



Own Your
Life:

7 Spiritual
Tools to
Reclaim Your
Power NOW!

by

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Own Your Life: 7 Spiritual Tools To Reclaim Your Power NOW!©

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My hope is to share with you simple tools that will:

- Empower you
- Bring more peace and love into your daily life
- Help you find happiness
- And live life with Gusto!

What I share with you here is not a “magic pill” that will solve every problem and make all the pain go away. There are no magic pills...Only steps that lead you down a happier path towards reclaiming your power and living your true self which is LOVE.

Side note:

Throughout this writing, I use the word “pretend” instead of see, hear, or feel. That’s because everyone can pretend (remember being a kid and pretending to live in a fantasy world?) Your primary sensor might not be visualizing something. But you can always pretend.

Yes, it’s time to let the power of your long forgotten inner child “play”!

Each tool builds on the next one. My suggestion is to read each step in order but you can certainly skip around to what appeals to you first. The main objective is to give you tools that will help you feel empowered and in balance when life gets chaotic.

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ONE: Grounding

Grounding is a great way to start your day! Life is an expert at knocking you off balance and leaving you feeling out of sorts and disconnected. Grounding is an easy and fast way to get centered again. Some studies show that being ungrounded or disconnected from earth is a cause or contributing factor in sickness.

What is grounding?

Grounding is when you connect to Earth on an energetic level. We're all energy and the earth emits a powerful vibration for our use. Earth's dynamic, stabilizing, healing, and loving energy is free to each of us.

Why do I need to ground myself?

- Connecting to Earth's energy is your birthright to an endless Power Source that helps keep you centered instead of scattered.
- It helps increase your intuition, helps your body heal, and stay calmer when life gets crazy!
- When life gets out of control, it's common to feel as if you're "living on the ceiling" or "above ground" or "out of your body".
- When this happens, you become "disconnected" in a sense, from your true self.
- Grounding helps keep you and your energy centered.
- Not taking the time to ground is like refusing free energy. If the power company offered you free electricity you'd jump on that offer without thinking twice. Right?
- Well, Mother Earth, Gaia, is offering you free energy so why not plug into her?

How often do I need to ground myself?

- Honor yourself and ground every day.
- If something big or stressful is going on or you're healing from something, ground yourself at least two to three times a day. Start your day off with grounding.
- If needed, ground again before going to bed. You'll sleep better. It's easy to ground at work too and can help keep you focused.
- When chaos hits, stabilize yourself with grounding.

Easy Grounding Technique

There are many ways to ground yourself but here's the basic idea: You can stand or sit with your feet on the ground. Pretend to see yourself burying your feet deep into the earth's core.

- For deeper stability, pretend that two cords or roots shoot down from the bottom of your core. This is where your 1st chakra is – at the base of your spine.
- Pretend one cord or root shoots out from your tailbone area and another from the same position in your front.
- This 4-prong anchoring is quite strong!

Here is an example:

- Stand or sit in a comfortable position. If you are sitting, put your feet on the ground/floor rather than curled up on the couch. (It's easier to pretend that you're burying your feet when they're actually on the floor.)
- Close your eyes and take a few deep cleansing breaths in and out. Breathe in through your nose and out through your mouth. Focus your attention inward and block out any distractions the best you can.
- Acknowledge Earth in any way you feel comfortable with. One example is to start by thanking Mother Earth for her beauty, power and stabilizing energy.
- Pretend to see your feet and the two roots/cords from your 1st chakra burrowing deep into the center of the earth.
- Welcome Mother Earth into your day and welcome her energy up through your body with each inhale.
- Keep drawing the love, warmth and peace up through your feet, legs, torso, and all the way up until you've reached the top of your head.
- Give thanks for the stabilizing, loving, calming energy as it starts to flow through your whole body.

Enhance Grounding

- After you've connected to Earth, if you are open to this idea, take another moment and connect to the Universe.
- When you're connected to Earth and the Universe, you are connected to a non-stop powerhouse of pure, perfect energy.
- Do this by pretending to see above the top of your head – your 7th Halo Chakra—open up like a sun roof on a car. Invite the universe's perfect white light to flow down through your body. Invite the love of the universe into your heart.

