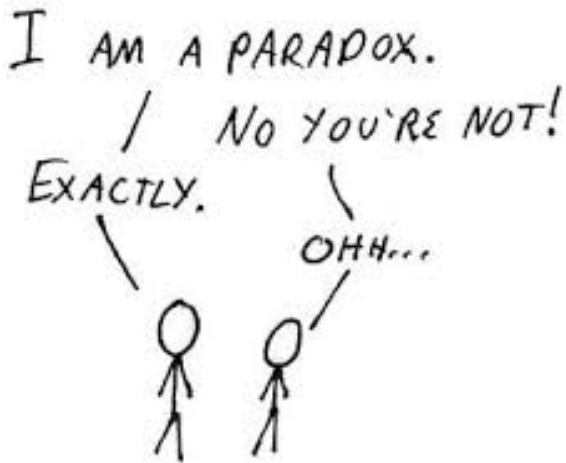


# What is the Paradox of Personal Power?



Anyone who's been doing it for a while knows that a key element in manifesting what you want is actually letting go of what you want.

Yep, you read that right. In order to have what you want, you just need to be willing to let it go. It's a perfect paradox that life has set up and if we dig a little deeper this would be the step where after putting out your intentions, you then surrender any hold on how it needs to show up. Meaning, you can't hold it in your mind in such a specific way that it closes you off from other opportunities the Universe is trying to bring it to you with. You miss what is often right in front of you because you are only expecting it to show you how you have it planned in your mind.

This is why you need to put it out there what you want, resonate with it...feel as it is yours, as it's here with you, but don't even consider a thought about how it got here. That is the Universe's job and it is damn well good at it.

Now, a key of personal power is not often needed unless control over something else is intended. While the goal for the Spiritual Alchemist is to quiet (and learn from) the Ego Mind, expand from our traumas and trials, and be open to more abundance and joy in our lives. Everything in nature is cyclical, and our very own existence in nature is no

different. Our own individual evolution through time and space is just as expansive as the tree rings of a great redwood. And this process of growth doesn't need to be controlled but rather will flourish if left to its devices.

So, we might be mindful to look at it as we're not necessarily shooting for fighting against darkness or fighting for light. That is key to remember; it's about balancing both elements because both are equal in value and service to your soul's growth in the lessons they offer. It is what you do with your experiences and lessons that determine your character and vibration and ultimately how large your energetic space in the world expands.

What is great about this is we have free will. It is always a choice. We can remain resentful of those that betrayed us before we had the conscious awareness to care for ourselves, whether that be our parents, teachers, even ourselves..., but if we can keep the focus on reclaiming that power back that was taken during that time, we allow ourselves the ability to continue our UP-ward spiral of expansion and we continue to flow with nature. We literally can FEEL when we are in this flow, and we can all admit that it feels pretty fucking amazing.

When we are connected to our soul purpose, our clear inner voice that is always trying to be heard under the clutter of other people's beliefs, opinions, etc, that are stacked high in our subconscious minds, we have literally embodied "peace". People who are happy all the time are faking it, I'm sorry. And people who are pissed off all the time are faking it too. Anytime you have to put conscious EFFORT into BEING a certain way, you are NOT being yourself, and this is why it doesn't feel right deep down in your soul.

This is also why deep down we give ourselves so much shit for it and sometimes lash out at others when we're really just so ticked off at ourselves that we haven't yet figured out that

we're not supposed to drown in the bad times or lose ourselves in the good times.

# paradox

(n.) a seemingly absurd or self-contradictory statement or proposition that when investigated or explained may prove to be well founded or true.

We are meant to flow through them all, arms out, ready to grab life by the balls. Ready to experience all it has to offer in those experiences (yes good or bad), and when you can be conscious of that outside of the emotions that come with these experiences, you have discovered who YOU are in there. And the more you stay aware of this truth, the easier it becomes to not attach to emotions and moments and not be so reactive. It becomes more natural to, well...be natural. To be neutral; to be at peace.

And when you finally learn to find your inner peace, you become the most powerful being on this plane of existence, yet may find no desire to use said power in any said direction. Because there's no more looking. No more need to look. Just acceptance of what IS. Pure "Is-ness", if you will. And it is only as much as "it is" in how it supersedes its need to be.

I hope I didn't lose you there, but again you have to be willing to lose it all to have it all. And I hope you all have the most peaceful (yet maybe a little paradoxical) weekend! ☐