



Return to Your Power

by Kristen Magnacca



Do you need to remind yourself where you placed your keys or perhaps make a to-do list to organize your day? Are you the type of person who needs to create a plan to focus and clarify the activities you need to complete in order to ensure a project is streamlined and executed properly?

There is power in preparation.

Preparation for a celebration, a storm or perhaps a trip brings a sense of confidence and direction.

Lately in my coaching practice, I have been noticing that clients seem confused about processing the steps necessary to complete each task at hand.

Their personal sense of confusion seems to be mirroring what is happening in the larger world. Meaning, we are all in a transformative phase, which is shifting, changing and moving to a more openhearted place of living.

The structures and systems we used to feel safe, powerful and in control of the process of creation in our daily life now are all in upheaval.

So how do you stay focused, organized and on-task when all the forces coming into our lives are causing a bit of chaos?

Start with yourself. Do your own work. Be responsible for your own actions, which means taking responsibility for your own feelings and how those feelings participate in your choices.

Begin with yourself by making friends with your feelings.

We are in a place of duality: good vs. evil, right vs. wrong, and Democrats vs. Republicans. But we truly are all One.

We can experience our feelings and realize that we are all on this beautiful green earth together. Mother Earth is declaring it is time to "treat her right!" by sharing integrity.

So, make friends with these feelings. Feel and release without judgment.

When we feel an emotion but hold onto it in a place of judgment, then we foster lower vibrations. Use an internal dialogue of "Okay, today I am feeling a bit.... (compulsive, nervous, anxious, annoyed or whatever the emotion.) I know these feelings are interfering with my day, but I will welcome them and say thank you."

We all possess dark and light sides of various emotions. These may be the ying and yang of feelings, but within the dark and light is the Divine.

After accepting and holding compassion for our feelings, the next action item is asking yourself: "What do I need today?"

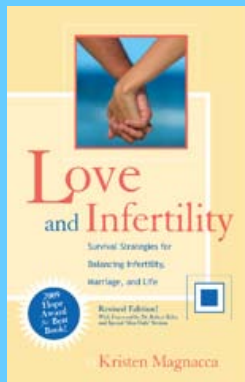
Recently, life spun on a dime for me. What I thought was real and perfect was actually the polar opposite. What I thought was light, bright and real was actually, false, negative and betraying.

Three thoughts have kept me walking forward.

First, the process of feeling without judgment and then feeling as compassionately as possible; second, caring for myself so that I can care for others; and third, serving others as the Divine has orchestrated.

Lastly, the three simple words of "All is well" is an instant way to lift the energy from dark to light, cultivating a sense of knowing that Divine Mother and Divine Father go before you and keep you safe.

Reminding yourself of who you truly are will help move you to where you need to be. Reminding ourselves that we are loved and supported beyond measure is the way to pure light.



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www.barnesandnoble.com

Kristen is an award-winning fertility author, life coach, and motivational speaker. She has written two books: **Girlfriend to Girlfriend: A Fertility Companion** and **Love and Infertility**, the inaugural recipient of the Hope Award, Best Book from RESOLVE: The National Infertility Association. She testified before the US Senate in 2000 about the importance of government funding for fertility research and holistic treatment.

Ms. Magnacca has been highlighted in national publications and broadcast media including NBC's *The Today Show*, *Woman's World* magazine, PBS' *Health Week* and *The Boston Globe*. She works with fertility clinics and fertility providers to help them enhance and improve the fertility patient's experience and was a board member and volunteer for RESOLVE of New England.

Visit Kristen online at: <http://kristenmagnacca.com>