Welcome the peace, healing and wisdom from Source

- Sit with this connection for as long or as briefly as you feel comfortable – from a few seconds to a minute or more. This is your journey so you decide how long you spend connecting to Earth and Source energy.
- There is no "right" way to ground. Each teacher you meet will show you a slightly different version. It's all perfect. Add any sensory elements that help you feel connected in the moment.
- You may decide to feel the heat from earth as it rises up through your legs and torso. Smell a hint of sulfur as it tickles your nose and awakens your senses. Witness the burning shades of red and orange of hot lava at your feet. Hear the deep groan of earth shifting under the surface.
- Practice the basics then make this experience your own.

What if I have trouble grounding?

When you first start grounding, the flow might not come to you as easily as you'd like. And that's okay! Keep at it! Experiment with one of these tips...

Make sure you are "pretending" to sink your feet and roots into earth's core. If you need to, ask your inner child to help you relax and pretend.

If you are a visual person, look out the window or at a picture of nature to get you started. If the ocean connects you to nature but you're landlocked, tear out a picture of the ocean from a magazine and pretend you are standing on the beach.

If you live in the city and feel more at peace in the mountains, do the same. If you have a favorite photo of your favorite place, look at the photo to help you get focused connecting to Mother Nature.

Remembering to ground yourself daily will give you a solid foundation to build the rest of your day on. It's fast and easy!

T W O: Be in a State of Gratitude/Appreciation

This simple and often forgotten step is vital. Why? Because...

"Gratitude helps you grow and expand; gratitude brings joy and laughter into your life and into the lives of those around you." - Eileen Caddy

- Everyone likes to be thanked for their good deeds. So does the universe. A grateful heart and attitude will bless your life in unexpected ways. Do your best every day to be in a state of gratitude.
- *Did you know that one of the fastest ways to change a bad attitude is to shift into a state of gratitude?*
- *Even be grateful for the person who is making you CRAZY!*
- Why? Because gratitude is a positive energy. Positive energy trumps negative energy.

Here's something for you to try the next time you're feeling grumpy: with each step you take, say, "thank you." Take as many steps as you need to, giving thanks with each step, until you feel calmer. It works!

- Practice grounding and being grateful for even the smallest goodness in your life. Maybe the best part of your day was a green light instead of a red one. Give thanks! More green lights will come your way.
- Taking a moment to give thanks for what is in your life is easily combined with grounding. Once you do the grounding part, simply stay still for a moment longer and give thanks for what comes to your awareness.
- Oh, and be sure and thank yourself for being brave enough to take steps towards being happier. *And reclaiming your power.* For being open to bringing Peace, Balance and Healing into your Now. You are doing something most people are afraid of!

Here's a great quote to ponder:

"Gratitude and appreciation are the key virtues for a better life. They are the spell that is cast to dissolve hatred, hurt and sadness, the medicine which heals subjective states of mind, restoring self-respect, confidence and security." From Guru Deva's Toolbox

THREE: Gratitude on Steroids

How do you experience gratitude on steroids? *Thank the person who drives you crazy and makes you want to scream!!*

Wow, that sounds insane, doesn't it? Why would you want to be *nice* to someone you'd rather kick in the ankles, bash their car with a sledge hammer or spew profanities at? Maybe that's a bit drastic but if you're human, no doubt you've wanted at least a little taste of revenge or spite from time to time.

What about the love of your life that ripped out your heart, threw it on the ground and tap danced all over it? Or the person you thought you could trust with your life who ends up stabbing you in the back? Why do *they* deserve your gratitude?

What about your sassy, know-it-all, eye-rolling teen *who thinks you're an idiot*? *What have any of these irritating, hurtful people done to deserve gratitude from you*? After all, getting angry to "show them" how they hurt you would feel better, right? Everyone loves being acknowledged for their pain and suffering.

First, understand this...when hard feelings fester like a sliver in your big toe, you do NOT hurt the offending party. *You torture and punish yourself.*

That bears repeating: *You torture and punish yourself.*

Yes, that is hard to hear and probably harder to accept at first. Anger, hatred and rage are all toxic emotions that poison YOU. Secondly, this person is teaching you something uber important.

Yes, I know, it sounds absurd, doesn't it?!

Here's the really cool secret to this... To defuse the situation, you just have to be willing to *listen* to, *acknowledge* and *accept* what they are teaching you. Without consciously realizing it, they're sending you an "unspoken" message to your subconscious self - your higher self – the All-Knowing you.

What is this message? Glad you asked. The message is that something inside you needs *healing... letting go of the pain*. There is a part of you crying out for attention, acknowledgement and releasing of old toxic trauma.

