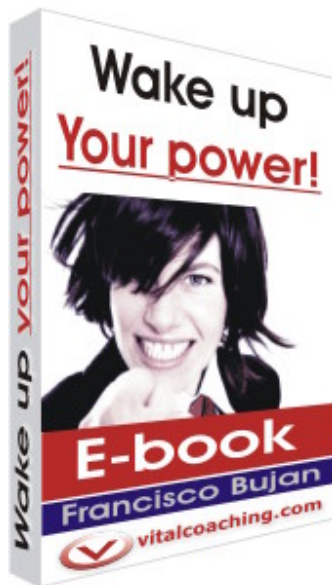


Wake up your power

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Francisco Bujan

A vitalcoaching.com e-book

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Wake up your power

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Content

Intro_____	5
Part 1 – Power dynamics_____	6
How to strengthen your emotional foundation_____	7
Power kick _____	10
What is your emotional foundation? _____	11
Find your power_____	14
How to build up conquering power _____	16
11 steps to find your conquering power _____	18
What is the challenge?_____	20
Wake up your personal power _____	24
You are the master of your mind_____	27
Master your nature link _____	31
Gaining back control over what is yours _____	34
Where to start _____	36
Are you resisting power? _____	38
Unleash your power_____	41
Clear your mind channels _____	43
Let your instincts do the work _____	45
Find your destiny _____	48
5 key mind powers _____	49
Types of power _____	52
Types of personal power _____	55
Freedom of thought_____	58
Values and ethics_____	61

Power definition _____	63
Part 2 – Power building _____	66
Gaining back control over what is yours _____	67
Personal power areas _____	68
"Agreed" transfers of power _____	69
Power transfer _____	70
What is your balance of power? _____	71
A basic human right _____	72
Where to start? _____	73
Power of thoughts and emotions _____	74
Conclusion _____	75

Intro

The goal of this e-book is to help you connect with your inner sources of power.

This e-book will give you key strategies and energy to shift key aspects of your life and empower your personal and mind foundation.

Take a minute to print this book. Having it in front of your eyes will help you stay focused!

Good luck and stay in touch

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Part 1 – Power dynamics

In the first part of this e-book, we will analyze various aspects of the way power works and affects your life.

I will already give you many hints on where to start if you want to increase your level of personal power.

How to strengthen your emotional foundation

In most cases of negative thinking and negative emotional patterns, what is missing is a stronger emotional foundation.

Imagine your mind as an inner architecture of thought forms, education, habits, instinctual reactions, etc.

Imagine now that it is this mind architecture which protects your mind space.

Your life connections and the support you get from your environment are as well strengthening elements.

When you have a negative emotion invading your mind space, it simply means that you miss the power to defend your inner territory.

If you want to stop negative thinking and negative emotions, all you need to do is to bring in a new power quality in your mind. This new power quality will naturally strengthen your emotional base, give you security and simply protect your mind.

With certain negative emotions, like doubts and fears, this increase of power is combined with an increase of awareness. You identify why the doubt is there in the first place: is it a real "warning" doubt or is it simply an irrational useless instinctual reaction.

These are very powerful techniques. The reason why you have never tapped into these resources naturally by yourself is simply because society and normal education does not always put you in touch with these resources.

This strengthening of your emotional foundation is related with your instincts. For instance your survival instinct contains in itself a very empowering emotional base. This means that if you are confronted to survival in nature for instance, these powers naturally wake up.

There are of course other ways to wake up these natural inner resources, for instance any form of martial art training like aikido, karate or kung fu trains your emotional foundation and naturally wakes up your power.

When you find yourself in situations which are emotionally challenging, you might feel a gap on that level. You might feel a gap as well when you see yourself trapped in negative thinking patterns.

A negative thinking pattern related with irritation for instance is simply an inability to get what you want. You can as well feel touched by a negative emotion you can't truly identify. These types of emotions can be correlated with an invasion of your mind space, the incapacity to protect yourself and to use your power effectively.

If you spend an afternoon in a city, you are bombarded by thousands of psychic impressions. These impressions can anchor themselves in the core of your being or they can bounce on the surface of your mind. The difference between those who enjoy a city and those who don't is simply a difference in this level of inner power.

If you have the skills, you have a good time. On the other hand if you feel permanently threatened by the judgment of others or simply feel insecure, you'll have a terrible time and feel drained after a couple of hours.

When you wake up your power, you wake up your natural ability to protect yourself.

Your emotional foundation represents this inner architecture which sustains your emotional body.

There are some simple steps to wake up this inner power. This is what we do in a coaching session. It is a form of initiation, an awakening of an inner potential which is already in you.

If you eat a piece of fruit, you respond to a natural instinct. You are hungry and you eat.

Now, if you feel threatened and want more power, what would you do? where would you start? Is there a fountain of fresh power you can wake up and simply drink from naturally? Yes there is.

Wake up your power

All you need is to wake up this stream and know how to tap into it at will. It's easy and it takes you only a few minutes to get initiated into it. By phone or in person. Both work perfectly.

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Power kick

Sometimes, all you need is this extra power kick. It's a formless energy. You can feel exactly when you need it. It's like an adrenalin rush.

Coaching sessions are targeted to give you such a kick. It is about getting the right support at the right time and adding a very special and simple energy to your mind.

This energy comes from you. From within. In fact you already own all the tools to fully empower your life. You simply might not know exactly how to access it or where to look.

My role is to help you with that. I give you all the space and time you need. What you get with coaching is a safe and respectful environment where you can develop new abilities and tap fully into your inner natural powers.

In that space you can trust, relax and simply take steps in your own time. There is no rush. It is a simple and natural opening of your inner potentials.

What is your emotional foundation?

Emotional foundation?

Have you heard that term before?

It is your **core system of energies**, your beliefs, what you have in the middle of your mind and gives you an inner structure, an energy base.

Part of this emotional foundation is formless. It can be your connection with nature for instance.

It can be a connection with a property or a land. It can be a connection with a person. It can be a diploma, a community.

Another aspect of your emotional foundation are your thoughts, beliefs, ideas, thinking patterns, etc.

As you can see, **many element can play a role, strengthen and empower your emotional body.**

Intuitively you can perceive what is behind that term.

You might realize as well that sometimes you feel emotionally very sensitive or vulnerable.

Sometimes, you simply feel great, powerful, in harmony, balanced and free.

What state do you prefer?

What are the key elements which create your emotional foundation?

A strong emotional foundation is of course more conducive to happiness.

The key question is: **what can you do about it?**

Suppose you feel too vulnerable, what can you do about it?

Do you feel that sometimes your thoughts and emotions are sabotaging your chances of success?

Is a negative past experience keeping you from fully enjoying life?

Is your mind super conductive or is it slowed down by irrational fears and invisible doubts?

Again what can be done about it? **The solutions or techniques are endless:** Therapies and healing techniques, spiritual directions, mind power, NLP, positive psychology, mind machines, yoga, personal development, self growth, coaching... Did I forget anyone?

There is lots! In fact, it's simply overwhelming! It's a bit like sitting at travel's agent's and having to decide on the spot for the right destination.

In my opinion, everything works to a certain extent. Every one of these techniques or approaches has something to offer which can empower your emotional foundation.

Hang on a second... Empowering your emotional foundation is not about stopping to cry or stepping out of depression. These are "extreme cases" in a sense. Emotional foundation concerns anyone. **It's simply the art of establishing key and empowering forces and frames in the core of your mind.**

The truth is that your "mind vehicle" probably functions okay. It's often only when you come in a situation of crisis that you decide to do something about it. Crisis situations are often the moment you decide to find out more about your mind and the way it functions.

Part of the goal of coaching is to empower your emotional foundation and give you back strength and tools to simply have greater life satisfaction.

