

REMEMBER YOUR POWER

During holidays many people take the opportunity to reflect on a variety of life experiences, their lessons, and lingering feelings. In situations that elicit pain and anger, one can go from reflecting to stewing, which blinds us from our power. Let's keep our eyes on our power.

Countless experiences, traditions, and beliefs precede us and inform who we are, our speech, and perception of ourselves in the world. Ancestral memory includes what's profoundly painful, as well as how it inspired generations to move forward, despite tribulations. Right where we are, is all that information.

We can choose to let history and new understandings of it empower us, like it did those who came before us. We can choose to acknowledge what's trying our patience and sense of optimism. We can scream about it and take impulsive action. Still, our power to choose to honor our lives and the humanity of others is intact. When we forget our power, blaming becomes our only or most prevalent form of speech. Looking outside of ourselves distracts us from our true power. It's inside and waiting to be heard by us. The wisdom of generations is waiting to be heard and seen with our fresher eyes. Know what you "bring to the table" and move forward with conviction.

Remembering our power includes allowing ourselves to feel our feelings fully, and recognizing the choices made by those who came before us so we can stand here now and have what we do today. So, what do we have? What, beyond tangible things, do we have? How can we make a difference in this generation---to move the power forward?

Yes, times for reflection can remind us of what we have and can be grateful for. There's our power. Let's "make eye contact" with it and proceed with all the dignity it confers us with.

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