

7 KINDS OF POWER

An Alternative to Authority

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Power is almost universally and mistakenly seen as the capacity to control others....Power, which I believe is best defined as **THE CAPACITY TO PRODUCE CHANGE**, is a more extensive faculty than manipulation or control of others, itself an extremely limited form of power. (scripts of powerlessness and authoritarianism are mirror images and are shared by so many that they are often largely taken for granted. So are their dysfunctional results. Ed.)

These paragraphs outline the 7 sources of power which have their origin in the ancient theory of the chakras of Kundalini yoga: earth, sex, power, heart, throat, third eye, and cosmos. These seven power sources, of which control is but one, better represent the rainbow of options which is power than colorless, unidimensional power based solely on control.

1. (earth) **GROUNDING** The capacity to stand one's ground, to occupy the space that we are allotted, to be rooted and to be comfortable while standing, walking, or running upon the Earth is an important source of power.
2. (sex) **PASSION** The powers of passion at its most common manifestation, sexuality, are capable of mobilizing and invigorating people as nothing else can. The power of passion is the power to create, to recreate, to transform, in short, to inflame with energy and produce sudden change.
3. (power) **CONTROL** The capacity to aggressively manipulate the environment and people, either physically or psychologically, is the form of power that has crowded other forms of power from awareness.
4. (heart) **LOVE** The power of love is enormous; it is capable of overcoming vast obstacles. Its power binds people, thus enabling them to work together. Love has the power to nurture, to heal, and to instill hope that can propel a person out of the most dire situations.
5. (throat) **COMMUNICATION** The power to produce in someone else the feelings and ideas that reflect one's own is the power of communication. It is essential for effective and satisfying relationships, for transmitting knowledge, and for solving problems between people.
6. (third eye) **KNOWLEDGE** The four sources of knowledge are science, intuition, wisdom, and vision. Scientific knowledge is derived from the methodic observation of variables and their effect on each other. Intuitive knowledge is derived....from holistically grasping the laws of nature. Wisdom or historical perspective comes from knowledge of past events either through personal experience or through the study of history. Vision is the enlightened capacity to see what lies ahead, not through extrapolation, which is a scientific form of knowledge, but through the actual perception of future events.
7. (cosmos) **TRANSCENDENCE** Transcendence is derived from a person's unity with the universe. It is the power of the consciousness of one's participation in every aspect of the cosmos, such that existence is detached from any particular material form.



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**