

Stand in Your Own Power

Have you ever been at a gathering or spent time with a friend, and later, as you look back over the evening, you realize that others had an impact on your actions, what you said, and even what you expressed visually. Maybe you held back because you wanted to be perceived in a certain way or because you felt uncomfortable being who you really are and did not want to risk judgement. Did you find you were giving away your self-expression? Sometimes it happens and we do not even realize we are yielding to others. We are giving our power away.

Mahatma Gandhi said, “Happiness is when what you think, what you say, and what you do are in harmony.” This quote illustrates a wonderfully homogenous way to live. It means we do not have to be two different people: One person that matches our true inner self and the other person that we present to our friends, business associates, and others close to us in an effort to make them think of us in a different light.

Why would we project the self in a light that is different than who we really are?

- We want to control or influence the outcome.
We may have been raised in an environment that taught us to shade the truth for our own needs or safety. We may also have learned to slant our story in order to have favored results. Often we do not even realize we are presenting our self this way.
- We are not willing to stand alone with ourselves if the other person turns away.
We might be fearful of judgment, which can cause us to feel alone and isolated. We may not have the confidence that we can survive the other persons need to not be involved with who we really are.

Ultimately, it is our choice whether or not to stand in our own power, but how do you do that?

- Be mindful of your behavior and watch for moments when you ‘feel’ untrue. Sometimes, if you anticipate difficult interactions, it might be helpful to write down your own truths ahead of time so you can mentally refer back to them.
- Learn to recognize when others are giving their power away.
It can be difficult to stand in your own power at these times and not react to their giving away their power. Observe, allow, yet continue to be true to yourself.

- Look inside and find your unique life force, your prana, your very essence, and with courage share it with others.
By sharing who you really are, you allow others to present who they really are. How they respond is their choice, but the space is now available to them to respond with their own truth.
- Know that your self-expression is just as valuable as the other person's.
Be courageous rather than defensive in your self-expression.

When we stand in our own power, we become more whole and at one with the Self.