

Power

Power is used in all things and without it we would be helpless. Your power can be used in many different ways physically, emotionally, but most importantly, spiritually. The decisions you make using the strength God gave you decides what will happen to you the rest of your life.

Power

Power is an extravagant and intricate thing, it has an abundance of meanings and uses, and all of them can be used in unproductive forms as well as uplifting ways. There are multiple definitions for the word power, some of the dictionary definitions consist of: (1) capacity for being acted upon or undergoing an effect. (2) the ability to produce a desired or intended result mentally or morally. (3) physical might. These three explanations of power all refer to different things, but still tie in and connect one way or another to the meaning of the word power.

Controlling your power makes you stronger and affects your entire life. Though power is used in many different aspects of your life the most important is your spiritual power. The decisions you make regarding God decide all the other uses of power.

Description of number (1) goes into the idea of being able to function under immense pressure and/or stress. When you are under stress your body goes into survival mode, whether this means you start hyperventilating or start shutting down completely. There is almost always some repercussions of stress. Some people are under stress frequently and have adapted to the feeling of pressure; this takes control and a lot of practice. If you had all the power in the world it would mean nothing if you did not have control. You must be able to take control of your power and use it in the ways that best contribute to the situation. You will need power in everything that

you do in life, but it takes control to really harness that power and use it in ways that are pleasing to the Lord.

The second definition that is mentioned is (2) the ability to produce a desired or intended result mentally or morally. This is referring to your state of mind, how you react to situations, or things you say. Your state of mind is different from a working brain, your state of mind is your soul speaking and affecting your actions. You need mental power to be able to hold conversations with people and make friends. If you don't have mental strength how would you cope with stressful things? It is almost impossible to handle difficult and severe situations without power of mind. Your mental stability is very important to maintain.

In the description number two for power it also mentions your morals. How does this tie in with strength of mind? In the event that you had no morals, then misusing your strengths would almost be a habit; without moral rightness there is no reason for doing appropriate things and not feeling guilty about it. To have morals is to have a line dividing the right from the wrong and recognizing that line. In addition to this, you also need the intuition and human decency to strengthen that line and have the integrity to hold to it. Using your power of mind correctly can be a difficult thing. Using self-control to only use your strength when needed, and the amount in which it is needed, is important not only for a healthy mind but for every day life as well. So, if you are using power in the right way, that is not a problem; but it takes a wise mind and a great deal of self-control.

Your morals and state of mind do not just affect your decisions; They also affect your physical health, so keeping up with your mind helps the rest of your life. When we think of using power, we tend to think of the violent kind or the kind that kings had over their subjects. Power is that, and so much more. It is a delicate thing. You can have the power to, say teach small

difficult children and still get the point across with minimal damage. Also, sparring new Orange Belts without knocking their heads off. Power takes more restraint as opposed to sparring well-trained Black Belts who have the control to deal with strike or reminding an Advanced Belt to fix their technique for the twentieth time. It takes less restraint, but it still requires control. If you're struggling mentally, then you can neglect your self-care and that never leads to anything good. When you stop caring, you stop feeling, and it just gets worse and worse, it's like you are digging a hole for yourself. You just dig straight down until you have a very narrow, very deep, very dark, hole. Some people start feeling again and want to get better. After you are in that hole it is a long, hard, and most times painful, dig out. You must dig around and make it wider to let the light in, wider and shallower until it is big and open enough for you to walk out. The deeper the hole, the harder it is to get out; some people don't make it out. To get out you need perseverance and power, you need to be able to motivate yourself with the thought of freedom from your mind, and power your way through until you make it to the end. It is so important to have healthy relationships because you need reliable friends and family when making the trip back to a sound mind. If you surround yourself with negative and unreliable relationships, it will just slow down your process. Think of it this way, if you have negative friends then they will be at the bottom of your hole with you, and as you try to dig your way out, they are holding your ankles as unnecessary weights and pulling you down, making it extremely difficult to succeed in your efforts of recovery. Now imagine your positive relationships at the top of your pit beckoning you to the finish line and once you are out, they hug you and accompany you through the recovery process. So no matter what you're struggling with, it takes power in everything you do no matter what, always.

Since power is in everything, it is the amount of strength that you unleash that is important. The third definition (3), Physical power is release of force, taking form with your body not your mind. If you don't take care of your physical body, what makes you think you can take care of your mental soundness? Self-care is eating well staying in shape. Your relationships will not just affect you mentally, but also physically. Your relationships influence your actions, so the better your relationships, the more it is likely that you will make healthier decisions and be physically and mentally sound. In addition to this, you need physical strength to control your power. Your muscles are what gives you the right amount of force of which you make contact, and if you are not healthy you will not have the right kind of muscles to control your force, and you will lose your control. Losing control of power is a dangerous thing because you can hurt yourself very easily. An example of this would be White Belts, as beginners they have little to no control of their power, so it is much more likely they can hurt themselves executing a technique. Without the right muscle growth and strengthening, it is also very probable that you will hurt someone else. This can hurt you physically and mentally, depending on the level of affliction you caused them. Not having the strength to control you power is a hazardous and unsafe thing.

As it has been said before, power affects everything you do, we have talked about power being laced in with you state of mind and your physical self. Now we are going to dissect the spiritual side of power. All power comes from God, because without Him we are nothing. But he loves us enough that he gives us the choice of how we are going to use that power. Whether or not we choose wisely is up to us entirely. Being the all-knowing God, he of course knows what we are going to choose, and giving us power is one of his many gifts to us. Using your power for your spiritual life is extremely important because this aspect of your life effects everything

else you do, at all, ever so, making sure you know what you want for the spiritual side of your self and understand what that means can change your life around.

One thing that might help you to understand is your relationship with God. In the illustration earlier explaining the struggles of mental health it was indicated that negative relationships were at the bottom of the pit hindering your progress. Healthy relationships were at the top pulling you up against the opposing force in the bottom of the pit. You might expect your relationship with God to just pull you completely out of the pit, or throw you down a rope, but this is not the case. There are always reasons people get stuck in the pit of their mind and if you have a strong healthy relationship with God, you can imagine that as you make that difficult, sometimes painful, journey back to the surface, you will never feel like you are alone. With God's help it seems like a much more possible thing; there is a reassuring voice of determination and confidence. And when you get to the top of the hole and you start your recovery adventure that voice of reassurance does not leave your side. When you have a relationship with God it makes you an all-around more powerful person; it helps you to realize that you have the control and confidence to use your power correctly. People who do not know God, or who refuse him, do not have that little bit of extra comfort and they plow through life with their own beliefs and power, which is near useless, because of their defiance to God.

Without God, nothing has a purpose and only faith in God can grant you the peace and physical control you need. Everything you do plays into His world plan. All the decisions you make with your physical body, your state of mind, what you think of God, and how you decide to act on that. Without one you can't have the other. If you have no state of mind how are you supposed to do basically anything physical; if you have no relationship with God, what is the meaning to anything in your life? Not only this but if you have no physical power, how are you

supposed to grow in intelligence and integrity on how to use your strength? All power is important. Power in people's lives is inevitable but whether you decide to do something with is entirely up to you.