The strengthening of your emotional foundation is a build up work which is done consciously, identifying gaps and positive points.

Imagine yourself going to the gym. What you do is building up your fluidity, energizing your body and sometimes building up muscle and power as well.

Where do you train your mind? Where do you train and empower your emotional foundation?

Find your power

Some years ago, I was in a situation where almost everything was gone: job, friends, money, house, car. I ended up with nothing! I went to live in nature for 6 months. I stayed in forests and simply tried to find in me resources to go on.

After a couple of months, something started waking up in me: some form of survival instinct. It's something we all have but somehow I never felt it before.

I realized that even though everything was gone, there was something in me which did not die or disappear. I would call this my life power.

I started "rebuilding" my mind and life around this new base. This was almost 10 years ago and it is still my "energy" base today.

That's the base from which I coach. It's a very specific core of energy which gives me trust and power in life.

It's so precious that I can't understand how I spend most of my life not knowing about this resource of energy inside myself.

My role as your coach is to help you get in touch with this source of natural power. It's a source of power you could find anytime which gives you a stronger mind foundation.

After some years of coaching and developing ways of tapping into that, I realized that there are actually very simple ways to wake up this natural power.

It is in fact like getting in touch with something very basic in your being. The moment it wakes up, you definitely feel the difference. It gives you trust, confidence and the way you relate to others fundamentally shifts.

It is a connection with a very basic source of inner energy.

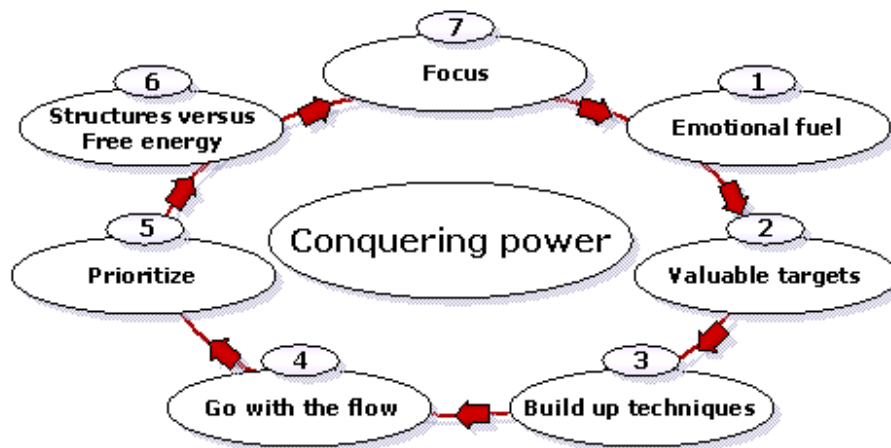
It is always in you but it simply gets covered by layers of education and conditioning. The modern life style tends as well to limit the expression of this natural stream of power.

This power gives you the ability to protect your personal space. It strengthens your will power, energy level and life force.

It gives you as well this extra energy kick to breakthrough whatever is limiting you.

At this stage, the only way I help you connect with your inner natural power is within a coaching session.

How to build up conquering power



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1 Emotional fuel

This is the starting point. It is ambition and desire. It is the original driving force connected with our instinctual nature

2 Valuable targets

It must be worth it and make a difference. Conquering power is a universal force and it manifests itself when there is something to win

3 Build up techniques

Some attitudes, behaviors or practices slow you down. Other practices stimulate your inner fire and help you build up a valuable reserve of inner power.

4 Go with the flow

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Go with the flow. Be wise. If you hit a wall, figure out what it is. Is it something you must breakthrough or is it a sign that you should reorient your targets or strategies? Listen to the signs and learn from it.

5 Prioritize

Conflicting interests can keep you from reaching your target. These conflicting interests can be in you or can be related with your surroundings, friends, profession, family, etc. If you want to hit the target, you must decide what is priority number 1. You must as well be able to recognize side tracks and possible distractions.

6 Structures versus free energy

Your conquering power can be multiplied if you use the right tools. Deciding to face challenges with bare hands and no resources is very honorable and thrilling. Realize however that you are in a highly competitive environment. Building environments to support your goals could be your key to success.

7 Focus

Some goals are reached overnight. For the targets which require more attention, the key to succeed is to follow up. 1 step might not be enough. There is more.

11 steps to find your conquering power

- **Assume a leadership position**

Act in the name of a larger reality. If thousands of people were doing what you do, what would be the impact on your local community, your country, the planet or humankind?

- **See life as a battle**

When you think battle, winning, you straight away shift your mind from your daily mood to a high energy mood.

- **Focus on win-win**

You don't want to annihilate resistance, you want to join forces whenever possible. Conquering can be diplomatic, no need to be destructive.

- **Build up trust**

Every action has an impact on your environment. Be true to yourself and those who believe in you. Be authentic.

- **Gather your weapons**

These are the tools you need to have an impact. It can be life skills, for instance communication skills. It can be key habit patterns, like healthy eating. It can as well be real tools like a lap top or the latest cell phone.

- **Join forces**

Recognize those who are on the same stream and join forces with them. Create strategic alliances. Get support and offer support in return. This is the power of uniting people in the name of a common cause.

- **Challenge yourself!**

Systematically stepping beyond your comfort limits gives you a kick of power and energy. It stimulates your survival instinct and connects you with the forces of nature. You can do that with challenging sports or immersing yourself in challenging nature environments.

- **Train yourself!**

Make sure that the skills you need are effective and updated! You must feel on top and ahead in many ways. This gives you as well the competitive edge!

- **Use your mind!**

Make sure that your mind is your greatest ally. Replace self defeating beliefs by self empowering ones. Be superconductive to life. Empower your mind.

- **Be awake! Be aware!**

Listen to signs. Use your instinct and intuition. Synchronize your actions. Be aware of perfect timing. Develop a sense of peripheral vision and total awareness. Balance determination with flow, wisdom and opportunities.

- **Keep in mind the larger picture**

No matter how good you perform, 99% of what you created on the physical level will be gone within 100 years. What remains is a memory of a behavior or energy pattern which you embedded when you were alive. It is the sum of all the actions, thoughts and emotions you performed over your whole life time.

What is the challenge?

Here is a simple truth: **when you use your conquering power, the environment will react.** People might try to stop you.

Why? Because there is competition.

When you set up yourself on a conquering course, your life shifts because you are using your own will power. You transform yourself and your environment.

Here is another truth: **a part of your environment does not want change.** Your environment is sustained by what we call **preserving power** or conservative power. It is a positive force which simply maintains structures, in your life and in your mind.

The preserving force is what you challenge every time you use your conquering power. **Conquering means opening doors.** It means challenging people and making them readapt to a new "you" or a new behavior.

This goes for big steps and as well for small steps.

The reason you sometimes don't breakthrough is because of these **"freezing" forces in and around you.** They are the resistance.

To breakthrough, your conquering power has to be stronger than the resistance.

Suppose you want to go for a career shift and start your own business. This will impact on the company you are presently working for, your family, friends and environment. It will as well create competition with those who already are active in that field.

In other terms, when you take the decision to start your own business, this will impact on maybe hundreds of lives. "Impact" means that everyone has to slightly reshape their world because of your move. Your present boss will have to find new staff, your family might need to move, etc.

This is why conservative forces test you. They are the underlying power sustaining society. These forces are saying: "Are you for real? Do you truly mean to start your own business or is this only a pipe dream?". This is why they put you to the test.

You see, **change takes energy**. It stresses your environment by asking it to readapt to a new equilibrium.

We live in a very subtle balance of forces. **Preserving forces are like a form of gravity**. They keep society together and stop it from splitting in all directions in incoherent ways.

So, what can you do to take action? Simple: build up your conquering power.

If your conquering power is too weak, things won't move. Your boss, family, company, city will freeze your moves before you even start.

