

TO EMPOWER

How does one stop a behaviour pattern that is not a healthy pattern for a full life of living in harmony and balance? How does one stop a behaviour pattern that creates disharmony and imbalance within the living structure that one exists in? How does one stop a cycle of behaviour patterns that are harmful to future generations let alone the generation that exists within the harmful structure? How can a person make a change in any environment without support or learning skills to make those changes? How does a person make a minor change let alone a major change of behaviour, structure, and environment? How does a person create life out of chaos? How does a person create? How does a person answer all the questions that are bound to arise in any given situation?

These are just some of the questions that arise when an individual is faced with a change - a change that has escalated to a crisis situation. There are no easy answers for these questions, let alone a simple solution. Some of the answers come from watching those who have travelled the road you are faced with - lending support to your endeavours as you try to begin. Some of the answers come from support groups that you may belong to - lending support for any decision that you are making on your own now. Those whom have experienced some of the same chaos, a degree of the disharmony or even frightening limits that you have not experienced at all - in short those who have moved past the questions and thoughts that keep one locked within a situation.

The thoughts that race through your mind are the tiny webs of self destruction that keeps a person living in a state of disharmony as well as in a state of chaotic behaviour. You may state that this is programming from the social aspect of society that we each are exposed to in our lives. There is truth in this, but you are also born as a reasoning, mental human being, that is able to choose what beliefs you shall carry in your lifetime. It is as a circle; the thoughts keep chasing around and around until there is only a repetition of the same thoughts over and over again. So, from here, society has acquired the symbolic CYCLE OF VIOLENCE, out of which stems the crisis state of feminine destruction that is apparent within the world today.

Women all over the world are speaking out against the social, economic and religious beliefs that have governed the state of all life for the generations of today. Women have begun to return to a state of balance in all segments of the world today as we know it. Some of those women have entered these different areas with a desire for change that has become an embittered attempt at forcing another masculine energy upon the world.

Some of those women have entered these different areas with a desire for change that has become a successful attempt to integrate harmony upon the world. The difference that lies between the two different approaches shall never be found in books, reports, studies, or any type of governmental structure. The difference that lies between the two, lies in an understanding that when a person chooses to change, chooses to live in a state of harmony and balance, and in short chooses otherwise; one begins to understand that underneath all of the bitterness and hate and destruction that was the driving force in the change, lies a human being that was drawn towards harmony and balance. Finding that once again, the answers did not come from society, economic factors, or even religious factors: Finding that the answers have to come from within the human being. It is the point in every human being's development where once the attainment of material goals has been reached, that there is a sense of imbalance that still exists within the newly formed structure of the life experience.

The material goal in leaving a crisis situation is of course, safety of the human being and all other human beings that have been subjected to the crisis. Attainment of that one simple goal, of course leads one into living a life that has become almost unbelievable in the new found freedoms that abound. Where there was no choice or a feeling of no choice before, there is now many choices to be looked at. Having taken back the power to believe that there is safety and you do deserve to be safe, leads to many other decisions that will empower the individual.

For so long, a choice or the power to make a choice did not exist in the reality that the human being knew. Now that the choices are abounding, the overwhelming feeling of it all comes to surround the human being. Not only do many individuals that leave a crisis situation have choices to make for self, but choices to make for the welfare of those that may be dependent upon that human being.

Instead of seeing the overwhelming choices as a struggle of responsibility, one could choose to see them as a challenge that shall be overcome. It becomes a matter of choosing how you will think about what is within your reality. For some human beings, the challenges seem to be met and accomplished with little effort; those perhaps are the human beings that have chosen to see their challenges as just a challenge, instead of a struggle and a fight. If you stop and think for a moment at this point at various times in your life that you were faced with challenges; you will soon realize that some of those challenges were repeated until you stopped seeing them as a fight and a struggle, and saw them for just a challenge. This is the first step of realizing that you create your reality to learn from that living experience. This is the first step in realizing that you may choose to create positive expressions for yourself, instead of repeating the negative cycle of thought patterns that you have been holding.

In that new found awakening, lies the power to truly empower yourself and others. You have empowered yourself, by choosing to believe that there is a life other than what you previously knew, as well as the created reality that you have accomplished that is different than what you previously knew. You empower others by simply expressing your new found life and living experience as well as offering a living model that a choice can be made, lived, and given a space in reality as a believable process.

