

[<Back](#) [Print](#)**LIFEWORX**
*Coaching***NEWSLETTER****April 2007****Denise Hedges**denise@lifeworkcoaching.comwww.lifeworkcoaching.com**Forward this newsletter to a friend****This Issue:****Keeping Your Power On****Table of Contents:****KEEPING YOUR POWER ON****For busy professional women and small business owners wanting more success and fulfillment in their careers and more time, balance, and joy in their personal lives.****KEEPING YOUR POWER ON**

It's so often the case. We hear wonderful words to live by, and then we let those pearls of wisdom slip away in the clamor and confusion of our everyday existence. Usually, just when we need them most.

Those important truths about life that we learn over and over.

Live in the moment.

Appreciate the beauty and perfection in life.

Create your own reality.

Happiness comes from within.

Be grateful for what you have rather than dwelling on what you don't have, etc. etc. etc.

And then we get tested periodically to see how fully we've taken those lessons to heart.

I was pretty challenged on all those fronts last week when high winds knocked out my power and water. Now, I KNOW that my happiness depends on me. If you believe that you're just a victim of circumstances, subject to the whims of fate, you surrender the power to create the world you want. So, when things aren't going the way I'd like them to, I know I need to work on myself first... my attitudes, my beliefs, my vibration, rather than complaining or just hoping for things to get better. I know this. I've learned this. I TEACH this. And then, the power went out.

I was okay for the first 2 days. I was pretty creative. I took my showers at the gym each day. At night, I'd do my paperwork at Applebee's from about 8 to 11 pm. They were happy to have me and they even charged my cellphone!

By Day 3, with no running water, toilets not working, food spoiling, and computer work piling up, I can tell you my happiness was definitely getting a whole lot more closely linked to whether or not I had electricity in my house. I was getting irritated with the situation and irritated with myself for not being more patient and adaptable. I just kept thinking, "Just fix the *\$#@ power so I can get back to normal life." Translate that as: "Please let my circumstances improve so I can be happy again."

Now, that's a normal human reaction. It doesn't make me bad or wrong. It makes me ordinary. And yet, I'd really like to be able to rise above it all and not allow external conditions to determine my state of mind and emotional wellbeing. But that whole pesky *being human* thing keeps getting in the way.

So, is the situation hopeless? No. Consider this.

What makes an ordinary person like me and you into an extraordinary human being is not some special trait that allows us to stay above it all. Rather, it's the ability to move consistently in a positive direction no matter how unwelcome the circumstances we find ourselves in. What makes someone extraordinary is the ability to quickly get themselves back in a good place emotionally regardless of what it was that threw them out of vibrational alignment.

When unwelcome events occur, at least a little anger, frustration, and a certain amount of feeling sorry for yourself are par for the course, unless you're some sort of saint. But it's your ongoing response following that immediate reaction that's all-important.

Do you dwell on what's past... what should have been or could have been? Just as bad, do you put your happiness on hold until circumstances improve some time in the future... until you land the right job... find the perfect partner... accumulate a large enough pile of money or things? Or do you focus your attention on feeling good again now and manifesting the good things you want in your life, enjoying the anticipation and the journey as much as the attainment? That's the choice we're presented with.

A man we knew in the community was killed in the windstorm last week when a tree fell on his car. It put things in perspective and highlighted a lesson I've learned too many times.

Don't put off living and loving and enjoying this wonderful world while you wait for circumstances to line up.

Be here now. Love life now.

As long as you have the capacity to experience joy and be happy with who you are and what you have right now and every one of your days to come, you'll be an extraordinary person and lead an extraordinary life... because your power will always be on.

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