What you do is **build up momentum**. Gather information, get ideas, design a business plan, gather funds and sources of financing. All these steps are telling your mind: "Change is coming. Something new is happening"

Once your mind is ready, you start telling others who will hopefully join and support you with your plans.

This moment of opening is the key. This is when things can shift into change or get frozen by resistance.

To be able to breakthrough, you must understand what forces are involved and why they exist in the first place. They are simply part of nature (like gravity!), they are part of the human mind .

To overcome gravity, you concentrate your efforts and will power. You gather knowledge, know how, and build a space shuttle able to breakthrough resistance. That's one option.

Seagulls on the seashore found another way to stay in the air. They master another force of nature, the wind blowing on the sand dunes, and use that force to fly forever.

Conquering power works in a similar way. We were born with it. It is part of our mind, our inner engine. We used this force to survive in primal times.

It is still in us today, organized, transformed, transmuted. It is this same original instinct translated in modern time: stock markets, trade, selling propositions. **Today's economy is a reflection of the same original conquering power.** It is related with the desire to create, the desire to earn more, the desire to conquer a new holiday get away on a Pacific Island, etc.

Some years ago, I saw a fascinating program: the crocodile Hunter. You are maybe familiar with it. This guy would catch a 3 meters long crocodile on his net and then try to keep it immobile. As he was laying on this massive powerful beast, he uttered: "She is building up! What a beauty!"

Building up! Building up energy to overcome resistance. Then she (the crocodile) exploded into this massive burst of energy giving the crocodile hunter a solid first class Aussie rodeo.

Conquering power! That's what this female crocodile was building up.

Nature invented many strategies to breakthrough preserving forces. **There is a way as long as you collaborate with the forces of nature.** It's a matter of mastering your own resources and understanding the underlying dynamics.

Now here are the good news: **at least some aspect of your environment wants to change.** This is what we call the **renewal forces.** Transformation. Change. These are part of nature as much as the preserving forces. Look at the cycle of the planets around the sun. This movement creates the cycle of the seasons which is the force behind birth and renewal in nature. Organic growth is a permanent changing process.

Then, you have the creative force. The creative power. 99.9% of civilization and today's society was inexistent 2'000 years ago! Where did it all come from? How did it rise? It wasn't the will of one single man. It's not even a creative process humankind controls. Cities simply rise. What we are doing as humans is responding to instincts.

First you decide to put a roof on your head, then you go and get some food. The rest is history.

Check an orangutan under a tropical shower. It takes big leaves from the palms around it and puts them over his head. It's a reflex. Rain is cold! It is uncomfortable. That's how everything started: protecting ourselves from elemental forces.

A city is a simple expansion of the same original instinct. This is creative power.

From a leaf on our head to a community of 12'000'000 people!

Now, the frames within the sky scrapers could be called the conservative forces (nothing to do with a political party!). They are the sustaining power.

The creative and conquering forces are there as well. Conquering more space. Expanding technology. In Vitro Fertilization (!!!). It all comes from a creative drive which moves civilization forward.

If you want more conquering power, simply connect a little bit more with that part of nature which want to evolve and create. Use this force in a creative and wise way. Conquering power is strong in and around you. The only reason you would not breakthrough is because the preserving forces are too strong for a reason or another.

In another article, we'll look at it from a very human and practical point of view.

Wake up your personal power

Have you ever felt like you are using only a small fraction of your personal power?

Have you ever felt like there is much more potential than the one you are using right now?

What is that potential? Is it magic powers? Is it new skills and abilities? Is it a new life, belongings, money? Is it a new network, friends, family connections?

All these are fine but there is another one. Something deeper and direct you might not think of. This potential is an inner strength, and inner power which is waiting to come out and be manifested.

What is it waiting for? Very simple: a sign from you.

You might not realize that, but you are sitting right now on a dormant gold mine which is ready to boost your life, energy, career, and whatever you can think of.

This force is an inner power. It is in the very core of your life simply waiting to come out.

You were born with a powerful gift: the seed for a physical body, your mind, a channel of life force.

Now, something strange happened in your childhood though: it's called conditioning. It came through education, family, friends. It's not a bad thing. It's simply needed to shape your life in a way which fits society: good manners, speech, skills, etc.

All these integrated forms create a very special set of structures in your life. This is your vehicle. It is your mind, a set of belief system, habits, actions, behaviors, attitudes, emotional reactions. All these are forms: mind patterns.

Again, they are positive ones. This shaping of your mind. This character building is what created your mind as you see it today. Millions of life experiences, feelings and emotions.

Every single time you laughed in the past, there is a stream of life force which crossed your mind. It created a channel of energy. It created a frame which is still present in your mind today.

Imagine how many times you laughed in your life. Imagine how many times you felt a giggle bursting in you. If you had the ability to do it, you could recall hundreds of those moments.

The same goes for any emotion. The same goes for any thought. The same goes for any action and any spoken word.

Now take a second to step back and compare your mind today with your mind the way it was the day you were born. What do you see?

Do you recognize this virgin mind you had when you were a child? No thoughts yet, only some instincts and emotions. Your character was not yet built. There were no memories apart from what you felt in the womb.

Many years later, there are layers of experiences and literally millions of micro memories imprinted in your mind.

So, what is this power you are not using? You could call it your original instinctual force. It is a clear channel of energy which activates your mind and life.

Do you feel sometimes like you are carrying the world on your shoulders? Do you feel sometimes these hundreds of life anchors which stop you from moving forward? What are these anchors? They are undigested memories, undigested emotions which haven't been cleared.

Your mind is a powerful tool. Now, sometimes it needs a little help to breakthrough and take the next step.

Imagine for a second a powerful force which has the ability to give you this extra power you need to move forward and activate the skills you need.

Imagine again that this force is there, waiting for a signal from you. It's simply waiting to be activated.

The question is: "How do you tap into this inner potential?", "How do you wake up this inner natural resource which is waiting to come out?"

The answer is simple: by connecting with it!

You are the master of your mind

There is a mystery in us called **emotional freedom**.

Most experiences leave a "mark" on our mind.

This mark can be deep and visible or invisible.

Your present limits are simply a series of mind frames that you accept as your present limits.

Now, to breakthrough your present limits, **you need a force strong enough** to break the existing patterns and open new doors.

This is what a meeting with someone special sometimes does for you. A simple conversation about your goals with someone who is open minded can have an amazing impact on your life.

It is like **opening a new door in your mind landscape**.

A mind frame can be a limitation or a protection depending on the moment or how you look at it. **Mind frames are structures which support your mind.**

A mind frame is like a roof above your head. It protects you from the rain but stops you as well from seeing the stars at night.

The ideal: **have flexible mind frames.** When the sun shines, you simply open the doors of your mind and take in the warmth and the light.

When destructive winds are blowing, you are able to shut down those doors and simply feel 100% safe.

It's all about mastering your mind

This type of intelligence is priceless. Instead of riding a vehicle you can't control, decide to actually own all your tools.

This ability to play with limits and boundaries, to be flexible and aware, has a lot to do with [emotional intelligence](#).

Emotional intelligence could be described as the **ability to shift mind patterns** at will and recreate new ones when needed.

A new mind pattern can be an open channel of creativity. It can be this flow of inspiration which takes over your life and floods you with bliss.

When you build a new house, you can see the scaffolds. You can see the walls rising, the windows being set up, etc. It is visible.

With your mind, it's another story. **Mind frames are invisible**. A positive emotion is not visible for the external eye. You might feel someone else's joy because of its external expression in the form of speech and body language. You'll see a smile on the face. You'll hear it in the tone of voice.

These signs are the visible part of the iceberg. Behind the surface, there is a sea of emotions and thoughts.

If you could have a real blueprint of your mind frames, it would be easy to actually find where joy or pain is created.