Beyond safety, living a comfortable life, expressing more of yourself, as well as speaking on behalf of others that may be awakening to the power of choice; lies a space in your belief system that needs to be nurtured and kept alive. This space is the principle of harmony and balance; kept alive and growing by your creative expression.

This space is the one that is hardly ever nurtured by any human being that has attained a specific goal. This space must be given full attention at some point, or you soon find yourself repeating behaviours and situations that you once felt that you had under control. Once a human being has created an environment that has become harmonious instead of chaotic; the human being will tend to repeat and draw the same type of chaotic energy as a catalyst to reinforce the reality that has been chosen. How does one stop the chaos and disharmony of learned behaviors? How does one stop the choices now made, from being subject to the judgemental whispers of the internal dialogue that has continued to be a part of your life? In short, how does one continue on living, when the living has turned to a task that is not enjoyed - looked upon as a duty and overwhelming responsibility?

A human being begins by looking back at accomplishments, no matter how minute or large, instead of looking back at where you have come from. You begin by choosing to see your choices as steps of self empowerment - instead of carrying the whispers of guilt that resound in "what might have been". You made a choice that you felt necessary and you must begin to see that as an empowering factor in your life. You begin by looking at today's challenges instead of tomorrow's challenges - facing the task at hand instead of creating more tasks in your mind. You begin by empowering yourself daily, by expressing to yourself that you are important enough to consider in the living of your life. That you are, as a human being, significant and important and most of all deserving of having a living experience that is enjoyable and exciting and fulfilling.

The process of creation in one's own life begins with choice and is empowered through choice for as long as one lives. The process of creation is an ongoing one - it is the cycle of birth and death. For something to be born or created there is something that must die or be deleted. In the process of creation in one's life, the death is symbolized by the changing of thought patterns that have existed in beliefs that no longer serve you. In

the process of creation in one's life, the birth is symbolized by choosing to think otherwise and choosing to see yourself as being empowered by those choices. The process of creation is as much a part of you and your life as the expressions of beliefs and the truths that you find therein.

Wouldn't you rather create a life and living experience based upon your own beliefs and your own truths instead of someone else's beliefs and truths? Wouldn't you rather create your own picture of reality and live according to your own sense of truth? Wouldn't you rather have a life that is harmonious and balanced instead of chaotic and disharmonious? I believe that you would rather create your own life and have a living balance and harmony that would reach not only those that may be dependent upon you today, but those future generations that have yet to come that are dependent upon your choices that you make today, in your life.

So for whatever choice you have made, see that as an empowering choice for yourself. Know that you can continue to create within your life by making choices for yourself that have the desire for balance and harmony within your life. Know that you can create your life by changing your beliefs that you hold about life - you have already done that by the choices you have made. Know that you alone have made a choice and that you alone have empowered the self by making that choice and thus empowered others to choose. Know that today you have made a choice that is empowering for you today - tomorrow has yet to come. Know that by choosing to see your life as an expression of self that deserves to be expressed, that you have empowered the generations of today as well as the generations to come.

So in the process of creation, we learn, we live, and we grow. Therefore we have struggled, we have fought a war, and we have won. The greatest mystery that has been unravelled is that we are capable of choosing a life of harmony and balance instead of chaos and imbalance: Perhaps now understanding that the greatest challenge of all is not the outside influences that we are subject to, but the inner conflicts that we have the power to resolve. The greatest truth being found is that we as women have the ability to empower, create, and live within a reality of our own choosing; not a reality of beliefs and structure that has been programmed into our belief system.

So to each woman in her life and living experience, I send you a message of empowerment and courage to continue in the creation process within your own life as well as those whom are dependent upon you and those that will be empowered by your very presence. Know that as I leave you with these few words, that in my mind, I am creating an environment that is balanced and harmonious. I hope that you will join me in your thoughts and in your heart to create an environment of healing, love, and joy for those that have gone before and those that shall follow a path behind. Know that in my heart, I am creating a message of love and truth

that shall be a connection for any and all that wish or desire an environment of balance and harmony.

AS OUR EARTHEN MOTHER HAS TAUGHT US - EACH ONE

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