity of the human being. However, most of us are out of alignment with our True Power as we have not faced shadow parts of ourselves we have denied, repressed or split off from. To bring Power into its deepest potential where we are peacefully relaxed with it, we need to look and recognize without judgment the sources and history of our own negativity. Once we become responsibly aware of our negativity and withdraw our projections of it we are capable of having immense power without the danger of abusing it.



True Power is in the service of Truth and Peace and once it is connected to, we are able to be real instruments of transformation in working with people. True Power works to compassionately challenge and remove the false in any situation. This is an essential aspect in working with people.

This part will be powerfully liberating as we gently and compassionately resource ourselves in this essential aspect.

“...nobody can stand truth if it is told to him. Truth can be tolerated only if you discover it yourself because then, the pride of discovery makes the truth palatable.”

~ Fritz Perls

“To confront a person with his shadow is to show him his own light.”

~ Carl Jung