You could simply go there and replace an old, undigested emotion by a new stream of life force.

So here is the challenge: [awareness](#). To know where to start with mastering your mind, you must first have a picture of your mind. You need to wake up your awareness and explore the way you function and are built.

This first step will give you this blueprint of a region of your mind. You might be looking at your emotions, thoughts, feelings or desires.

You might be looking at the present, past or future.

The mind is multidimensional.

There is a dimension of time in it.

There is as well a dimension of space in it. It can be a certain region of your emotions for instance. The region associated with the way you handle your professional life or your spiritual connection for instance.

Then there is another dimension: the type of mind frame we look at. This could be the materials. Is it an emotion or is it a thought? Is it a feeling? Is it a formless inspiration? Is it a desire?

All these mind frames are like different materials composing your mind.

You see, you miss something here: **A map of your mind.**

We have glimpses, perceptions, vague ideas or beliefs, but if right now, I say: "Where is your soul located? Where are your past thoughts stored? What is the relationship between a thought and the emotion associated with that thought?" we probably have no clear answers to these questions, only glimpses and intuitive beliefs.

The mind might be such a complex vehicle that we still did not find a way of "mapping" it successfully using a truly suitable model.

The three dimensional design of a house is easy to comprehend. Same for a country's road map.

If you take a time planner or agenda, what you see is a time frame with various activities. Again, this is easy to comprehend. Now, the mind might be so complex that at this stage, any attempt to comprehend it with our logical skills will be too simplistic and miss the point.

So, we use simple models. We write a diary of the day's events and feelings, We might as well take it one step further and engage into a psychotherapy. A session with a hypnotherapist might unlock some keys in the past or open new doors into the future.

These are still simple glimpses.

Now, what would you do if you had more awareness and more power to actually change things in your mind? Imagine for a second that you

can easily see where there is friction or energy wasted in your mind. Imagine that you can actually do something about it and remove a painful emotion or set up a new activity channel which will multiply your sense of joy and pleasure.

Would you take that chance? Would you go with it and attempt to understand your mind?

Master your nature link

Nature is an essential part of your life. That's where you have your real roots. That's where your body and part of your mind comes from.

When you go in nature, spend some time on a beach or in a forest, you connect with that part of yourself.

Layers of thoughts and habits can stop you from seeing deep enough and connecting with what is truly there: **your instinctual nature**.

You can't forget about this aspect of your life. In fact the life force in your body is a reflection of the life force in nature. A tree contains the same life force essence as a human being. On an energy or etheric level, life flows in the same way in the whole of nature. It is basically the same mechanism.

The moment you feel life disharmony, the best is to go back in nature and **let nature's harmony reflect on your being**. This naturally creates a frictionless flow of life force which harmonizes your being. This flow of life force is the essence of wellness.

A sickness can be seen as a disharmony in the flow of this life force.

Nature impacts on all levels of your personality and spirit. It impacts on your body and your mind.

Our mind is always using nature as an example for its own evolution. Nature is our original model. If you cut yourself from nature, you simply cut yourself from a precious source of inspiration.

Have you heard about bionics? Bionics is the development of new technologies using nature's models. For instance engineers try to imitate spider web when creating ultra resistant rope. That's bionics.

If we go beyond the physical body and technology, we enter into a field we could call "mind bionics".

Mind bionics is the art of using nature as a source of inspiration for developing your mind. It simply means connecting with your instinctual nature.

Nature is one of your key environments.

Would you feel comfortable when spending a week outdoor in nature by yourself. What would you do? How would you relate to this environment?

This is not a form of survival test. It's more than an experiment.

A house is a protective structure which simply stops elemental forces from impacting on your being. Imagine you remove the protection of a home and simply confront your being with the elemental forces of nature. You might have experienced a couple of nights outdoor. How did you feel?

What happens when you spend time in nature is very special and very magical. You tap into new (or ancient) instinctual abilities and simply create a new equilibrium with this environment.

You can take different "roles" when you go in nature:

- Personal development, team building - a week-end training with your company
- Vitality, relaxation, free time - a relaxing holiday on a tropical beach
- Scientific approach - Biology, Geology, bird watching
- Artistic expression - Photography, painting, music
- Mystical, spiritual - mediating under a tree
- Challenging sports - don't forget your mountain bike
- Family time, social time - Sunday outing

Now, when you master your relationship with nature, you tend to go beyond the limits of these activities and see what happens when you drop all that. You simply relate to nature and discover how it impacts on your mind.

When you master the nature environment, you simply feel at ease and comfortable within that space.

There are hundreds of ways of "communicating" with nature and waking up your instinctual mind.

If you want to try it out, simply go and spend a couple of day in nature every now and then, this will automatically reconnect you with your instincts.

Gaining back control over what is yours

If you want to build up mind power, all you have to do is **apply your natural power to areas of your life.**

The first step is to **gain back control over what is yours.**

Controlling power is one of the most misunderstood forces. It is a very positive force when channeled in the right direction.

When people think of power they often interpret it as the power you have over others. This is one of the greatest misconceptions about power.

The first step is to shift your attitude and use controlling power first for what is yours.

Personal power areas

Here are the key life areas where you can first express your power:

- **Your thoughts**
- **Your emotions**
- **Your belongings**
- **Your time frame**
- **Your personal space**
- **Your actions and behaviors**

It's very simple. **Your actions belong to you.** When someone tries to control your actions and tells you what to do, they are stealing a basic right from you. There are some exceptions discussed in other chapters of this e-book.

If someone tells you what you should think and tries to force you, they are again trying to control something which does not belong to them.

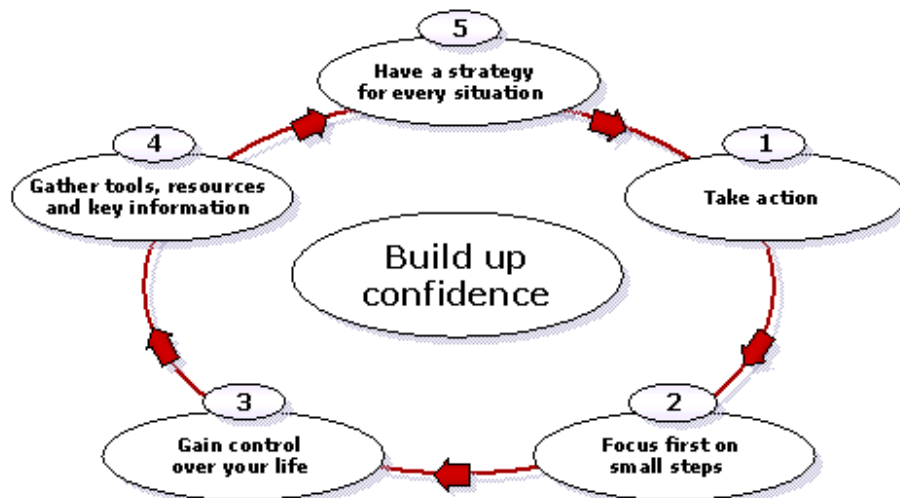
If someone takes the keys of your car without your permission, they are trying to have some control over something which does not belong to them.

You get the picture?

Where to start

If you want more power in your life, the best it to take action. Here are some simple steps you can take

Build up your confidence



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If you feel you gave away your power and want it back, the best is to take small steps. Start claiming back what is obvious. For instance clean your room and personal space and get rid of what you don't want there. No need to be aggressive with that. Remember: you are backed up by a basic natural law.

Gaining back control over your life is a thrilling experience because you start using tools which were always there.

Wake up your power

When you do this, you set up new boundaries and simply strengthen your personal foundation. You give power to your base and simply establish a new equilibrium in your life.

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Are you resisting power?

I come from the "spiritual" world. In fact I spent more than 10 years 100% engaged in an inner quest.

