



Allure Article – for Sunday, June 2009

### **Are You Small or Powerful?**

Are you small or powerful? I invite you to answer this key question.

Whether I am talking with Nigerians, Americans, Chinese, French or Mexicans (you name the nationality), I hear the following: I am insignificant. I am too small to make a difference. So why should I bother trying?

Wow. Defeated even before beginning. Notice how a limiting belief like this can keep a person feeling trapped in the daily grind. Then notice how, when the majority of individuals in a community hold this belief, the community stagnates. Zoom out farther. Notice that when the consensus of people in a nation becomes, "There is nothing we can do," the nation languishes.

Do these conditions reflect a correct understanding of life? I don't think so.

Are we small or are we far more powerful than we understand? I've discovered the latter to be true.

Perhaps you believe that you are small only because you have learned to see yourself that way. Remember when you were a young child? Didn't you think you had super-powers, that you could do absolutely anything? Weren't your dreams as big as the sky?

In their innocence, the children among us are actually demonstrating profound wisdom. They may not know how to use their power, but they know they have it as a birthright of life. They have not yet been programmed to accept limitations. They have not yet begun to compare themselves with others—to undergo the conditioning that seems almost unavoidable for humanity during this era on planet Earth.

Unfortunately, as children share their enthusiastic visions of life's possibilities, their parents, friends, and teachers counter with dismissal. They say things like, "That's crazy. You'll never be able to do that. It's not possible. You are just a little kid. Stop spinning fantasies. Be practical. Learn to fit in. You aren't that smart or talented and our family certainly doesn't have the resources."

Every such comment is a dart attacking the child's tender, naturally expanding spirit. When so judged, the wounded spirit retreats within. The disillusioned children bite their lip, mourn the loss of their dream, and resign themselves to the belief in littleness that others proclaim as truth. Can you identify with this experience? Does it conjure for you a long forgotten dream?

Conflict brews. Deep inside our inner longing to reach our highest potential begs for attention yet we suppress it. Our thinking has been infected with the idea that we are inadequate.

I have good news for you. That spirit that loved to dream, which went into hiding in childhood, is still alive and powerful. It is your link with Life itself. It wants to emerge and unfold, filling your life with joy and meaning.

If you could do absolutely anything, what would it be?

As children we understood innately that we are expressions of Life, joined to the Source of Life who is wise, powerful, abundant and loving. Our Creator yearns to express through each of us. Each of us is lovingly accorded free will—continual opportunities to choose moment by moment how we want to view ourselves. Our belief about who we are, separate and little or connected and powerful, determines how our life plays out.

Look at your mindset. Closely examine your thoughts. I encourage you to do this for YOU. I ask YOU to begin to open to your own power, because if you do, then your life WILL improve. I have to admit that my invitation is somewhat selfish: If your life improves, then my World gets better. I long for the day when all human beings are truly happy, fulfilling their potential.

When you recognize your oneness with the powerful Life within, you find yourself getting off your couch, opting out of negativity and gossip, and taking steps toward your dreams. A clearer and clearer vision of what you truly want begins to form. You awaken the boundless creativity within you. New opportunities emerge and you find yourself naturally moving toward them, using the guidance and strength Life offers you.

You don't stop. You can't stop because you are remembering your true self. You know you have the support of the Universe. Naysayers don't matter anymore. You wake up every morning open to Life--infused with passion, power and tenacity. People say, "You are crazy. That can't work. That can't happen."

And you respond, "I understand that you think that way. I respect your right to choose. I see life differently. I want to live life fully. I am here for a purpose and I am fulfilling it. I can make a difference."

Inspiring, isn't it? Feel that energy. Do you sense how exhilarating it is to own your power? Feel this inside yourself.

Your current life situation may feel daunting. You may be accustomed to cowering and thinking, "These problems are too big. I am lucky if I survive today let alone making a difference in my community or my country."

Yes, you may be in difficult circumstances. What I am asking you to do is see the situation from a fresh perspective. The one thing you CAN control is your mind. You can adhere to whatever belief you choose. Be aware of what you do believe. Watch your thoughts. Notice what you are saying to yourself and to others. Then, decide if you want to keep to the old "programs" that you inherited. If not, accept this fact: you can choose instead to cultivate beliefs that empower and enable you to rise above any life circumstance and open to miraculous possibilities.

Remember, the challenges we face now were created one thought, word and action at a time. The way to create the new is to move toward it one thought, word and action at a time.

If you don't believe in you, NOBODY else will. If you don't believe Nigeria can change, NOBODY else will either. Change starts with your mind. Then it naturally enters your words and actions.

Here is the bottom line. Will you open to the idea that you are powerful, that each moment you spend on Earth is an opportunity? Will you become aware of the energy of Life surging through your veins? Will you enter the silence and open to the Wisdom flowing into your heart and mind?

You will never know until you try.

I believe in you. I believe in us.

Here are a few new thoughts, or affirmations, that may help you to free the spirit within you.

Your assignment this week, if you choose to do it, is as follows. Read the following affirmations and find a few that ignite you. Write each down. When you find yourself thinking you are small, and getting depressed about the problems you are facing, STOP YOUR MIND. Relinquish your old beliefs and build new ones by forming new mental habits. Make today a turning point in your life.

#### Affirmations for Empowerment

I am a visionary.

I open to seeing solutions.

I am a powerful creation, full of LIFE ENERGY.

I am stronger than I realize.

I create change through my thoughts, words and actions.

I choose to make a difference.

I choose beliefs that empower me.

I am not bound by society's dictates.

I inspire others to join me in creating the changes we want to see.

I am passionate about improving my life, my community and my nation.

Anything is possible when I open to the Spirit of Life.

Boundless creativity flows through me.

All the supplies, support and strength I need for my journey are provided.

I believe in me.

I believe in the people around me.

I believe in my country's power to change.

#### Food For Thought

**“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.”**

Marianne Williamson

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