

## AUTHENTIC POWER VS EXTERNAL POWER

*"Emotions are classes in the Earth school. Some classes are about fear, and some are about love. The Universe is your tutor, and your classroom is your life. The main course in the Earth school, Authentic Power, is the same for everyone, but different students need different courses in order to complete it."*

- **Gary Zukav and Linda Francis**

The old way of understanding power is the ability to manipulate and control - external power (fear). The new way of understanding power is the alignment of the personality with the soul - with harmony, cooperation, sharing, and reverence for Life - authentic power (love).

### LOVE

- ▶ Intimacy
- ▶ Vulnerable
- ▶ Compassionate
- ▶ Open heart
- ▶ Co-operative
- ▶ Win-win
- ▶ Shares
- ▶ Self-responsible
- ▶ Open to intuition
- ▶ Harmony
- ▶ Co-creation
- ▶ Wants to heal
- ▶ Faces fear
- ▶ Creates authentic power
- ▶ Integrity
- ▶ Self-aware
- ▶ Spiritually growing
- ▶ Detached from outcome
- ▶ Changes inner world

### FEAR

- ▶ Power struggle
- ▶ Emotionally closed
- ▶ Right, righteous
- ▶ Walled off
- ▶ Controlling
- ▶ Win at all costs
- ▶ Territorial
- ▶ Blames others
- ▶ Closed to intuition
- ▶ Discord
- ▶ Competition
- ▶ Avoids pain
- ▶ Resists fear
- ▶ Seeks external power
- ▶ Lack of integrity
- ▶ Self-concerned
- ▶ Spiritually stagnant
- ▶ Attached to outcome
- ▶ Rearranges outer world