Here's a challenge for you...

The next time someone spins you in a tizzy like the cartoon character, The Tasmanian Devil, stop in your tracks and take a deep breath. In and out. Take a couple more deep breaths and center your energy (think Grounding).

- Step back from the situation and be willing to look at what is REALLY going on.
- Be open to viewing the person and situation from a different vantage point.
- Yes, you'll be analyzing the situation rather than getting sucked into the drama.
- Your left brain, the logical side, will be in charge. Not your right, emotional side.

What you'll find is that this person is giving you a front row seat at the best show in town: showing you what needs to be addressed and healed inside you.

Here's how to figure out the message the next time someone pushes you into the Red Zone...Blow an imaginary whistle inside your head and call a time-out. Take a deep breath in. Start an inner dialog and ask the following questions:

- Why is this making me angry? (fill in answer)
-
- Now be open and honest with yourself and go a step deeper (what's the *real* reason their behavior is making me angry? (fill in the blank)

no "knee-jerk" responses either.

- Allow yourself to open new thought pathways. STOP blaming the other person. You are asking why YOU are reacting the way you are.
- Repeat the process until you can honestly answer the true reason the person is making you angry.

Here is an example:

You run out the door, late for work again. EVERY car gets in your way...putters along as slow as a granny who can't see over the steering wheel. Your jugular vein is about to pop. Projecting visions of your boss screaming and humiliating you again in front of your co-workers loops through your frantic brain. Then to make matters worse, you have to slam on the brakes at every friggin' red light. The guy in front of you hesitates when the light turns green. You scream at him to "GO! For crying out loud!! The light won't get any greener!" You're about to self-combust into a pile of charred fragments of your former self. You blast your horn to jolt the driver out of his stupor and gun the gas as soon as he gets his dirty piece of crap through the intersection.

Okay, here's the fun part!

What are you really angry at? Hint: It's not the pokey drivers. It's NOT the guy parked at the green light in front of you.

Okay, sure, he was yacking on his cell phone or in La-La Land instead of paying attention. Understand that those tidbits are *not the real issue*. Sure, they are nerve-wracking... *but not the problem*.

Keep back-tracking the situation by asking yourself, "What am I really mad at?" It's important to be honest with yourself and listen to your inner voice. Your Inner Knowing.

You might discover you're...

- A** Really mad at yourself for not managing your time better (no blaming anyone else for this either; not your dog, your kids, spouse or boss. You are in control of your time. If you disagree, this gives you another area for self-exploration (see next sentence).

- B** Need to set boundaries instead of letting people take advantage of you and walk all over you.
- C** Recognize that you give your power away. Remember, you are always in control of how you react to a situation.
- D** Something specific deep within you needs healing from the past pain that's screaming for attention NOW.
- E** Need to let go of someone or a situation that is no longer good for you.
- F** It's time for change

...The possibilities are endless.

Only you have the power to sort through the misperceptions that you tell yourself.

Only you can dig deep enough to discover the hidden nuggets of truth. If you find that you're getting stuck sorting through the maze of emotions to get to the deeper issue, ask your higher self to assist you. YOU know what your truth is. It's inside you so tap into your higher wisdom.

Here's something really important to consider too...

The slow driver in front of you may have saved you from an accident. *He may have even saved your life.* Now that's worth thanking someone for, right? Maybe the slower moving folks are there to remind you to stop speeding through the daily grind because you've been on warp speed too long. It's time to slow down and appreciate your life and your surroundings. Stop and look at the beauty that surrounds you. Engage all your senses to see, feel, hear, smell, taste, and "know".

When you allow yourself to process and analyze your anger and irritations, you empower yourself to grow and become stronger and wiser. Understand and embrace that everyone is in your life for a reason – from the friendly grocery clerk who tallied your produce to the homeless person sleeping on the street – to the co-worker who gossips behind your back.

After a bit of practice, sending gratitude to those who irritate you will become easier and easier.

And the best part is, you won't be wasting your energy living in a toxic state. That means more energy for joy and peace in every day.

FOUR: Raise Your Energetic Vibration

We're all vibrational Beings. Everything in the universe has an energetic vibration. Your car, your dog, your paycheck - all radiate vibration. If you're sensitive to energy, you can literally feel the vibration or temperature of a room change as someone enters or leaves. If the person is negative, you'll feel the room shift colder or more rigid. If someone loving enters your space, you feel calm and happy.

