

Reflections on Personal Power

by Stewart Blackburn

Personal power is the ability to choose and bring into your life those people, activities, physical objects, learning, adventures, and creations that will contribute to a richer, more rewarding life. The essence of power is choice and you take up your power when you accept that you are in charge of what you call forth.

Another way of looking at power is that it is the ability to choose your next experience. Personal power is the power you have for your own life. If you don't have much power, you don't have very many options. If you have great power, you have many options to choose from at any given moment. But power isn't the same as control.

Control is a matter of will over other forces or people. It involves the choices of a central figure to impose it's/his/her will leaving out any choices by others. Our focus is on how we increase our personal power by choosing what we want in life. That is to say, we support our own self-empowerment as well as the self-empowerment of others.

And it all starts with loving yourself.

It is amazing to look around the world and see so many people that don't seem to know how important it is to love themselves. It can easily seem that this state of self-loathing is the cause of most, if not all, of the misery we see on Earth.

While some aspects of who we are not ours to choose, most things that we take for granted are in fact the result of choices, made or not made. For example, our self-confidence is a choice; we can choose to be more self-confident. We choose what we focus on and thus what parts of our lives we will energize. And we can choose to trust or not.

So how do we choose to be more self-confident, charming, or charismatic? By having a clear idea of what we're desiring and then assuming the quality in question. Basically, we pretend to have that quality or act as if that was true for us. If we continue with that attitude, it will become our natural way of being. This is true for any personal quality we like.

Every reaction we have is subject to our choice. We can choose out of habit, or we can consciously choose how we want to react. Disappointment, for instance, is a choice. Many people are afraid to want something so badly that if it doesn't come to be, they will inevitably suffer greatly from devastating disappointment. This is a total abandonment of one's own power. You never have to be disappointed, if you choose not to be.

Not only is disappointment a choice, but so are anger, tension, appreciation, and forgiveness. When we learn to choose how we will react to any given situation, we reclaim a tremendous amount of our personal power.

We choose our future by our focus in the present. We have the choice of what we are focusing on. We have an essentially infinite number of probabilities to choose from for what comes next in our lives. And we will get what we are putting our attention on.

A big part of our power is in our stories and how we can choose to tell them differently. You are living in your own story every moment of every day. If you want to be stronger or smarter, then tell yourself the story of how strong or smart you are. If you want to be healthier, then tell yourself the story of feeling your good health and how much you love that. You are the storyteller; tell the story you want to hear. Don't be fooled into thinking that the reality is different from what you want it to be. The world is what you think it is. You are the creator of your own reality.

There is a kind of two-step dance to use your greatest powers. Your ability to imagine different scenarios and outcomes is the first step of this power. This is you freely using your imagination.

The second step of this dance is your ability to focus on what you want and hold that focus. The required motivation to hold this focus is the intensity of your desire. How much do you want it? Sometimes this intensity of desire means that other desires are put into secondary positions. Again, this is a choice.

There are lots of ways that we can foster and increase our personal power, we just need to focus on them. But there is one main way that we disrupt our personal power to the point of eliminating it entirely. We do that whenever we allow shame to grow within us. I define shame as the choice to disapprove of some part of who we are. Most of us have been taught to be ashamed of various aspects of our being, and that's very unfortunate. It is only when we can say to ourselves honestly that we are just fine the way we are, that we can truly take up our full power. That the most important prerequisite to becoming the magical beings we were born to be.

Personal Power is the key to living a productive and satisfying life. Learning how it works and choosing to take it up is all it takes to have it work abundantly in your life.

Pete Dalton and I will be teaching 3 courses centered around Personal Power in the very near future. The first is ***Discover Huna: A Blueprint for Personal Power*** (<https://stewartblackburn.com/discover-huna>) 4 weeks starting on September 8, 2025. Then comes ***Pathways to Personal Power*** (<https://stewartblackburn.com/pathways-personal-power-1>) 10 weeks starting October 6, 2025. The third course, ***Seven Shamanic Skills for Personal Power***, 7 weeks will be presented sometime early in 2026.