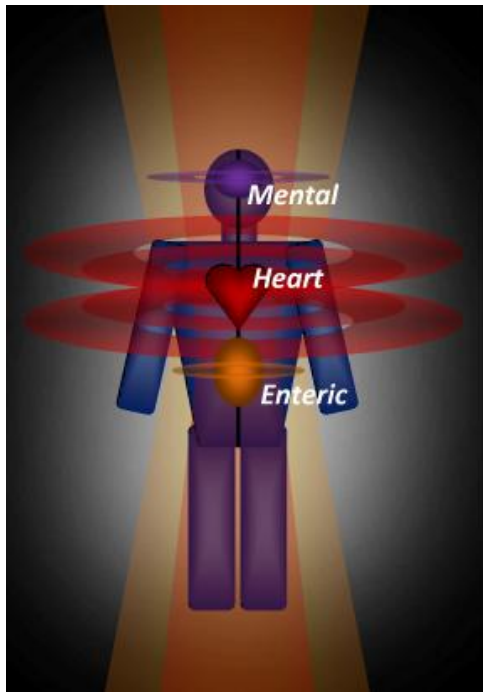


Activate New Sources of Power...

When you think about it, you've probably experienced periods in your life where opportunities and resources seemed to flow together easily and it felt like you had ample access to new sources of innovation, capability and energy. There have also probably been times when you, or the organization where you work, have experienced intervals of stress, limitation or frustration. Have you ever wondered why this is, what causes the gap between our peaks and our more limited experiences?



The difference is our access to power, but perhaps not the type of power you might think. In our society, we often associate power with the ability to get what we want through exerting force or dominance over others. While that version of power no doubt exists, it's not the kind I'm talking about. I'm referring to a source of power that comes from inside us, which is available to every human on the planet, when we know how to access it.

The kind of power I am referring to doesn't come from someone else yielding to us out of fear. It requires no one else's approval or permission. It is, literally, accessing our innate human ability to create – using our unique human design and capability to shape the world and to attract others to join with us to generate what we want. We access this power source through our own inner alignment and intention, which is then translated to the world **electromagnetically**.

Without getting too deep into the science, the forces which cause atoms to combine and to move is **electromagnetic** – fields of energy which influences objects and other fields of energy. Since everything we experience in the physical world is made up of atoms, the forces at work at the atomic level – that attract two atoms to form a molecule, for example – are also at work at the macro level – attracting a customer to buy a product, an organization to create a result or a nation to unify behind a leader. Harnessing this energy is achieved through alignment of the energy systems within our bodies and harmonizing these systems with those of others.

Scientists used to think that human consciousness was controlled through our mental capacity, in our brains. They are now demonstrating this view to be **incomplete**. Rather than storing them in our craniums, ideas are accessed through electromagnetic waves generated the neural networks in our brains, (so it may occur to us that they come from “in our heads”.) We also have huge systems of neurons outside the brain, most notably in our hearts and in our enteric system (the so called, ‘gut brain’). These systems also generate electromagnetic fields, which when they are of sufficient size, affect not only us, but the world around us.

What many people don't realize is that our mind is not even our most powerful organ of consciousness and power. **When properly activated, the heart's generated electromagnetic field is 5000 times more powerful than that of the brain!** (Source: Institute of Heartmath) When we know

how to use our heart to intentionally and proactively manage our integrated consciousness systems, we gain access to power, energy, information and ideas which, otherwise, are simply not available to us. This gives scientific explanation to what we have long experienced – we are at our most powerful when head, heart and will are directed toward a unified purpose. The opportunity here is to learn how to consistently create this alignment, to yield the results we desire.

The heart's design creates resonance and coherence with electromagnetic fields generated within us and by other sources. That is, our hearts naturally seek to align, harmonize and support the thoughts and feelings generated by our Mental and Enteric systems **and** to align and harmonize us with others! This is what is happening when we are feeling energized, focused and excited. This is what is generating that sense of unity and connection we experience when we are working with others to create shared goals. This is what we are experiencing when we are accessing our human power and putting it to work to create outcomes that matter to us – **and why this feels so good.**

And, what about the times when life shows up as being difficult or frustrating, when we feel stressed, drained, or limited? What about when we feel isolated and like we are pushing against others and getting nowhere? This is what we experience when our hearts are shut down, when our resonant power is, therefore, restricted or dampened. When this is occurring, we can feel conflicted, stuck, separated from those around us. These feelings reflect the electromagnetic reality: we're, literally, out of synch! This feels bad for a reason – to remind us to open our hearts, reconnect and resume generating that inner human power that feels so good!

The good news is that we can, absolutely, remember how to do to activate our inner power. I say **remember**, because we all know how to do this. All that has happened is that we have learned to react to the world in ways which have convinced us to shut down our hearts and have, in the process, shut down our access to its power. So, we have to “unlearn” these reactions and re-establish the neural connections and relationships which enable us to bring our inner power “back on-line”. If this sounds interesting, I'd love to explore how I can support you or your organization to create the results you want in the world by remembering how to activate your inner power.

Sound like fun?



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