When I was 16, one of my best friends argued that my opinions were too "spacy". I remember his exact words: "Go back to your clouds".

The spiritual dimension focuses a lot on Love. It is the key of most teachings and the top quality one tries to develop on the spiritual development path.

After actively practicing a path single minded on love, something strange happened: I did run out of energy.

True! I simply realized love was not enough. That's the moment I searched for another quality to balance up my approach.

What came out? Power.

The first thing you might realize when you try to connect with your own power is that you might have lots of misconceptions about it.

In fact deep inside, a part of you could be rejecting the very idea of power.

You associate "power" with "abuse of power" and in your mind these two become one single reality.

This is the greatest misconception about power. It is the number one reason you might be running out of power: deep inside, something simply rejects the idea of power.

The first step to empower your life is to get used again with the idea of owning power.

Take this simple test:

If right now I ask you: "how do you feel about power?" what would you say?

- 1. I love it! I want more
- 2. I am okay with it
- 3. I am afraid I will need to look at it
- 4. I don't like power
- 5. I don't want power. I will stay out of it

I guess the conclusion is obvious. If you answered anywhere from 2 to 4, this means you are luke warm about power.

To get more power, the first step is to open up to it. In fact become super conductive to power. If you don't like power, power won't like you back. It's very simple: you can't get more of it if you reject it in the first place.

The second step is to realize that **with greater power comes greater responsibility.**

The moment you tap into your sources of power, you have to be very clear about what you want to do with it. You need to be clear about your values and ethics.

Why? Because power can be a very destructive force.

That's it! we are done.

Once you remove resistances and set up a course of action, all the rest flows naturally.

Power is a very natural essence in your life and you were born with all the abilities to use and manifest it. You connect with it by waking up some natural reflexes. All your "power moves" are already in you. All you have to do is wake them back.

Unleash your power

Yes! Set it free!

Your power is an instinct. It is a force which exists in you and can be constricted by thousands of limiting thought forms.

It is called conditioning. It is permanent flow of doubts and limiting disbeliefs.

On the other hand, the natural stream of power can keep on flowing and create a mighty stream of life force.

You have the choice of what you want to feed. You can feed your limiting thoughts or you can empower your life in an endless stream of action and energy.

You have the power to tune into a wide set of energies. You can reflect them inside and give them space to grow and expand.

Power is a choice. Don't listen when someone tells you power is a bad thing. It comes from a misunderstanding. It is the confusion between power and abuse of power.

Many people believe that power corrupts. This is why they stay away from it. They associate power with abuse of power. When they see the word "power", it brings in negative images of armies, battle fields and fanatic dictators. This is very misleading.

Power has nothing to do with that. Power is an essence you can use for anything. It's like atomic energy or the energy of the sun. It is a freeing force which leads to immense life satisfaction.

There is competition for power. Sports and business are all geared towards being the best. Politics is often a battle for power as well. This competition for power is again a natural instinct.

When someone is trying to stop you from gaining more power, they are simply expressing this competitive spirit. It's like being on a 100 m sprint race and having next line's runner trying to stop you.

In life, this happens all the time: it can be your next door neighbor who tells you to shut up. It can be your family, coworkers, friends. Some people simply don't want you to grow!

On the other hand, those who feel confident about themselves and in a way "are already there" will have a reinforcing effect on your convictions and desires to gain more power.

Power is great!

I love power!

Can you say it? can you write it down?

Clear your mind channels

Your mind is the key to your success.

What drains energy is friction.

Negative beliefs and doubts simply create thousands of invisible anchors which act like resistance when you try to take action.

On the other hand, if you are clear about your choices and simply empower yourself by clearing doubts and self limiting beliefs, you are in for an incredible life ride.

Unleash! Free! Liberate!

An action is supported by thoughts and beliefs. Before you take action you usually create a mind set which will support your moves. You build up skill and any sports person will tell you. It's all in the mind. In fact it's not true: It's in the body as well. It is in the support structures and the sponsors. Now, if you take two competitors and give them the same tools, what will make a difference is their mind.

When you are in a race, you can be empowered by different forces.

The key to success is flow and maximum efficiency. This means removing resistances in the form of limiting emotions, thoughts and beliefs. What is the force which helps you do that? It is precisely power.

To "clean your mind", you can use a force which is called renewal power.

This is a natural instinct and it is there!

It is already part of the game.

Are you using it?

How do you access it?

Inner doubts, your surrounding's limiting beliefs are this "leash" we talk about.

This is what keeps you from flying 100% free in life.

To unleash, you need to tap into a stronger source of power which removes resistances and sets you on a fresh action and energy stream.

It is like an oceanic current of power and energy which moves you forward. It is the thrill of connecting with an inner force which connects you with your destiny line.

Let your instincts do the work

Mind power is instinctual. You can set up yourself on a "reasoning course" but what matters at the end is emotional fuel and the way you use it.

You can discuss strategies, design techniques and practice the moves, but what gives you the final win is stamina, life power, determination. These are not thoughts forms. They are free energy.

Your mind is great and powerful but your ability to conceptualize can slow you down. The goal is to hit the target, whatever that target might be.

You can talk about it or go ahead and do it. If you have to jump in the water, you can stand next to the waves and think about it, and reason about or you can jump in the water and let your instincts guide you. Thoughts can be limiting.

Ignorance can be bliss. Even if you practiced the moves and know the recipes for success, what gives you the win is your instinctual power to go for it.

This instinctual power is a conquering force. It is similar to survival instinct and does not need thoughts to enter in action.

Your inner drives are your fuel. Focus and determination are dynamic energies in your system. The moment they flow freely is the moment you act and take decisions in a second. You are 100% in tune with your destiny line and there is no separation between your action and your thought. Mind and action are one.

You can make yourself life lists and keep on delaying success because deep inside you hide in the security of your comfort zone. The moment you connect with your action thrill, something else builds up. You realize you love this flow of life force and can't live without it. Life speed is your natural state.

Techniques become reflexes. You have hundreds of natural reflexes in you. The art of running is simply the art of reconnecting with natural moves. Artificial modern life styles overlap and constrict these instincts. When you unleash your instincts, you unleash a power which was slightly dormant in you. You establish it back in the core of your being and give it full power and trust.

Most of life power has nothing to do with reasoning and conceptualizing your existence. It means going for it fearlessly and destroying delay.

Inspiration, mind set and action are one. Synchronized. This is the moment magic happens for you. What's on the way? The limits of your comfort zone. Your instincts naturally wander beyond the limits of what you already know. Fear and doubts call them back. They reason an impulsion and take away its strength.

Your inspiration can be fragile in its original state. You can kill that inspiration by building up a "resistance mind set", or you can build up the inspiration by being super conductive to it.

The difference between super flow of life force and blocked energies is simply a mind set. Change your pattern and what you feel is a slow vehicle can become a high speed jet any time.

Sure, there is conditioning. 20-30 years of thought forms build up do create a mind set. Now your own inner renewal power has the ability to shift thoughts faster than you can imagine. It does not take long if you set your mind into it.

It's like connecting with a cleaning force which gives you the tools to move forward. The challenge? Gaining speed and simply removing obstacles. 90% of obstacles are related with wrong conditioning. Millions of seed of doubts projected and anchored in your mind.

Now you are the master of your mind. The power to get what you want is yours. It is a high speed movement which can take you where you want to be. This is a move of energies and instincts which are already alive in you. All you have to do is use them and accept that your present mind set can be shifted and evolved. Your present mind landscape is only a temporary identity you did build over the years.

The only reason why this identity is there is because you accept it there.

There is a natural over glorification of your memory world. Memories are simply mind frames which create an identity. It is this identification which stops you from moving forward to another dimension. Let go of this identification and you can truly shift your existence in no time.

