

## **Facing the True Enemy—The Path to Authentic Power**

1. Think of a situation last week when someone upset you and you felt angry, hurt, discouraged, or even enraged. Recall the feelings as clearly as you can. Think about what they said to you or what they did that was upsetting. Write down how that felt to you.
  
2. Now, while feeling this pain or anxiety, gently ask yourself the following questions:
  - What do I find threatening?
  - What do I fear this says about me?
  - Can I see myself building a case against him/her/them?
  - What am I afraid will happen?
  - Who is trying to prevail here—my ego or my inner spirit?
  - Am I trying to control the outcome?
  - What am I defending or resisting?
  - What am I really afraid of?
  
3. Ask yourself, why do I believe the attack? Recognize you are a loving, spiritual being and forgive yourself for being human. Allow yourself to accept who you are and know you are worthy of respect and honor. Your soul is asking you to awaken from the drama.
  
4. Now, still remembering the incident, say and do the following in your mind:
  - a. Take a deep breath and pause allowing yourself to become present.
  - b. Say to yourself--I am serene inside. (calm, authentic, whatever resonates for you)
  - c. Perhaps I am wrong here.
  - d. This person is playing out a drama.
  - e. I can choose to be cast in the role or not. (I don't have to be a puppet in their drama)
  - f. This says nothing about me. (I don't have to be hooked)
  - g. If I do get hooked into reaction, I validate it for the person and myself.
  - h. I am free to LISTEN and to EXPRESS myself without blame.
  - i. I am safe to listen without deflecting.
  - j. I am responsible for my own feelings and actions.
  - k. This person is not my enemy. (This person is a gift to me.)

Do you see this interaction differently? How could you have responded differently?

5. Now visualize a future encounter with this same person and imagine them acting in a similar manner. How could you respond from authentic power? How would that change the outcome? What would the benefit be for you? Can you forgive this person?
  
6. Now, ask yourself, what is that fear or pain already in you that is being hooked by another person? Have you felt that way before? When? When you discover the source of your pain and beliefs you can reclaim the inner power of your soul and give up your ego's fears.