

The Reiki Center

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April 2007 Newsletter

The Power of Fear and The Fear of Power

by

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**Nearly all men can stand adversity but if you
want to test a man's character, give him
power - Abraham Lincoln**

Power is a theme strongly prevalent in our society that is something that allows one to control others. It's often portrayed on TV or in the movies as manipulative, controlling, fear based, ruthless as well as many other adjectives that focus on ego centered drama's. If you recall the TV show "Dallas" its main character J.R. Ewing was a prime example. This character embodied the worst aspects of those who have power and lord it over others. In this particular case it was through money however, its not only in fiction that this attitude is portrayed. Sadly, the basis for this type of character is drawn from real life and can be seen throughout our society. In government for example, corruption and abuse of power on the federal, state and/or local level is seen far too often. Elected officials regularly abuse the power given to them in trust by the electorate for their own greed and/or political cronyism. The same pattern can also be seen in businesses, schools and other institutions. It seems that one can't open a newspaper or listen to the news these days without some new form of corruption, scandal or abuse being reported on. So the question becomes, why? Why do we

allow such people to have power over us? Why do those whom we give our trust, stomp on that trust so frequently?

The answer may surprise you.

**It's we who are responsible for these abuses
and scandals!**

Who, Us?

Yes, Us.

How can I say that we are responsible, you might be asking? Because each of us in different ways, have been giving away our power to others by allowing them to make choices for us rather than making our own choices, literally from the day we were born.

For example, as we grew up it was our parents that made our choices for us initially. This was further enforced in school when our teachers and the school system basically told us what we could do and not do. It was further impressed upon us when we left high school to enter college and even more so when we entered the working world. Yes, of course, on each of these levels we were generally granted increasingly greater rights and privileges, as we demonstrated our ability to make decisions wisely and with good judgement. But this is also a generalization and not necessarily true in many cases. Particularly where the degree of freedom to choose was limited by fears, doubts and uncertainties in those who had the power to grant those privileges. By this I of course mean our parents, family members, teachers, etc. The

requirements of this societal structure tend to erode our ability to make our own choices in favor of holding others as more capable and able to decide for us. Yes, it's necessary to have a certain degree of conformity in order for society and structure to co-exist and of course, there will always be those who know more or are wiser than we in various situations. As a result we would often let another choose for us rather than take on the responsibility ourselves.

However, the price we pay for not taking responsibility, has become the gradual deterioration of our willingness to make our own choices, to plot our course in life and most importantly to face the fears and traumas that keep us from exercising our natural gifts, talents and innate ability more fully.

There is another reason why we abdicate our choices so readily. As noted above, the representation of power in this society is mostly negative. In my opinion, the phrase that would best describe the generalized view of power is **“power corrupts and absolute power corrupts absolutely.”** When one comes from this perspective, it's easy to see why we might shy away from exercising our own power.

Yet, there is another reason that is even more pervasive. Within each of us, is a fear that we rarely acknowledge - that we are actually far more powerful than we allow ourselves to be. In a deeper part of our awareness, we remember who we really are. A being of such presence and intensity that if we were to allow our light to fully shine it would be blinding to those around us ostracizing us from our friends and family.

We fear our own power because we have been taught that only the elite, the special few can wield it appropriately. That someone who has made a lot of money is a positive role model - regardless of how that money was made - and is worthy of emulation.

This concept is propagated by the media who regularly report on and glorify those who are held out as celebrities, usually for a specific accomplishment and most often not because they are self-actualized people. Of course, there are those who are acknowledged in this way, but they are the few. There are examples of this kind of leadership but they are not quite as numerous as those who exploit others. Why? Perhaps it's because it's more dramatic to see how people can manipulate others or maybe it's a fascination with actions or events that are so outside our everyday experience as to render them unimaginable.

On the other hand, what we view as true power, how it's wielded and what it means is rarely given such focused attention. In fact, it seems our view of true power is more akin to the comic book stereotype of the overly egoistical mind. That in order to have power one has to be tough, strong and able to make hard decisions where emotions do not play a role and compassion is often a secondary thought - overshadowed by political considerations and/or economics

So, What is True Power?

