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## **DOORWAY TO POWER**

**By Robert Kirby**

Do you want to be authentically powerful? If you answered yes, then you are like most people.

In the western culture at least, being a follower is not acceptable. In the 21<sup>st</sup> century, we have created a culture that demands leadership and a strong identity.

Today, people who do not feel powerful and confident believe there is something wrong with them. They tend to doubt themselves and become depressed. Others feel anxious and may become aggressive to compensate for their feelings of powerlessness.

Is there a process or journey into wholeness that anchors oneself organically? Yes, on the spiritual plane, leadership has only one doorway : responsibility. This means for everything in your personal and professional life. In other words, put the cause of all your problems inside yourself. Never blame others or outside circumstances for your problems. Take 100% responsibility for your life, now and always. When you put yourself at cause, then and only then can you become powerful. This means that humility is the foundational quality required to enter this doorway.

Leaders are made and not born. You have to choose to look at painful dynamics in your life and transform them

or at least own them. Whenever you blame outside forces for your problems, you give your power to those people or circumstances.

Make a list of people you dislike intensely or hate. Look inside your heart and ask "What trespasses have caused those people?" You have projected your own guilt onto them. Relinquish being a victim by forgiving yourself and them. Let it go. Let them be and move on. It's a waste of your time and energy.

Heart Energetics is a modality of energy & consciousness that transforms negativity and disempowering beliefs that prevent people from standing solidly in their power and leadership.

**Robert Kirby, author and psychotherapist is the founder of the body-psychotherapy institute known as Heart Energetics International. For information on his programs visit [www.heartenergetics.com](http://www.heartenergetics.com) or call (02) 9977 2690.**

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