At every moment of every day, you are in charge of the vibration you emit to the world...especially to those closest to you. You get to decide if you're going to send out the message that you're loving, happy-go-lucky or a party pooper. Think of your vibration as a boomerang: the signal you send out is the signal you'll receive back.

Here's what I mean...If your day is filled with cranky people, then stop and check in with what vibration you're sending out. The expression "Like begets like" describes this perfectly.

If you're sending out bad vibes by being angry, critical of others, hard to please, low self-esteem...guess what? That's what's going to bounce around in your life like a tennis match without a net or score keeper.

Now what are you going to do? Make a conscious decision to raise your vibration!

When you consciously choose to improve your attitude, those around you change theirs too. It's the law of the universe. If you're surrounded by negative people, raise your vibration through intentional acts and healing. The cranky people around you will either lighten up, become more tolerable, or simply move on.

An unhappy person cannot stay around a happy person for long. The energy vibration doesn't match. Again, it's the law of the universe.

Raising your vibration takes conscious effort. The payoff is huge when you stick with it. Before you know it, you won't be attracting negative people into your life as much...unless they show up to teach you something.

Review so far:

- A ground yourself daily
- B send gratitude to the universe
- C be thankful for those who irritate and set you off. Allow yourself to get to the bottom of the real issue
- D raise your vibration to attract happier situations in your daily life.

FIVE: Acknowledging Your Powerful Self

Before we go any further, I want to take a minute and acknowledge YOU!

Something painful has happened in your life - perhaps many unthinkable traumas that scarred your inner child and soul. Maybe, as a child, you withered under the controlling hands of an abusive adult. Maybe someone stole your trust, your security, or abandoned you. Leaving you feeling worthless or like a colossal mistake...Questioning how anyone could possibly love you...Feeling as if life is too hard to keep going. Or cursing the world and nearly everyone in it.

Whatever your story is, the wound is so deep that the hemorrhaging from your heart saturates your soul and every cell of your body. Your survival instinct is on high alert, ready to battle or run full speed ahead at the first sign of attack. Your silent suffering is projected throughout your life both consciously – and subconsciously. No doubt you’ve done an amazing job of masking the internal torture...the hatred (it’s okay to admit you hate someone)...the emptiness. Oh, the dwindling hope and longing to feel loved for whom you are...valued for your brilliance...and for someone to recognize that you are important and matter.

Whatever happened to you, I acknowledge your pain and suffering.

I acknowledge that you are a valuable human Being with real feelings. With a warm, loving and beating heart. You are on purpose. You deserve unconditional love and the uncensored abundance of the Universe.

I acknowledge your residual pain and suffering on every level...from you struggling to rationalize the logic behind what happened in your past...to the betrayal deeply buried in your heart...to the instinct to feel safe, secure and survive at any cost.

And I want you to know this...

What you feel is VALID!

You have every right to feel exactly what’s going on in your heart. And in your gut. **Note:** *This is where we store our survival instincts.* You have every right to want to scream, pound your fists and burst into a rage filled cry in an effort to release the pressure cooker of emotions.

In our society, it is common for us to be raised by someone telling us to “stop crying”, “don’t be angry”, “you shouldn’t feel that way”... And possibly worse, “get over it!”

I’m here to let you know that *no one has the right to tell you how to feel.*

Promise to never let anyone “Should” on you again. You are reclaiming your power. You are fully in charge now.

Here’s what I’d like for you to take away from this message:

You are valid. Your feelings are valid. You matter.

Whether you're driving to work, grocery shopping, relaxing with a chocolate latte in your hand - take time and acknowledge yourself. Acknowledge your pain. Your suffering. Your invisible scars. And those that are impossible to hide.

Start recognizing how strong and brilliant you are. And be willing to laugh at your shortcomings.

Sometimes a scene from the past will flash before your eyes or come into awareness by a feeling or a smell. When this happens, you can start to heal a part of you that had stayed hidden in the background, quietly forgotten. Any stirring inside of you is often your inner child stepping out for recognition.

We all have an inner child. When something bad happens as a kid, a part of us stays stuck with that event and that time frame. Our wounded inner child doesn't "grow up" with the rest of us so that part of us is still reliving the trauma - even if it happened fifty years ago.