Your instincts have the power to guide you with that. You can consciously replace what you no longer need by new tools and mind sets.

It is very simple and it is always your choice. Gaining speed in life is stepping beyond your comfort zone. After some time, your new life speed becomes your new natural comfort zone. What is thrilling is the acceleration, not the speed itself. You can be in an airplane traveling at 800 miles/hour and not even notice it.

What is thrilling is the acceleration. If you stay too long within your comfort zone, it's the passion and excitement which are gone.

A daily dose of challenges on the other hand keeps you alive, fresh and moving. That's the magic!

Find your destiny

A destiny is a plan, a line of evolution.

You can see your destiny as a formless space of energies which create an invisible architecture of opportunities actions and behaviors.

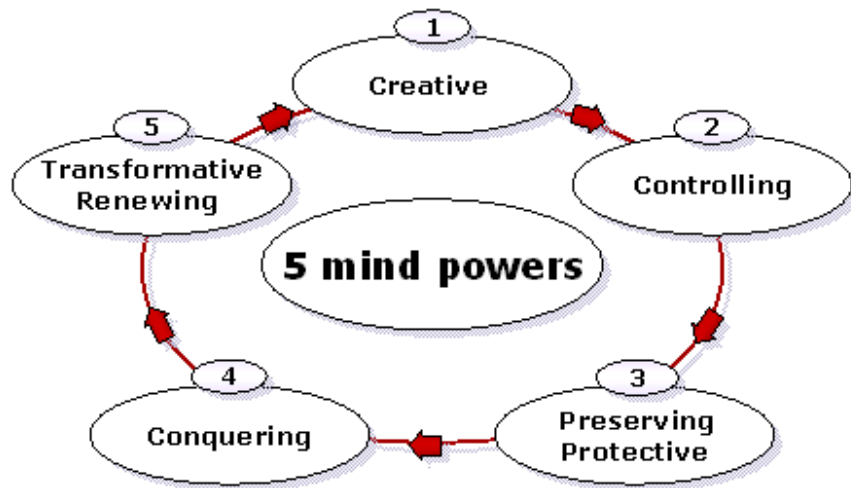
When you look into your past, you can see an architecture of events. In fact its 'easy to recognize a pathway.

Now, imagine that there is a similar architecture for your future. It is not static or crystalized. It is rather created by a myriad of infinite options.

We could call these destiny lines.

When you choose between two careers for instance, you clearly see two lines of evolution. It is the same when you choose for a place to live, a city or even an outing for an evening.

5 key mind powers



- **Creative power**

Creative power is of course the first step. This is where everything begins. It happens when you have an inspiring idea you decide to put in action. It is expressed in nature all the time via the force of fertility.

- **Controlling power**

Controlling power is what you express when you have a territory. You naturally express some form of control over your personality and being. You express control towards your belongings, personal space, agenda. It means that you are in charge. You are in command.

Most abuses of power are related with overuse of controlling power. It happens in families, in business and society in general.

- **Preserving or protective power**

Imagine you have property with children playing on that property. What you want is for them to feel free while still being protected. Preserving means opening the space, setting free while still offering protection. The love of a mother for a child, or the facilitation role you can have in business are two classical expressions of protective power.

- **Conquering power**

This power express the drive to expand your territory. You express this power when you market or product or when you get a new diploma. You express it as well in competitive environments like sports. It usually means that you reach out beyond the limits of your existing territory.

- **Transformative and renewing**

This power is a clearing one. It is expressed in the season's cycle. It is expressed in any form of change or shift. Used in a more negative light, it is called destructive power. It is death and rebirth at the same time.

It can be seen and felt as a shower of positive renewing forces. It's this power that you use when you decide to let go or move on.

Here are some more key ideas about these powers and how they work:

- **Natural powers**

As you can see, these powers are already present in nature. They are natural forces and our actions simply embody one or the other aspect of them. They are streams of energy and instincts. It means that these forces are already present in and around you. All you have to do is use them wisely.

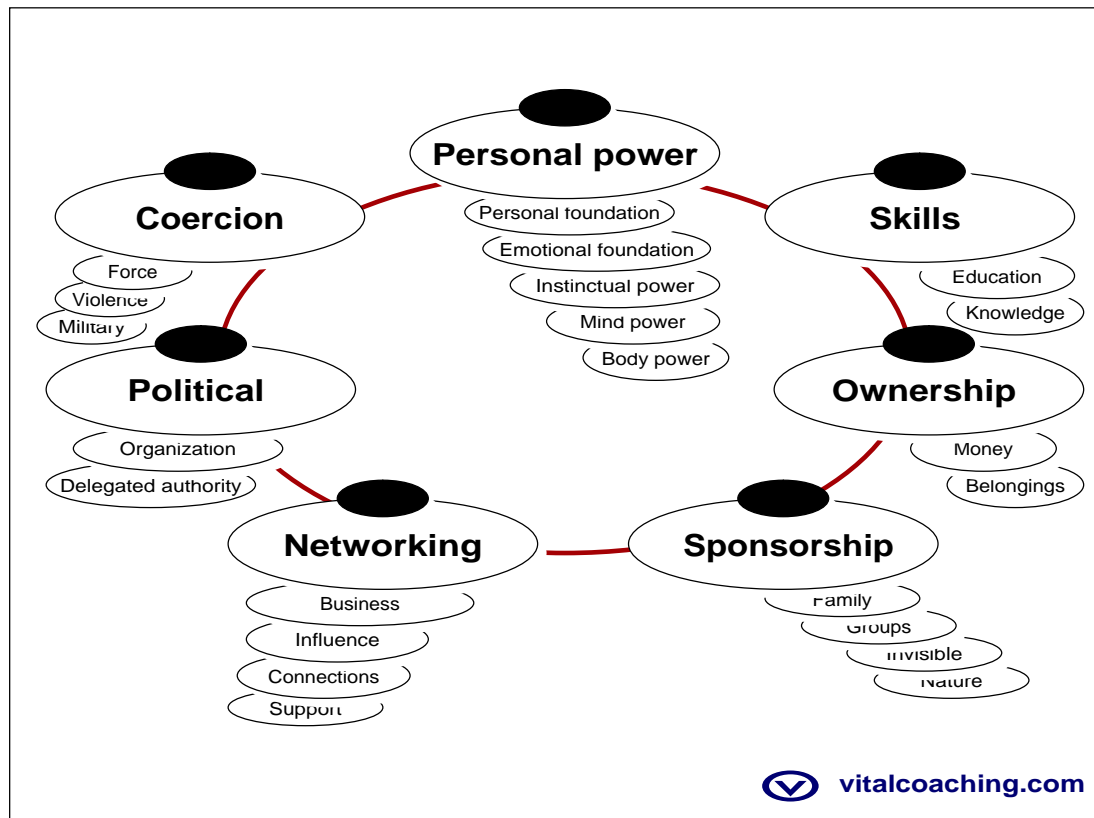
- **This is only a model**

Reality is of course much more complex than this simple model. You could add other powers depending on what you feel. I use this model as a working tool to help clients understand the dynamics of power and how they can shift it, wake it and use it in their lives.

- **It is not a "real" sequence**

The model shows 5 powers in a cycle but in reality, these forces are interconnected and expressed simultaneously all the time. For instance, even when you reach out and establish a new marketing plan within your company (conquering power), you might still have children at school at the same time who do benefit from your love (protective power). The keys of your car are in your hands (controlling power) and you just got a new idea for the coming summer holiday (creative power). You just threw your soft drink's plastic bottle in the recycle bin (renewal power).

Types of power



Here is a detailed description of these 7 areas of power:

- **Personal power**

Most of what happens within coaching has to do with developing personal power. Of course, there is support with gaining skills, ownership, sponsorship, networking, etc.

