

## **POWER**

You have all the power you give to yourself  
And all the power you give away.

If you give power to me,  
I can hurt you, I can exploit you, I can control you.  
If you keep your power,  
You can decide what to do:  
You can choose to hurt,  
You can choose to heal, to do good:  
To yourself, to me, to others.

Power is knowing what you want for yourself.  
Power is the courage to go and get what you want.  
Power is knowing that you don't need to hurt anybody  
while getting what you want.  
Power is being creative with your talents and resources.  
Power is running your life with pleasure.

Don't give this power away - own it. .  
Don't let others run your life - live it.

Find all the power in you:  
to choose, to decide, to take risks,  
to give, to spend, to trust, to love.  
Power is being real - being who you are -  
From top to toe, within and without,  
With body and mind, heart and soul.

Power to you - for owning it, not to give it away.  
Love to you - for giving to yourself and to give to others.  
The power to love to you.

I have met a man who keeps reminding me:  
"Sabine, where is your power?  
Don't give your power away".  
I feel loved by him.

**Sabine Kurjo**