True power is the exact opposite of what we have been talking about - which is more properly defined as positional power - drawn from the structure that provided it. However, if the structure were to fall, the positional power would be lost. This is what happens to many who define themselves by their work or possessions without acknowledging their own true talents and abilities.

True power, sometimes referred to as authentic power, comes from a sense of safety and acceptance of ourselves and expresses itself in the form of compassion, understanding, acceptance and empathy for others - without fear of being seen as weak or ineffectual. It's about creating situations where everyone benefits and not just a select few. The win/win scenario is a concept that supports this ideal. Where positional power needs a focus and forum in which to be exercised, true power comes from within the individual. This power does not rest upon any structure or platform

that can be taken away. It is authentic and comes from deep within, built upon a foundation of relinquishing the fears and trauma's of the past - recognizing that our real strength comes from letting go of what was by embracing our fears and moving past them. FDR's exhortation during the dark days of WWII "**The only thing we have to fear, is fear itself**" says it all. Letting go of our fear allows us to be that powerful being of light that we really are.

As we can see more clearly now, the idea that real power is just for those who are elite thinkers, the movers and shakers of this world is outdated. It's perfectly appropriate to acknowledge others and support them for their accomplishments and positive deeds however, it is also necessary to balance those accomplishments equally with those who make their contributions on levels that are not just economic, but humanitarian as well.

Within each of us is an immensely powerful being that has waited quietly, calmly, patiently for us to recognize its potential. It is this part of us, the unfettered aspect that recognizes who we are and what our path is that lays waiting for discovery. In fact, if you wanted to give it a title, I would be quick to call it the "**The Last Frontier.**" Why? Because it's here that our greatest ambitions, accomplishments and achievements lay waiting for us to discover them. Healing the sick and afflicted, feeding the world's hungry, easing the suffering of those who have less are wonderfully humanitarian goals that deserve acknowledgment and support. But not one of those wondrous goals can be fully accomplished if we don't heal the fears, traumas and issues within us that keep us from accepting ourselves and each other to become all that we can be.

To quote Eleanor Roosevelt - **You gain strength, courage and confidence by every experience in which you really stop and look fear in the face**

So how do we accomplish this goal? By actively moving through the things we fear. Not

pushing them away, but acknowledging the hurts and pain of the past. Not all at one time of course, but here and there as we're able to . Recognizing that the fear of dealing with an issue of the past keeps us a prisoner of what was.

Below are some simple suggestions to help move through your fears and develop your own authentic power:

Suggestion #1

When you become aware that you are holding fear around an issue, experience or trauma of the past - regardless if you understand why you feel this way, acknowledge it. Then immediately call upon God, your Higher Self, the Angels, Ascended Masters or any religious figure you feel comfortable with ask for help in releasing this feeling. Don't try to think it out or get an intellectual understanding of why you feel as you do - just ask for help to release it. When you feel the emotion, you are in direct contact with the event that created the fear. This is when it is most ready to be released. Thinking about or intellectualizing it, takes you out of the moment and the opportunity is lost. This method is very much about listening to your emotional feeling nature, without engaging ego. It's a very effective method and the more you use it the easier it will become.

Suggestion #2

Another area that keeps us prisoners of the past is guilt, regret and remorse. So often we are told to forgive those who transgress against us, just as we are told to ask for forgiveness from those whom we offend. However, its not often discussed but there is a third action to consider which is asking forgiveness for ourselves.

Guilt, regret and remorse are the most useless of emotions once the lesson is learned and the beauty of this exercise is that regardless of how much guilt, regret or remorse you feel it can all be released just by asking for it. The best part is that it doesn't matter whether you were the aggrieved or the aggressor in the situation nor does it matter if you were right or wrong. Judgement is not a part of this process. Simply asking for the release makes it all happen. The more you honestly wish to release your pain, the greater your success will be.

