



Module 5

Personal Power



Personal Power

- “The ability to take action” – Tony Robbins
- Having access to your own will and determination
- It is the ability to affect and create change in your life



It is not a popular idea

- Being driven or motivated is a sign of being materialistic
- If you are successful you can do very little and get what you want
- If you master your mind, you will get everything you want in the outside world
- You should just be happy or satisfied with what you have



What really matters?

- Inner fulfillment and expansion?
- Social causes and alleviating suffering in the world?

To affect change in either of these areas requires access to your personal power



Why this is important

- We have this romantic idea that those who are “spiritual” are always chilled out, relaxed and just “allowing” life to happen
- This may or may not be true of their inside world. In the outside world this is most certainly not true...
- Buddhist monks meditate for thousands of hours in intense and extreme environments...



Culture of laziness...

- We live in an unbelievably privileged society, and yet many of us bitch and moan that our lives are somehow so difficult
- We want everything faster and faster, and with less and less effort
- In my definition, being on a spiritual path means showing up to our life which as much of ourselves as possible, and whatever we are doing, giving 100% of ourselves to it. Be that in meditation, work, loving with an open heart or trying to change the world...



Outliers...

- A recent trend of books including Outliers, Talent is Overrated and Bounce all make the same point...

To become an expert at anything takes 10,000 hours of focused practice...



But...

We must balance this, because, these ideas interpreted the wrong way...

- Will feed more Inner Critic attacks
- Confirm our negative beliefs
- Feed achiever, perfectionist patterns...

This is a very complex area, and one of the keys is respecting our limits and only intelligently pushing them...



True will vs false will...

True will is solid, substantial and comes from deep within

False will involves pushing and forcing and is a construct of the personality

...One is energising, the other is draining...



Anger is the gateway...

- The amount of true will someone has access to is directly proportionate to how integrated and available their anger is
- They come from the same energy centre and so when we shut off our anger, we also shut off our true personal power
- Anger is not right or wrong, it is just an energy which can be experienced in many ways



The pitfalls of anger...

- Spiritual teachings: anger is wrong and you should not feel it – people jump too fast to forgiveness which is not real
- Psychotherapeutic teachings: you must always express your emotions and the way to heal anger is to talk about and re-experience all the things you are angry about
- Popular psychology: you should just release your anger and get rid of it

Conscious Transformation... learn to allow the energy, fully experience it, but not act it out with people... the power is in the energy...



Your pattern...

What is your history with personal power and anger?

- Do you allow your anger or do you squash it?
- Are you able to allow the feeling or do you tend to act it out?



Exercise

1. What time comes to mind when you felt in touch with your personal power?
2. Where in your body did you experience?
3. As you take your mind their now, allow it to begin to permeate you...



Homework

- Practice observing this pattern
- Continue with your meditation
- Continue with your inner critic work



Homework questions

- How are you doing at this point of Conscious Transformation?
- How is your meditation practice going?
- How are you do feel you are getting on with applying what you have learned to your day to day life?