



Awakening to Our True Selves

By Hillary Schneider

There is something that lies in each and every one of our beings. It is an energy, a source that we are all born with. Something that is unique and special to each individual.

There are times in our lives in which we feel it or sense that it is there. It can show itself as a fluttering in your heart or stomach. It can show itself as a burst of power and confidence that seems to appear out of nowhere and acts like a wave washing upon the shore covering us in its magnificence. And, as sudden as it comes it vanishes. It can come to us when we are competing in sports when a strength and fierceness seems to come over us as we become someone else. It comes to us when we are engaged in something that brings us great passion. The words, actions and feelings are so different. Yet it feels as if a long lost best friend has come back to be with us. We have all felt it in some form or another. So the question is... what is this "power" and how do we gain access to it whenever we desire?

- 1) To know the answers to that question you have to be willing to **take the time to be with yourself**. To have the courage to just sit with our own company and see what messages and answers we have to give to ourselves. You see there is no simple answer as to how we can access this power for it is different for each person. You are the only one who has the key to this power that we seek.
- 2) Be open to know that **what you see with your eyes is not always what is there**. There are many things that are around and within that cannot be seen. Open yourself up to seeing things in a new ways beyond that what our eyes can see.

- 3) Be aware of **what triggers that feeling of power**. When does it seem to come on? What does it feel like? If you know and become familiar with it, it becomes that much easier to unleash.
- 4) **Recognize and see the power in nature**. It is revisiting our roots, our land that holds the answers themselves about the magic and power that connects us all. For example, it is funny that the two times I went to sit down and write about power, I was visited by a spider. In fact both times the spider came down and begun to spin a web that started at my head. If you are not familiar with native tradition, there is a story that Grandmother Spider was the one who brought writing to the world. How wonderful was it that in my own backyard as I focused on connecting with my power through writing, I was visited by a spider who helped guide me in putting words to what I was feeling.

Sometimes the power doesn't have words and it is hard to try and describe it because it seems that there are no words to define it.

It is about being aware to your surroundings and what is here to help you get in touch with it and define what it is. We all have helpers and the answers are always waiting for us to see them like a light of the candle in the dark or the sun trying to shine through the clouds.

It is as simple as taking time to ourselves to be with our questions and allow for our bodies and spirits and minds to answer us.

There is unbridled passion, wild energy that lives inside each of us. When we were born we were each gifted with potential and greatness to achieve and be whatever it is we desire. Often times we only touch the surface to what lies beneath us.

I often compare the depths of the unseen and mysterious oceans on this planet to our own undiscovered depths that we have hidden inside us. We are vast and limitless beings. Our power does not lie in the physical bodies that we inhabit but in the spirit in which we are.

The core of our souls that have seen and known many journeys not just this one. If we only could awaken to all that we are who knows the magic and greatness we could achieve we could accomplish in this lifetime.