

**Month 5, Week #1**

Overcoming difficulties with power

Hi!

**So, we are wrapping up Month 4 of our Gutsy Goddess Society training program.** As you know, this month we have been getting to know your 3rd chakra, which is the POWER center of your happiness. Our theme: Boosting Your Confidence Quotient.

Before we dive into your Inspiration in Action weekly assignment, **I want to say THANKS to all who came out to spend time with me and other gutsy gals during my NYC tour last week. Holy moly, did we have a ball or what?! So many powerful shifts and a-ha's. It's truly spectacular to support wonderful women like you.**

Tomorrow night I get to host another group of fab women at my [workshop here in the Berkshires](http://www.on2url.com/lnk?0+I34SMSNkU%3D). AND a few gals from Kripalu's programming department are coming to check me out in action and experience the magic of bringing goddesses together. I recently submitted a proposal to teach at this top yoga and wellness center so this is a dream come true on many levels. Thanks for the good vibes and support. I'll keep you posted.

Okay, onto the assignment ...

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INSPIRATION IN ACTION ASSIGNMENT

This week, let's focus on the *difficulties* with power: overexpression and underexpression.

**OVEREXPRESSION OF POWER**

What happens when you overexpress your power? Well, this can show up in a few ways:

1. Power conflicts: Excessive imbalance leads to a domineering, intimidating personality - the type who's winning a game that no one else is playing. If you find yourself in this camp and would like to have more peace, let go of your need to be right.
2. The adrenaline junkie: Everything seen through this defensive place seems "not right." When the source of your experience is external, you have given away your power. Performance-based measurement of your day is an example of externally based happiness. Beware. Some affirmations that can be helpful here: "I do not need things to go perfectly in order to be happy." "I do not need people to behave themselves for me to love them."
3. Resistance: People are energy, and we interact with this energy all day. When you are freakin' exhausted from working with people, what does this tell you? That you're defending against the energy and are resisting it. Move into nonresistance ... when you do, you'll experience intense energy and sustain balance simultaneously.
4. Defensiveness: You're in defensive mode when your gut feels tight ... and when you come from this place, the other person you are communicating with will feel a tightening in their gut too. Ugh. Instead, stop, breathe into your gut, and powerfully visualize the outcome you hope to achieve ... then proceed. Ahh ...

**UNDEREXPRESSION OF POWER**

At times we may feel powerless in life for reasons like: we let ourselves be led along by the will of others; we feel exhausted by life; we fear failure; we have a victim mentality; we feel we have nothing to give. Underexpressing our power is lame and a total waste. This can show up in these ways:

1. The service/servant dilemma: Only you can decide how much is enough for you. Do you tend to feel guilty when you have to stand up for yourself and what you believe to be right? Know this: "they" will never know when enough is enough for you. The world will gladly accept another doormat ... are you going to be one? Walk the line between being of service and being a servant. You'll know when you've struck the balance.
2. Submissiveness: Unfortunately, many people have not awakened to their power and are just waiting to live their lives. Deferring to others, being a "good" person and not causing "trouble" become a way of life. If you haven't claimed your power, your choices will be born out of the popular culture or your time, or a dominant person in your life. When people come to the end of their lives, most regret the things they have NOT done. Don't fall into this trap. Be bold NOW.

**ACTION STEP**: See which of these categories you may be "guilty" of and work on striking a better balance in how you express your power. There's no time like the present.

Next week, we'll dive into the 4th chakra, the HEART. Start looking for some GREEN to weave into your life ... you'll learn more on our training call next Monday. It's gonna be good.

xoxo

Jenny