You can do a level of healing your inner child by:

- First, acknowledging the event and the pain that stuck.
- Second, pretend to see yourself at that age. Notice how beautiful and perfect you really were.
- Set the intention of releasing the trapped emotions

Pretend to go up to your inner child and gently give her/him a hug and assure that part of you that everything is going to be okay. Let that part of you know that you survived and are safe.

Send your inner child endless love. Keep hugging her/him and assuring that part of yourself that it's safe to let go. It's safe to forgive the person who hurt you. Then show your inner child where you are today and gently and lovingly invite her/him to join you in your life now.

If you like to listen to healing music, I highly recommend you listen to a video/audio that helped me heal some of my inner child. It's on YouTube and you need head phones to fully benefit from the recording. It's here <http://www.youtube.com/watch?v=IINIV1KDVUE> (copy and paste link to browser). If the link fails to work, look up Shaina Noll and the soundtrack "You Can Relax Now". I was fortunate enough to find her angelic voice.

To enhance the healing from the audio, it can be helpful to pretend to see someone singing the song to you. It can be you as an adult singing to your inner child. It can be a grandparent, parent, Divine Mother, or anyone you choose. Or you can simply listen to the song on its own.

Acknowledging yourself and healing your inner child frees up an incredible amount of energy!

Note: For really deep healing of your inner child and soul, it's best to work with a qualified healer. This is an area that I love helping people with. Seek a healer you feel comfortable with and holds sacred space with you.

BONUS: Quick Way To Instantly Tap Into Peace

When was the last time you felt deep peace? Last year? Last decade? Never?

The peace we're talking about today is perfectly defined in the Merriam-Webster dictionary as: Freedom from disquieting or oppressive thoughts or emotions. This is inner peace at its core.

Dr. Frank Kinslow, author, creator of the Kinslow System™ and Quantum Entrainment, teaches a simple and powerful way to move into a state of peace. What's really cool is that you can use this technique nearly anywhere when you're stressed or simply want to unwind!

Here is a quick rundown:

- Close your eyes and let your mind go free.
- Take a couple breaths in and out and claim this time just for you.
- Set the intention of allowing yourself to relax.
- In your head, ask, "What will my next thought be?"
- Sounds simple, doesn't it?
- Did you notice a pause in your thinking process while your brain sorted out what your next thought would be?
- Did you recognize that pause and feel the peace that was the empty space of the pause?
- You might notice a quick shift in your chest area as your body recognizes the peace.

Pay attention to the pause/peace that comes from a quiet brain. Notice any other body sensations and welcome the shift.

Now keep going and ask more questions:

- "What color will my next thought be?"
- "What shape will my next thought be?"
- "What will my next thought smell like?"
- "What will my next thought taste like?"
- "What will my next thought sound like?"
- "What shape will my next thought be?"

Invite the peace with each pause into your life. Before you know it, your body will crave this peace. When you allow yourself to relax and be in a state of peace, your whole body will respond. Tight muscles relax. Tension washes away. This is a great exercise to use before bed. Especially if you're experiencing the shenanigans of monkey brain!

If you find yourself craving a slice of chocolate cake smothered in thick gooey fudge frosting, a chilled gin and tonic on the rocks or a bag of salty, crispy potato chips, know this...what you're really craving is peace.

Junk food stimulates endorphins in your brain sending a signal of peace, safety and relaxation throughout your body. I don't have to tell you the countless consequences of choosing junk food though. Right?

Go for the peace. It's calorie free!

It's time to open up and let the love flow...

SIX: 5 Minute Meditation to Love

Question: What's love got to do with it? Answer: Everything!

The iconic rock-and-roll singer, Tina Turner, belts out a heartbreaking tune asking, "What's love got to do with it..?" and calls love a second hand emotion. Her poignant lyrics acknowledge that the heart can be broken.

She's right about the heart being broken. But I disagree about love being a second-hand emotion. It's a primary emotion of the human spirit. Without love, we wither and die like a plant without water and sunshine. Yes, hearts are fragile and easily break. But they can mend and heal.

Love heals everything.

Like this quote says...

"All healing is first a healing of the heart" – Carl Townsend

Mr. Townsend knew what he was talking about when he spoke those beautiful words. What you'll find is that when you combine the life-giving act of love with meditation, powerful healing happens inside you. As a bonus, healing can even happen to those you focus on during meditation.

Here's how to get going:

Pick a time of day or night where you will be left alone for at least five minutes. Yes, that's all you need for this meditation. You can certainly give yourself more time if you have it. Good for you if you do!

