

Success Mini-Course

Lesson Two

“Power”

By Terry Drew Karanen

Power is equated with the “bigger is better” attitude in many instances throughout the modern world. We also have plenty of evidence that to be powerful we must be forceful, that it must be “my way or the highway.” This is not true of life and it’s certainly not true of our dreams.

Our dreams are like tiny seeds. Many seeds are small and easily lost, misplaced, or even crushed. There are a fair number of seeds that are nothing like the avocado seed, which takes up nearly half of the fruit. The avocado seed-sized dreams are usually ones that come out of a group consciousness. That group energy can allow the dream to grow more quickly than our own personal dreams. In turn, it is those larger dreams that may show progress more quickly than our small and seemingly less significant personal projects.

The size of the seed we physically plant is irrelevant to how we proceed with what we intend to do for it. We carefully select the seed we want. We prepare the soil and then plant the seed. Additional nutrients are added as well as ample water. We nurture the little plant as it continues to mature. As it grows we gently pull out any weeds that may take root near our precious seedling. Eventually we reap the benefits of our labor as the plant produces flowers or food.

Our dreams, large or small, are just like the seeds. These seeds, regardless of size, contain within them the potential of the plant. An actual plant has within it the natural ability to produce the flower or the food. Within the dream is the potential for the complete development of the dream’s fulfillment. This is a crucial but difficult concept for most of us. Our egos want to figure out the whole game plan. We are programmed by culture to see ourselves in control. We really are in one sense, though it may appear to be just the opposite.

Are you waiting for your dream to come true? Stop it. Now. It’s the other way around! Your dream is waiting for you to come true! Because this is the truth about dreams it may sound like they are some kind of cosmic force, some pre-destined life course we must follow. It may seem like the dream is the one in control instead of you. The key here is to understand who put the dream in motion in the first place: You did.

When you speak your word or feel your feelings with power, universal intelligence finds an opportunity in which to do its work. With an opening, no matter how small, Spirit begins to work for you by working through you. That is why it is so important for us to concentrate our energies on *what* we want, letting the universe take care of the *how*.

This process does not for one moment imply a sense of “wait and see” for us. We do not decide we want a new relationship and then sit in front of the TV waiting for him or her to come knocking at our door. We get busy cleaning up our home to be inviting. We take care of ourselves to make sure our body, our clothes and our life is welcoming to that new person. If we stay busy being about our business, then Spirit can begin its work on fulfilling our desire. My experience is that God always has a bigger idea of what is possible for me.

It's not that there's an old man in the sky deciding what's best for us. What the “God always has a bigger idea” phrase means is that universal wisdom, the accumulated knowledge of all time can conceive of the infinite possibilities available for the fulfillment of our desires. Your personal power is your unique expression of life. No one can tell you what that is, but many people who know you have clues. We'll talk more about that in the exercises for this lesson.

Do not wait for your dream to come true. Take action to begin immediately to create the life you want. If there are activities in your life you can no longer tolerate then cut them out of your life. I would encourage you to heal the situation as best you can before making a change, because if we do not heal our wounds we are bound to repeat the same situation over and over again. On the other hand, spending time doing things we hate slowly kills us. If you really feel stuck in a situation of any kind you had better come to terms with it in some way, or you will pay the consequences.

Your health will suffer because of the stress you are putting on your body. Your emotional disposition will deteriorate so that no one will want to be around you. Besides killing yourself slowly, it doesn't do the rest of the planet any good either. This whole concept about discovering your life purpose (discovering what it is you do differently than anyone else) is about letting the rest of the planet benefit from your gift. If we are not giving of ourselves as we are uniquely qualified to do, then we are robbing the rest of the world of its good.

To be able to utilize our power to the fullest extent possible requires that operate as we were designed to do. I'm not suggesting that we are predestined; I'm talking about using our skills, our gits, and our potential. But if we aren't enjoying life it's the same as trying to drive a car 80 miles-per-hour in first gear. It's not going to happen, and we're going to destroy the engine and transmission in the process.

Let's assume you have done everything possible to heal a difficult situation in your life. At that point, ask yourself, “Am I having a good time?” If you are not having a good time doing whatever it is that you are doing, then why are you doing it? Does this mean we can have a good time all the time? Of course not.

We cannot have a good time 100 percent of the time any more than we can maintain a positive attitude 100 percent of the time. But we can have a good time most of the time and that certainly beats spending 90 or 95 percent of the time complaining about that five or ten percent of the time when life isn't the way we want it to be.

Change is necessary. Fearing change is one of the most powerful factors we allow to keep us from changing. Fear does not stop us. We *allow* fear to stop us. People fear change because even if the situation in which we find ourselves is far from ideal, at least it is familiar. My Grandma Esther used to say that it was like being up to your neck in horse manure. Eventually you get used to the smell and at least it is warm. The *warmth* of even the worst relationship, or difficult job, is that it is *familiar*. That familiarity is a sense of comfort to us even though it seems to run contrary to any logic given the circumstances. Here is how Ernest Holmes defined fear in his book, *The Science of Mind* (1938:156):

“...fear [is]... Nothing more nor less than the negative use of faith...faith misplaced;...”

Faith misplaced – we have faith that something is going to go wrong. With that attitude something probably will go wrong, or we will make ourselves sick in the process. By acknowledging the power within us – and *acting* in concert with it – we begin the journey of creating a life worth living.

There are probably times in your life that something didn't work out the way you expected. Were you disappointed or angry, or do you remember feeling like, “Oh well, ho hum.” If it was the latter, then you'll enjoy the topic of our lesson next week: ***Passion***. If we don't really care about what we're doing, then not accomplishing what we're doing doesn't matter. It *needs* to matter. Enjoy the exercise below for Lesson two!

Exercise #1 – FEAR: What is your biggest fear about being powerful? Write about that fear. Then, if assume that feared outcome happened. What's the worst thing that could happen? What's something even worse than that? What's the very worst, most horrible thing that would happen? Then ask yourself: Is that realistic?

Exercise #2 – Memories: When were stopped from being powerful as a child? What were you doing? Who stopped you? Write about that situation. Then, consider who you are today. Are you still allowing the actions of an adult perhaps decades ago to affect your life and decisions today?

Exercise #3 – Your Personal Power: Think of at least five friends you can trust – ten would be even better! – and send them an email. In this email, tell them that you are taking this course and that this week's lesson is about our personal power. Ask them to honestly share *up to three* qualities that come to their mind in describing you. Don't let fear hold you back. Yes, this might be scary to some people. It might even sound like you're fishing for compliments. You're not. What you'll get, though, is a very clear idea of the unique way you exercise power in your life.

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