



song: *Switch On* – The Crystal Method

week #31

power: (noun: own it)

- ability to act or produce an effect
- exerted physical, mental or spiritual ability
- legal or official authority, capacity or right

ability, aptitude, capability, capacity, competency effectiveness, endowment, function, gift, influence, potential, qualification, skill, talent, turn, virtue

"History is not a web woven with innocent hands. Among the causes which degrade and demoralize men, power is the most constant and most active."

-Abigail Adams (wife of 2nd US President, John Adams)

Power is a gift, and if used correctly, you can direct your life in a way that is fulfilling beyond your imagination. One of the greatest Powers is in Now. Your ability to savor and relish your Now (your present moment) determines your future.

"When the power of love overcomes the love of power, the world will know peace." -Jimi Hendrix

Your Power is in the reality that you create. Mentally, physically and soulfully.

Your Power is in your intention. Intention manifests destiny.

Allow your intention to be pure, clean, honest, and you will find that you are powerful beyond all measure.

Even you, who may be broken, bruised or damaged, have the power to heal, revive, live and love.

Action: Use your power to navigate through social situations by expressing and examining your feelings. The more in depth we understand our emotions, the least likely we are to act spontaneously upon them. Hence, the more power we radiate.



Your Power is in the reality that you create. Mentally, physically and soulfully. Your Power is in your intention. Use your Power Knee tto get rid of what you don't need, and pull in more of what you want in your life.

August Color: Sun Orange

Grand and royal, this is a color that resonates with power and greatness.

August chakra: Sacral Chakra

The sacral or 2nd chakra is the basic right to feel and can help us find emotional intelligence.