- Sit quietly with your back straight, close your eyes and take in a few deep breaths in and out expanding your belly as you breathe.
- Let go of any stress that is nagging you. Thank your left brain for doing a great job protecting you but it's time to give the rehashing of the daily drama and the endless to-do lists a rest. Everything else can wait.
- Pretend to open up the top of your head at your crown chakra. The top of your head is like a sun roof on your car or sky light in your house. Invite the energy of the universe to come through your body via the top of your head.
- As you pretend to see the top of your head opening up, invite the universal bright white light into your body - welcome the warmth.
- Ask the Universe to fill your heart with its endless and pure love. This love is unconditional.
- As you breathe in, pretend to feel the love fill up your heart. Your heart is ever expanding and is capable of holding endless love. In fact, your heart is so big you can actually hold enough love for the entire world. Yes, you really are big hearted!
- Once your heart is full of love, pretend to start sending out love to everyone in your life. Send it to family members you live with, your pets, your coworkers, your boss, your extended family.

- Send love to your hair stylist. Your faithful mailman. Simply allow yourself to acknowledge the people in your life and send them this gift of unconditional love from the universe. *The love you send them may be the only love they get all day.*
- If anyone comes to mind that you don't feel like sending love to, give it a shot and see what happens.
- Remember, you are sending Universal love. Once you get the hang of sending love, you will find your own true love intermingled with the love that pours inside you from the universe.
- Feel the goodness of what you're doing flow back to you. For love begets love.
- By you sending them love, you're also loving yourself, which is where love starts. Talk about an inside job. Remember we're all connected. Be love, give love, and receive love. It's a beautiful cycle.
- If anyone comes to your awareness that you simply refuse to send love to, that's okay! Save that person for the next section. We'll build on this simple meditation and take it to a higher level.
- If you can, take time twice a day and send love to those around you. Our world needs more love!

Keep practicing what you've covered so far:

Review:

- Ground yourself every day
- Send gratitude prayers
- Stop getting mad at others and find out what message they are sending you
- Acknowledge your pain and remind yourself that you're valid and you matter
- Send love to your inner child
- Bonus: Get in touch with the deep peace that comes from quieting your mind
- Send universal love through meditation five minutes a day

How did it feel knowing you had the power to send love to everyone in your life? How did you feel in your heart about yourself and love in general after the meditation? My hope is that you felt a level of peace and understanding that love is powerful.

In fact...

Love is the solution to most of our problems.

"Eventually you will come to understand that love heals everything, and love is all there is." – Gary Zukav

It might be hard to imagine that a simple 4-letter word could change the world. But the power of love really is more powerful than the sharpest sword.

Next you'll find out how to expand on love, bring more love into your life and send more love to those who need it even more.

And forgive. What?? Yes, forgive. Forgiving those who have offended you, forsaken you, betrayed you. Even those who made your life an unspeakable hell.

SEVEN: Forgiveness

This is a critical step towards empowering yourself, not just now, but every day for the rest of your life. Perhaps there is someone in your life that you have a death grip of a grudge against. Stop and think a moment what is happening here:

- Did you know that when you forgive someone, you set them free of the obligation of making you happy? (only YOU are responsible for your happiness)
- Did you know that when you forgive someone *you set yourself free* of unrealistic expectations of others?

As an added bonus, forgiveness also frees up your energy.

Holding grudges, hatred and rage is like brewing a pot of explosives. Eventually you're going to blow up in a toxic rage.

- The poison makes you sick
- Ages you faster
- Steals your joy

On the other hand, the dominance of love and forgiveness brings deep healing and a newfound level of peace, acceptance, and inner strength. Forgiving and loving lets your inner light shine bright for you and the world to see. People will start wanting what you have...Peace and happiness.

Here's how to start loving and forgiving today: (give yourself at least 15 minutes for this meditation. The longer the better). No telling yourself you don't have time for this. If you have time to watch TV, scroll Facebook or read a tabloid magazine, you have time to reclaim your power now.

This is actually an expansion of the meditation you started practicing last time. I learned this powerful, life changing meditation at a meditation group lead by a mighty healer named Yoga Guru Tarun. His simple meditations changes lives every week.

Step 1: Sit in a quiet space with your back straight. Close your eyes. Take a few deep breaths in and out, making your belly move.

No shallow breathing allowed! (Breath moves energy!)