- **Skills**

These are your natural talents and what you did learn. Obviously, your education and any training you received represent valuable sources of power.

- **Ownership**

Includes money, property and belongings

- **Sponsorship**

This works both ways: you can be a sponsor or you can benefit from sponsorship. These are power systems which dictate a certain distribution of power.

This is not a financial sponsorship. It is a system of moral and energy support.

Spiritual faith and empowerment, as an inner quality would be classified here under the "invisible" sponsorship category.

These systems are usually agreed on an instinctual base. For instance the way informal groups will distribute power (if there is no formal organization) is very much an instinctual expression of power rather than a rational organized decision.

- **Networking**

This is the power you get from being part of something. It is a mutual system of forces which empowers all members. Synergy for instance would be part of this type of empowering dynamics

- **Political**

This type of power is the one given to you by any form of organizational structure.

A government for instance concentrates the power which has been delegated to it by the members of a the country.

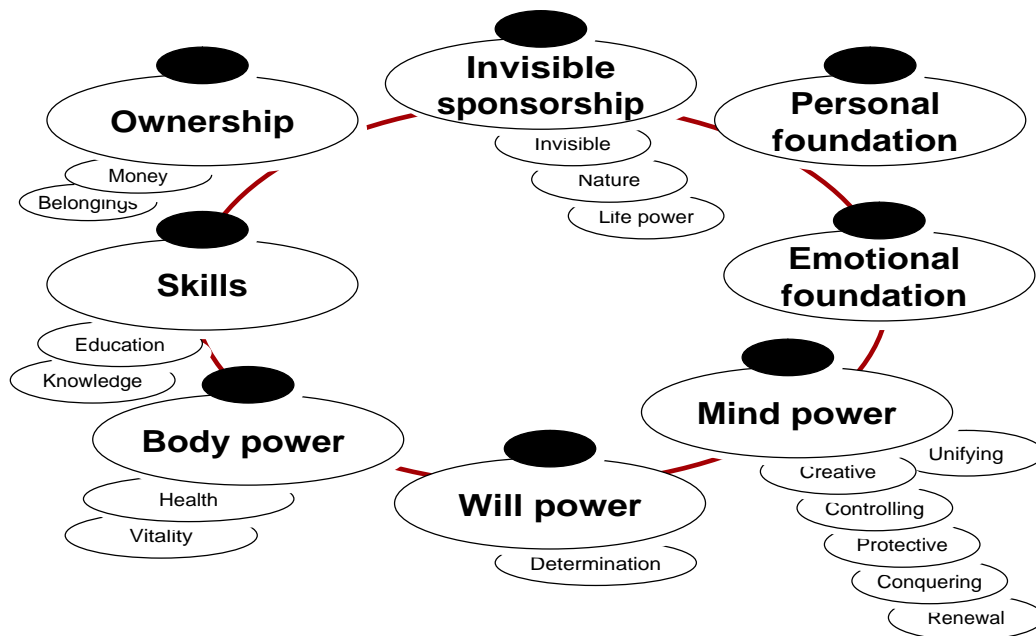
If you are the CEO of an organization, you will receive authority and power to lead this organization

- **Coercion**

This type of power is based on force, violence and military.

In the next chapter, we will go deeper into checking the various aspects of your personal power for a model which leaves aside organizational related sources of power (political, business, organizational, coercive, etc.)

Types of personal power



I use the term personal power for any form of power which is not related with organizations and politics.

Personal power is centered on the person rather than a system.

These models and definitions are purely intuitive.

You're welcome to design your own model if you feel this one does not match with what you experience.

- **Personal foundation**

Your personal foundation are all the elements which stabilize your position in society. House, administrative body, etc.

- **Emotional foundation**

Your emotional foundation is the quality and strength of your emotional base. If you feel over sensitive, or vulnerable, it is often the sign of a weak emotional foundation. On the other hand, if you are extremely confident and simply feel strong, this is the sign of a powerful emotional foundation

- **Mind power**

The term of instinctual power could be used here as well. Mind power tends to be associated with will power.

In my approach I use 5 key instinctual or mind powers: Creative, controlling, preserving, conquering and renewing.

I defined these 5 key instinctual powers by simply observing them at work in my own being and in other persons.

- **Will power**

Will power as in determination could be associated with mind power. Will power is an inner strength. It could simply be totally merged with one of the instinctual powers, conquering power, which could itself be associated with survival instinct.

- **Body power**

Body power, health and vitality are all related with the well functioning of the physical body.

- **Skills**

Skills, education and knowledge are another essential sources of power.

- **Ownership**

This the power of money, belonging and property. Ownership expresses the size of your zone of material influence.

- **Invisible sponsors**

This area of personal power has not really been too much talked about. The life force or life power which activates your body is your first and most basic power. It is the power to be alive. your connection with nature, its healing and harmonizing power for instance are other aspect of universal empowering forces.

These powers are not designed in an organized system by human beings.

We could talk about natural or supernatural forces.

This power is related as well with your universal identity.

Check as well the previous chapter for a model which includes as well political, business, organizational power, etc.

Freedom of thought

This aspect of your inner power is actually a human right expressly described in the Universal Declaration of Human Rights.

Article 18 states:

"Everyone has the right to freedom of thought..."

Article 19 states:

"Everyone has the right to freedom of opinion and expression..."

As you can see, being master of your thoughts and beliefs is a basic human right.

No one has the right to force your thoughts or beliefs.

This declaration of human rights has of course a political connotation.

However deep inside, these laws are natural human laws which define human power and dignity.

They do set up the ground for healthy relationships between human beings.

Once you are assured of this freedom of thought, the next level of mind power is to have greater influence over the thinking streams in yourself.

Sometimes you feel trapped in a way of thinking which feels like negative or self sabotaging.

In these situations, you often realize your own limitations in terms of choosing your "mind set".

This is the moment you start looking for tools to maximize the way your mind functions.

Imagine being able to click on an empowering stream of refreshing thoughts and beliefs. It's a bit like shifting TV channels.

Would you like to be able to choose your "mind channel" and consciously decide about the color of your thoughts?

If you had the power to step out of a sudden negative thinking pattern, would you do it?

There are many streams of wisdom and teachings which aim just at that: having greater influence over what happens in your own mind.

The usual deviation is wanting to control someone else's thoughts. Big mistake. Going that way is precisely like breaking these basic human rights - article 18 and 19.

Remember: with greater power comes greater responsibility. The question is: "what do you do with your mind power?".

Let's take another example and check ideas like manipulation and influence. Check the world of sales. What about a political campaign. It's all about influence, right? The question is: "when does influence become unethical".

Some years ago, I heard that "advertising subliminal messages" were banned from advertising in movie theaters.

Subliminal messages were very short flashes and images which were projected on screen. The "image flash" was too short to be consciously recorded by someone but was still recorded unconsciously by the human mind. The result: if the image was for instance, a picture of a fresh glass of Coke you could have people rushing to the bar at the end of the movie and ordering a Coke without really knowing why.

Society decided: That's one step too far.

When you wake up your natural sources of power, you have to consciously choose your ethical "territory". It is like a resource of

energy you can polarize in so many directions. Everyone is responsible for their own actions in that territory.

What about "positive influence"? Take this example: You see a street fight starting in front of a night club. Would you like to have the power to step in there and "positively influence" an aggressor so that the fight stops on the spot?

Another example: One of your friends is on an alcohol related "self destructive loop". Would you like to have the power to positively influence them so that their state of mind shifts? Imagine what would happen if after a short talk with you, your friend says something like: "You know, I don't know what has been happening to me lately, but I can see clearly now what I am doing to myself. No good!"

We could discuss this further but I feel that at this stage the best solution is to use your intuition and common sense.

With greater power comes greater responsibility.

Be wise!

