The Power Control in Our Hands

We make choices everyday and we also learn that we have to live with those choices and even if they don’t prove to be what we desired, we had no options. What if I say no we have the possibilities and the capacity to find alternatives as we have the power control to choose our future. It simply lies within our responses to situations. We don’t need to allow ourselves to loose control every time but within our positivity we can show how we are influencing not only our behaviour to others and also ourselves. The tiny ripples are enough to keep your peace and no tsunamis of reactions are needed. Drawing boundaries is peace however its not a battle ground where we need to hold a gun to everyone’s head. We can create our safe space just by expressing strongly how we feel by the choice of our words and not by loud dramatic actions alone.

One needs tension to show our feelings and that’s agreeable but the value of tension is only when used rarely. That makes us from being described as the eternal victim to the

empowering one. We will be valued for both our passivity as well as proactivity. That’s what will make us all the true author of our own story and we become the captain of the soul. Well its ok to fall, but is it not better to stand up again without the boxing gloves in our hands! The obstacle blocks will now become the building stones for our path for our success. Let us keep the power control in our hands now forever!

While doing so we will be clearly able to see how to influence others without harming ourselves or those within our sphere. We will hence finally know how to be kind to ourselves first, unlocking our potential for growth and success. Believe me when I say I sleep soundly now as I know I have built a future that I deserve, safe. caring and protected by my power control alone! Enjoy the tranquility created forever to soak in the new comfort of our innings in our new days to come!