

Being Powerful Without Being a Warrior by Stewart Blackburn

There is something very alluring in the vision of a warrior. He or she symbolizes the very embodiment of power, the one who has the strength, focus, confidence, and determination to overcome anything that is blocking them. Thus for us, the warrior is an ideal model for dealing with the big challenges of life. Seemingly, they can handle anything! And that is very tantalizing to those who feel themselves powerless.

This metaphor for dealing with things that we don't understand or don't want seems quite natural. We want what we want and we don't like things or people to deny us. The warrior metaphor encourages us to focus our energies to push past or crush whatever is resisting the fulfillment of our desires.

The problem with the warrior metaphor is that it creates something outside of ourselves that is the agent of our frustration. Whatever is blocking us may be malicious or even dangerous in ways that threaten our happiness and wellbeing. At no point in this common metaphor is there the concept that we are the ones who are blocking our own progress. This misunderstanding of power underlies a great deal of the misery we see all around us.

True power is to be found in the choices we make each moment of each day. Whether consciously or not, we create the experiences of our lives with our thoughts, our feelings, and our imagination. The degree to which we like our experiences is up to us. We are in charge of every single reaction we have. We can use our imagination to blame others, the gods, or fate, but we still come back to how we have crafted what we're experiencing.

There is a form of power that stands in stark contrast to the power of the warrior. This is the power of appreciation. It is a

vastly underrated power; so underrated that almost anything seems to be more powerful. However, let's take a look at the mechanics of power. It doesn't come directly from our will. It is a function of the energy we are holding, the vibration of our being, our inner vitality. These are all ways of talking about the underlying status of our consciousness.

If we are feeling good and relaxed in the world, we can access our power easily. If we are distressed or angry, we drastically lose power. So to maximize our power, in general, we want to keep our vibration as high as possible at all times. Appreciation does that for us. Remembering who and what we love does that for us, as well. And remembering the pleasures that we anticipate enjoying in the fulfillment of our desires does this, too.

This is a hugely different framework in which to operate than that of the warrior. The warrior, in preparing for combat, needs to protect himself from the opponent and this involves a level of fear. The overall vibration of fear is a great deal weaker than the vibration of love or appreciation.

Loving and appreciating doesn't mean not acting. Action is often called for. But to be as effective as possible, we need to access our higher powers as we act. We can't do that in a place of fear or anger. One of the most interesting aspects of the Japanese samurai was how well they knew that, even to the degree of walking away from sure victory if it involved being angry.

While the warrior seems to have a handle on power, he is nonetheless not as powerful as the one who lets his high vibration do whatever protecting may seem necessary. Ultimately, the only thing that anyone really needs to protect oneself from is fear. Fighting fear with fear doesn't work. But intentionally staying in a vibration well above fear does work. And it works very well!

There's a world out there that needs our help right now. But we can only give significant help if we are self-empowered ourselves. And as we each come into our own power, it becomes increasingly obvious that in order for us to have the effect on the world that we would like to, we need other empowered people to work with us. We're talking about people who are not afraid to think for themselves and who have accepted their own authority. We're talking about people who can connect to their whole inner team. We're talking about people who can handle the power of love and use it skillfully. We can do this better than a whole lot of warriors.

Ultimately, power is the ability to manipulate energy – the psychic or mental energy that surrounds us and infuses us with life. The ability to feel it, to consciously move it, and to use it creatively is a part of who we as human beings are. The first step is to accept this power, and then it is up to us to practice and master this power. This world may depend on how well we do this now!

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