Values and ethics

With greater power comes greater responsibility. When you step into the field of empowering your life, a natural need for greater wisdom, ethics and clear values rises as well.

An empowering step is to design and choose your own core set of values.

Here are some examples of what these values (inner laws) can look like when expressed:

- **Universal Declaration of Human Rights**

You heard about that one of course. Check it again to strengthen key inner values

http://vitalcoaching.com/notes/universal_declaration_of_human_rights.htm

- **Professional standards**

This is my own set of values as a coach. They came to my mind very intuitively over a period of couple of weeks.

<http://vitalcoaching.com/prof.htm>

- **Samurai code of honor**

These are the 7 principles of Bushido. The ancient samurai's code of honor

<http://vitalcoaching.com/lifeskills/respect/samurai.htm>

If you want to check further this topic, simply ask yourself these simple questions:

- **If you had to write down now five to ten key values in your life, what would they be?**
- **How would you express them?**
- **What would be the impact of these values on your mind, actions and attitudes?**
- **Who would benefit from it?**

Power definition

If you search for a definition of power you might be surprised to see how power is defined (check Wikipedia's page on this topic [http://en.wikipedia.org/wiki/Power_\(sociology\)](http://en.wikipedia.org/wiki/Power_(sociology)).)

Why is it surprising?

Because in these pages, power is first defined as the ability to control other people's lives. This puts the idea of power in a very negative context. This definition of power contains only a small fraction of what power is truly about.

There is a great difference between the essence of power and what you do with it.

Using power to control others is only one interpretation of power and it is an abuse of power.

When taken one step further, this can lead to coercion which is domination by creating fear.

Power and abuse of power are two very different things!

You can have power without abusing it.

Throughout history, power has been associated with political leaders, armies and oppression.

This is why, nobody says "I love power".

They would be labeled as some form of political freak trying to own a land and its people.

Huge misunderstanding here!

Power has many forms and political abuse of power is only one of them.

The idea that power corrupts is simply wrong!

It is not true!

Power does not corrupt.

You can grow in power and wisdom at the same time.

You can develop an inner sense of ethics and profound respect for life and never even be tempted to abuse your power.

Personal power is associated with personal growth.

You can use your power to create, preserve, control what is yours without ever going into any form of abuse or oppression.

Power is an energy you can master.

You can develop the skills to use it effectively.

It is an energy source and the way you channel it in your existence will be directed by your skills and goals.

Power is like fire.

You can use to create, renew, destroy what you no longer need.

The moment you befriend with that energy you multiply your chances of life satisfaction.

Personal power is an essential underestimated aspect of power.

It is only in the last decades that the awareness of personal power has been brought to the surface.

If I had to define personal power, I would say that it is any form of power which is not related with organizations and politics.

The idea is not to start a polemic about this topic; it is to offer alternatives to common beliefs about power.

This is a coaching e-book and it is focused on human empowerment.

I give naturally much more weight and importance to the idea of personal power.

That's the main area I focus on within these pages.

Many people will reject the idea of power simply because they are afraid of it or don't know how to use it.

Power is like fire.

It is an incredible source of energy which can be used to reach your goals.

Gaining power goes together with gaining the skills to use it effectively.

The moment you embrace the idea of power in your life, you remove resistances and fears and allow a natural and spontaneous flow of it in your life.

Part 2 – Power building

Here are some key aspects related with power building. The next few pages will show you some pitfalls and key ideas which will make power easily stream in your life.

Gaining back control over what is yours

If you want to build up mind power, all you have to do is **apply your power to areas of your life.**

The first step is to **gain back control over what is yours.**

Controlling power is one of the most misunderstood forces. It is a very positive force when channeled in the right direction.

When people think of power they often interpret it as the power you have over others. This is one of the greatest misconceptions about power.

The first step is to shift your attitude and use controlling power first for what is yours.

Personal power areas

Here are the key life areas where you can first express your power:

- **Your thoughts**
- **Your emotions**
- **Your belongings**
- **Your time frame**
- **Your personal space**
- **Your actions and behaviors**

It's very simple. **Your actions belong to you**. When someone tries to control your actions and tells you what to do, they are stealing a basic right from you.

If someone tells you what you should think and tries to force you, they are again trying to control something which does not belong to them.

If someone takes the keys of your car without your permission, they are trying to have some control over something which does not belong to them.

You get the picture?

"Agreed" transfers of power

There are some "exceptions" to these rules:

One example is the **power given by an organization**. When you are a manager you are given an extra power. This is the power to direct and have some form of control over other people's actions, time frame etc. If you are an employee, you accept to transfer part of your power to an authority in exchange of a financial reward. When you sign a contract, what you agree is upon a specific set of power dynamics.

Another example is the **power given to a parent**. Parents have some authority over their children. This power transfer is a natural instinct and is as well backed up or implemented by society. When the child becomes a teenager, they usually rebel against the authority of their parents. That's the moment they start recovering their power. This transfer of power can mean struggle and tension until a new balance is found.

These two examples (organizations and families) show situations where part of your natural power is transferred to another source.

Power transfer

Now, there are many situations where a **transfer of power happens without you noticing it**. You can for instance take someone's power without you having any right to do so. You can as well loose or give up part of your power without realizing what you give away and how this happens.

For instance, **when the week end comes your agenda might be filled** with appointments, or tasks you really did not plan but were forced upon you.

You end doing things you don't want to, and simply **loose control over your time frame**.

Time is very precious. When you give away your natural right to control your time, you give away some form of power.

If you repeat this over and over again without being aware of it, you get frustrated and simply feel powerless.

Does this make sense?

What is your balance of power?

Here are some simple questions to check up your personal situation:

- **Are there any aspect of your personal life you don't control?**
- **What are they?**
- **Who else is controlling them instead?**
- **What can you do to get your power back?**

A basic human right

Mind power building is simply about **using what is yours**. There are ways you can build "reserves of power" but a more direct way to build power is simply to recover what is already yours.

You realize that this often means taking it back from someone else who has been "carrying" it for you.

Getting your power back means **taking responsibility**. It means gaining back control over your time frame, personal space, thoughts, emotions, actions and behaviors.

As you can see, basic forms of power have nothing to do with controlling someone else's life. On the opposite.

Disinvest from what is not yours and can't influence, and focus on gaining back control over what is yours.

The real magic of this is that: **having power over what is yours is one of your most basic human rights**.

Sometimes you give away that power because you don't want to hurt anyone or you don't dare to use it.

Where to start?

If you feel you gave away your power and want it back, the best is to take small steps. Start claiming back what is obvious. For instance clean your room and personal space and get rid of what you don't want there. No need to be aggressive with that. Remember: you are backed up by a basic natural law.

Gaining back control over your life is a thrilling experience because you start using tools which were always there.

When you do this, you set up new boundaries and simply strengthen your personal foundation. You give power to your base and simply establish a new equilibrium in your life.

Power of thoughts and emotions

It is relatively easy to understand how controlling power over physical elements like time frame and personal space works. You can see the results. Now, what about your thoughts and emotions?

The ideas of mind power, personal development, self growth, etc. are all aimed in that specific direction. Some of these streams aim even at controlling or directing other people's thoughts, feelings and emotions. As long as we stay in our own mind, there is no ethical problem. Now controlling someone else's thoughts is crossing the line. There is a clear ethical boundary and the moment you are stepping into someone else's "territory" you fundamentally shift your target.

As this is an ethical discussion, we won't go into it here.

We'll focus 100% simply on what belongs to you.

Gaining back control over your thoughts and emotions is a vast topic, so, we'll need another article for that. There is a simple idea which summarizes it: "You are the master of your mind"

Conclusion

If you feel this e-book is not enough, contact me! There is more!

Send me an email francisco@vitalcoaching.com or visit the website www.vitalcoaching.com.

Good luck and stay in touch

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