

# **Restoring Personal Power**

## **Excerpted from**

### **Finding Your True Self: Using Hypnosis and Other Tools to Uncover the Real You**

**Katherine Zimmerman, CHT**

Making permanent change in dysfunctional patterns of behavior is possible when using the subconscious mind. The following story illustrates the possibilities that we all can achieve.

#### **Sandy's Story: Power Regained**

Sandy, a lovely well-educated, professional woman in her late forties, came to me because she wanted to get at the underlying cause of the betrayal and rejection that she had experienced on two separate occasions in the preceding four years. During her first session, a strong feeling of sadness came up. I asked her to allow herself to experience the sadness and breathe into that feeling. As she did, the sadness lessened. On the surface it did not appear to be a profound session. In fact, as she left, Sandy commented that she had paid all that money "just to cry." I am sure she was thinking that she could have cried at home for nothing. However, in the next few days Sandy had an amazing insight. The man with whom she had experienced the rejection and betrayal had the same characteristics as her mother. Now Sandy could see the underlying reason that she attracted people into her life who ultimately rejected and betrayed her. Sandy's insight left her feeling "freed up and more whole."

The goal for Sandy's second session was to reclaim her power. After the hypnotic induction, I asked her to go to a private sanctuary where she felt safe and protected. She moved from her private sanctuary into a barren open space filled with rolling hills and sunshine. I then suggested that she bring in any friends or family for emotional support. With her support system in place, Sandy invited in the man who had rejected her four years earlier. She informed him that it was now time for him to return her power.

The result of Sandy's process is the same whether she actually meets with this man in person or in her imagination. Symbolically clearing your energy field and reclaiming your power can be tremendously transformative.

With some clients, there is a bit of a struggle because the client perceives that the other person, who has perhaps had control for a long time, will not want to give their power back. For Sandy, however, this was an easy process. With her power returned, she asked him to leave. I asked Sandy how it felt to have her power restored. She said that she felt "more self-contained, free to laugh, love and play without fear of being hurt or of losing her power again."

Sandy felt her power in the area of her heart. I asked her to breathe into that area to integrate it back into her body. I then instructed Sandy to move one week forward in time and report how she was feeling. Sandy experienced "a feeling of lightness;" Sandy felt stable as she imagined herself moving ahead one month. She had trouble imagining herself six months ahead but said that she did feel good.

I followed with some ego strengthening suggestions so that Sandy would be less likely to give away her power in the future. Giving away our personal power is an issue that I often see in women clients in their late 40's and 50's.

We give away our power when we fail to speak our truth. Many of us were raised to be "ladies." In my home, that meant being polite at all costs. The underlying message that I received was "don't make waves." It took me a long time to see that I could make a clear statement about how I felt without confronting someone. At the same time, I received mixed messages. Being polite and quiet were at the top of our list of "proper ways to behave." Even though I was taught to be self-sufficient and encouraged to develop my intellect, those qualities were secondary to my primary function: be a lady. My sister may have perceived those early lessons in a very different way. But, for me, it was "defer to others" regardless of the cost to my personal self-worth.

## **Key Points**

Current patterns in your life, like rejection and betrayal, are generally continuations of patterns that you experienced with one or both parents in your childhood.

No one can emotionally hurt you now, unless you give that person the power to do so by letting him/her define your truth.

You give away your power when you fail to speak your truth.

You can state your truth without being confrontational.

You can reclaim your power through awareness and choice.

## **An Exercise in Restoring Your Power**

In addition to using EFT and hypnotic techniques, this process for restoring personal power is very simple. Find a comfortable place and take a few moments to relax. Next, imagine the person to whom you have given your power in your mind. Now, state firmly and clearly that this person has something that belongs to you—your power—and ask that it be returned. Make sure that you use a tone of voice that conveys your belief that you deserve to have it back. After all, this power IS yours. Expect it to be returned and do not take no for an answer. Once you have it back, ask that person to leave. Hold your power in your hand and examine it. Notice its color and texture. Notice if it is solid or hollow. Now that you have your power back, where would you like to store it in your

body? Imagine placing it within you. From now on you can easily draw on this personal power because it resides permanently within you.

Over time you may have given away your power to more than one person. Take the time to imagine having your power returned from each of these people. You do not have to ask for all of your power to be returned in one sitting. Take your time. Start by making a list of all the people who have some of your power. Go through your list one by one and ask for your power. This process may take a few days or a few weeks. Each time some of your power is returned, take time to notice how you feel inside.

If you find that it is a struggle to reclaim your power, find a well-trained hypnotherapist to assist you. This process makes a tremendous difference in how you interact with others and in reclaiming your True Self.

*This book may be ordered on Katherine's web site: [www.trancetime.com](http://www.trancetime.com) or from [www.Amazon.com](http://www.Amazon.com) The Student Workbook for Finding Your True Self and the tape set (available soon) will also assist you in your inner journey.*

**Contact:**

*Katherine Zimmerman, CHT*

*Author, Reiki Master*

*910 Florin Rd., Ste. 107*

*Sacramento, CA 95831*

*916-391-1734*

*for books and tapes: [www.trancetime.com](http://www.trancetime.com)*