Just as in the previous exercise, this method works with your emotional feeling nature and can be utilized anywhere and anytime. As before, call upon God, your Higher Self, the Angels, Ascended Masters or any religious figure you feel comfortable with and ask for forgiveness for yourself as it serves your highest good and watch how quickly your guilt, regret and remorse leave you.

In some cases, you may need to use these practice several times for the same issue or feeling to help it release. Remember, both practices are tied to your willingness to let go. If you say yes, I'm ready to let go but its only an action of the mind, it will not work for you. However, if you ask for release with the conviction that you really mean what you say, you will experience the most wonderful feelings of peace and ease. As I've said to many people over the years, this exercise can change a person's life with just a simple, focused thought. **I can't stress its benefits enough and you have nothing to lose but the thoughts and fears that have held you back from being more of who you really are. The loving, compassionate, empowered being of light that is your true self.**

When we see our fears, no mater how painful, for what they are (experiences of the past that are now gone) and we walk through them to the other side we find our true, authentic power. The simple act of stepping forward into greater acceptance of ourselves is the single greatest effort we can make in order to take our power back and once again become responsible for our own choices. Each time we do this, we reclaim a small part of our larger selves.

Courage is not the absence of fear but rather the judgement that something else is more important than fear - Ambrose Redmoon

As we continue the process over days, weeks and months we begin to see an accumulation of more and more strength and ability to choose our own path. This is the course that will allow us to step forward into true compassion and consideration which are the hallmarks of

personal power - without the egoic aspect of fear that supports the energies of greed, avarice and engorgement. This is the change that needs to occur if we are to truly heal and become the realized beings that we really are.

Until next month, be well.

Upcoming Events

*All events are held at
"The Reiki Center"
58 May Avenue Westbury
unless noted otherwise.*

April 5, 2007 - Free Lecture on "The Benefits of Reiki at Borders Books and Music in Westbury. 8 PM

April 11, 2007 - Annual Health Fair at SUNY Old Westbury University
11am - 3 pm - admission is free

April 15, 2007 - Reiki I Workshop - Learn the basics of Reiki - includes, attunement to Reiki Energy Ray, how and why it works, ways to use Reiki to heal yourself and others. Discover the healer within you! - \$125 includes workbook and CD - 1 PM

April 16, 2007 - Whole Foods - Lecture on the Benefits of Reiki. Learn how Reiki can help you let go of stress, tension and physical afflictions that keep you from enjoying life to its fullest. Free Admission - 1 PM

April 19, 2007 - Channeling and Meditation - Join us as we experience the healing and inspirational energies of the Ascended Masters who will talk about these changing times and what is happening for us and all Humanity. There will be time for personal questions and answers.
8 PM \$15 p/p

April 25, 2007 - An Evening with People who Care. This evening features lectures and demonstration of 5 different healing modalities including Reiki, Phoenix Rising Yoga, Self Empowerment and Assertiveness Training, Empathic and Intuitive Mediumship as well as time to socialize and meet with the presenters. Location: **TBA** 7:30 pm \$20 p/p Light Refreshments

April 29 , 2007 -Magnified healing Workshop - You will learn how to utilize this 5th dimensional energy presided over by Quan Yin to heal yourself and others while speeding your ascension. Makes and excellent compliment to Reiki - \$150 includes Workbook, Magnified Healing Essential Oil and Certificate 1:00 pm

May 6, 2007 - Annual Wesak Festival - 1 PM. On this special day (the holiest of the year according to the Ascended Masters and commemorates the Buddha's birthday) we will come together to connect with the highest energies we are able to receive as we begin a new cycle of growth and awakening. More information is available on our website at www.myreikicenter.com

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Distance Healing - A distance session can have many benefits to those who can not come to the Center due to distance, infirmity or other reasons. It is equally effective whether the distance is 10 ft. or many 1,000's of miles. \$65 per session

**Reiki Workshops and Classes - for all
Levels from Beginner to Master.**

All Classes Workshops and Events

are held at

The Reiki Center

58 May Avenue Westbury

516-333-7404

Unless Noted

Otherwise

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at

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