

17 Ways To Find The On-Switch To Your Personal Power

BY CRYSTAL JACKSON

Lately, I've felt like there's been a light inside me, flickering.

I have these brief periods of illumination followed by total, blinding darkness. I glimpse shadows and potential, and I feel this rising power. I have moments when it reaches full wattage, and I am illuminated. Then it flickers again.

I've begun to wonder how to find the On switch for my personal power – how to turn it on and how to keep it on.

In my experience, my power has always been greatest when I've leaned into my struggle and listened to my deepest intuition. These are the times when I've felt within me a rising, soaring magnificence.

Usually, when the power is fully on and operational, I find that I am a better person – more complete, joyful, productive, and abundant. I find myself feeling less tired, and my creative juices don't just flow; they overflow.

But when the power is turned off, or even when it's flickering as it is now, I miss it desperately. I begin to feel rundown, tired, and discontent. There is no amount of sleep that makes me feel rested when this happens, and I struggle with an undercurrent of frustration.

At times like these, I feel easily overwhelmed, stressed, and disenchanted. While it's normal to have periods of time when our energy runs low, we shouldn't always feel depleted or stifled. It seems like there should be a way to access our personal power and turn it on so that we maintain at least a baseline of positive energy.

So how do we find the On switch to our personal power, turn it on, and keep it on? Here are a few ways I've found that can help:

1. We can perform random acts of kindness.
2. We can be honest about what we need and want.
3. We can maintain firm boundaries with others so that our energies aren't depleted.
4. We can take the time to rest and restore ourselves when we feel our energy flagging.
5. We can participate in rituals that help us feel deeply connected to our own energy. This may be meditating by candlelight or participating in a yoga class. Perhaps our ritual involves a cup of tea or a walk outside. Regardless of what we choose, we should have things that we do that help us get in touch with our personal power.
6. We can remind ourselves of who we are and make sure that our daily lives align with our passions and priorities.
7. Remember how I said there are some obligations we can't really shirk? We can take those mindless or menial tasks and turn them into a mindful meditation. Whether it's washing dishes or doing pile after pile of laundry, or balancing a checkbook, we can use that time to focus in on the moment as it's happening.
8. We can say no to obligations that don't nurture our souls. If we're not truly interested in an activity, we should stop investing our time in it. (As a caveat to this, I don't mean chores. Of course, we have to maintain our households and other responsibilities. I'll come back to this.)

9. We can listen to our intuition. The very act of resistance depletes us. When we listen to our intuition, we lean into the struggle and the challenge in order to move through them. When we do this, our energy can be restored.
10. We can say yes to plans, ideas, and thoughts that make us feel incandescently joyous. Leaning in isn't always about struggle; sometimes it's about finding the things we're passionate about and investing our time in them.
11. We can look for the things and people in our lives who deplete our energy. Anything that acts as a drain on our energy needs to be eliminated from our lives, inasmuch as we are able to do so.
12. We can take time to meditate daily.
13. We can create more intimacy in our relationships by tuning in more often in a fully mindful way.
14. We can make pampering a part of our daily self-care routine. Treating ourselves doesn't need to be saved only for special occasions. Treating ourselves well should be a part of our regular daily routine.
15. We can ask for what we need when it's not something we can give to ourselves.
16. We can practice gratitude each morning and night.
17. We can use our personal power and our gifts in service of others.

We can go through our lives catching only a glimmer of our full power. It's certainly one way to live. Or we can allow ourselves to become fully illuminated, awash in the light of our own power.

We can use that energy to propel ourselves into the life we've

envisioned and even to help others if we choose to do so. When we find ourselves in this gloaming of half-light and half-life, we can know that if we lean in, we will surely find the On switch to restore full light to our lives.

For more self-study, [*The Urban Howl*](#) recommends [*Love Yourself Like Your Life Depends On It*](#) .

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