

There are many ways to give your power away. Perhaps you've relied too strongly on the guidance of someone else, and in the process, lost contact with your own inner guidance. Perhaps you've given too much of yourself away within a relationship, going along to keep the peace, or refusing to speak your truth out of fear of abandonment or rejection. Perhaps you feel the victim to someone else's abuse of power, and in agreeing to play that role, you've silenced yourself.

It isn't possible for someone to take your power from you, for your personal power comes from deep within you and can only be claimed or rejected by you, never taken from you. Your personal power isn't affected by what's happened to you or in the world around you. You may give your power away in response to those things, but only if you choose to. Even a man wrongly imprisoned against his will can retain his personal power by knowing his own worth, honoring who he is, keeping his heart open, speaking his truth, and letting his inner voice guide him. Personal power gives you the strength to face whatever comes your way.

Is there somewhere in your life where you've given away your power? Are there words you've refused to speak that should be spoken? What actions can you take right now to feel more empowered in your life?

Today, reclaim some of your personal power. As you breathe in, call back any energy you've given away. Feel it returning to you, at your command. Say,

"I call back all energy I've given away or left behind. I reclaim my power now."