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You Matter

by Rebbie Straubing

You'd be surprised. Maybe amazed. If you could see the far reaches of your influence you'd be stunned. The point is: You matter. How you breathe matters. How you think, the words you speak and the actions of your life, no matter how small or seemingly insignificant, they have great power.

Two Kinds of Power

When we think about power we usually think about will. You want something and you consider yourself powerful if you can achieve it. That is a very linear, directed and limited view of your power.

The power I'm talking about is quite different from that. It is the power of your being. The pure quality of your presence. And it radiates out in all directions. You can't help it. You can't stop it. It is always generating waves from the center of your being. This never-ending flow of presence that emanates from your core is your true power. It is not your will. It is not trying to do anything. It simply is. And it is powerful.

Power's Cape

This power, that is your essence, shines effortlessly. It is light. It is consciousness. Its influence is beneficial to all who have the good fortune to encounter you.

It is also subtle. Since the power of your consciousness is not physical like a rock or a brick, many don't even realize it is there. Since it is not personal like your face or your name, many don't even recognize it as you. But they'd know your cape anywhere. Your power is draped in your body and your personality and all the clearly noticeable colors of your power's human cape.

A flashlight under the covers

When you were a kid did you shine a flashlight under the covers at night to read when you were supposed to be sleeping? What you probably didn't realize was that no matter how heavy the blanket was, the light shone through.

Well, you can make your cape very heavy with the weave of your personal history, but your light will still shine through. That's the good news because that's as bad as it gets.

As good as it gets

What if you set an intention to shine your light for all to see? What if you decide to allow your power its freedom? What if you let your cape flap in the breeze, fully expressive of your essence? When you release your power from the hitching post of your will, it reveals its true nature. When your cape stops trying to control your essence, your spirit lovingly animates your cape. Your essence is made of love. You are infinite power made of infinite love.

Realizing this sets you free. Feeling this makes your life joyful. Expressing this makes you an angel to others. Living this makes your life matter in the most profound and beneficial way. This is as good as it gets.

Only Good

When I say that you matter, do you get a little uncomfortable? Do you worry about the consequences of your decisions? The ramifications of your "mistakes?" There is really nothing to worry about. Every moment is new. And your essence is shining just as brightly when you are in alignment with it as it is when you are all tangled up. So if you get a sudden burst of clarity about your previous patterns of tangle, that's great. If you start to realize the habitual ways that you cloak your own light and keep it from expressing through you, fantastic.

Now you've got clarity and perspective. Now you can bring yourself into greater and greater alignment. Abraham* always tells us, "You can't get it wrong and you'll never get it done." So, don't worry about mattering. It is only good. Rejoice in your essence and shine your love everywhere you go.

Meditation

Sit with the intention of feeling the pure power of your essence devoid of the movements of your cape. Relax your consciousness and release anything that is effortful. Keep releasing. Sense the ground of your being. Pure consciousness. Simple being.

Like peeling an onion, go deeper and deeper into your pure space of being.

You are powerful in your influence. And you are most powerful, most beneficial and most fulfilled when you let the power of your pure beingness shine from within you. Let your cape flow on the wind of your spirit. Your body, your personality, your thoughts, words, and deeds will become extraordinary.

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* For more information about the teachings of Abraham, visit www.abraham-hicks.com.

Dr. Rebbie Straubing is the author of the new on-line program, Miracle Tools for Great Relationships, which can be previewed at www.GreatRelationshipsips.net. Her free e-course, 7 Secrets for Manifesting Your Heart's Desire is available at www.YOFA.net. For news and updates on Rebbie's offerings, send a blank e-mail to yofa@GoldenReports.com

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