Step 2: Pretend to look through your Third Eye located in the middle of your forehead. Look at a symbol that represents a higher energy source to you.

It might be a cross, a steeple, the face of a Deity, goddess, golden light, or anything else that feels right for you. Pretend to connect with that symbol and ask for help and guidance.

Set the intention of sending love to those who have wronged you.

Step 3: Pretend to open up your Crown Chakra at the top of your head and invite the white light of the Universe inside you.

Ask for love to be sent to your heart. Allow yourself to be in touch with this feeling of love as it fills up your heart.

Step 4: After filling your heart with love, send this love out to anyone who comes to your awareness that has offended you or done you wrong in any way.

Keep sending this person love until someone else takes their place in your mind's eye. For example, you might start off seeing your father in your mind's eye. Keep sending him love until the next person comes into awareness. This might be your mother, your spouse or co-worker. Keep sending love, love, love.

Allow yourself to really relax and listen to your inner higher self here.

If someone comes to your mind that opens up the door to hatred, keep the door open and allow that hatred to flow out.

Love is the key to releasing the pain. It's ready to come out.

Keep sending love. Allow yourself to cry. Allow the healing process to take on its own path.

Allow yourself to witness the healing all the way through. This means to keep sending love and forgiveness until the pain is gone and all you can feel is love and peace and acceptance for "what was" and "what is" with this person.

As you're processing the forgiveness and sending love, observe how your thoughts and emotions change from negative to positive. Notice how you see the offending person and situation differently. You will be amazed at how your point of view changes once love is involved.

As you are releasing the old pain that is no longer serving you, it can help you to process the situation faster if you take a moment and have an inner dialog and ask:

- "What did I learn from this?"
- "What was my role in this?"
- "What was going on with me at that time in my life that allowed this person to treat me this way?"

Having trouble letting go and forgiving? Sometimes an event or person is so horrific that forgiveness and love seems impossible.

If you find yourself feeling this way, then here's a little trick that can help you get unstuck:

Ask yourself why you can't/won't let go. How will my life change if I let this go? How does it serve me to keep hating this person? Then listen to your inner voice whisper the answer. Writing out the question and saying it out loud may help you get to the bottom of why you aren't ready to let go.

You have all the answers inside of you. *You just have to be willing to listen.*

Not letting go is fear. You might be afraid that the person will hurt you again. Or that you don't trust the process of life. Or that you don't trust yourself. Or that you need to forgive yourself too.

Whatever answer comes to you, allow yourself to work through until you come to a space of love and forgiveness. Keep the love flowing!

Ask the universe for help. You're surrounded by an invisible source of love and support that is standing by waiting for you to ask for assistance.

Forgiving and sending love to someone who has broken you at your core can take time. Honor the process. And keep sending them love even after you stop meditating. You may not be able to let go of all the hatred and pain in one meditation session and that's normal. Some wounds are so deep that they take time to fully come to the surface. Simply acknowledge each person and allow the healing as it comes in layers.

Keep asking yourself to be willing to let go.

Acknowledge that your feelings are valid but it's time to move on. You've given someone else your power long enough. Now you're ready to reclaim what is rightfully yours...peace, love, joy and personal power.

Keep reading for one final powerful tool....

Bonus: Be the Leader

What does it mean to be a leader? It means to go before the others and show them the way. A good and powerful leader leads by example. You can be that leader even if you're not used to being in charge.

You are the leader of your life. You can go before your friends and family and start to heal your life. Bring in joy, love and abundance to your everyday existence. You can set the example of what it's like to BE love and powerful.

Now that you have tools to help you step away from the chaos and gain control, you can share what you've learned with others. Empowering others is the most exciting gift you can give them. And yourself.

I invite you to work with these simple steps to reclaiming your power. Then, once you feel a bit more confident, share what you've learned with at least 5 people. It's okay if some people think you're nuts. They just aren't ready to be in control of their life. Everyone has their own timing. Keep sharing with those who are ready.

You will find plenty of people who will be deeply grateful that you thought of them and threw them a lifeline to a calmer, more loving way of living.

Go with peace and love in your heart and celebrate every step of reclaiming your power!

*****Please note: The ideas suggested in Own Your Life: 7 Spiritual Tools To Reclaim Your Power NOW! is for experimental use only. Never use any of the content from this writing or from Align With Joy in place of**

professional medical or mental help. You agree to be solely responsible if you decide to apply any suggestions, teachings or applications.

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