

## Channeling From Ann White

July 26th, 1995

We would like to give you at this time a few words on the use of power. For we see that there is a tendency here to deny your power and rather to follow or listen to another than to take on the responsibility of acting through your own power.

Power is not a force. Power is a gift of energy. This energy is inherent in every human being. The human being without power is helpless. His life depends on his power. The use of his power identifies him as being active and energetic and positive in his approaches, or delinquent and following only the path of some other person to whom he gives this power.

That is what is wrong in worshiping a god or a person. The relinquishment of your power leaves you empty of the very gift of life you require in order to evolve as a human being who has been given the right to become an active healer or doer in the world he is living in, and in addition, denies him his right to become the developed human being his potential has given him.

(continues next page)



When we speak of power we speak of love and we speak of guidance, but we also speak of the inherent willingness to risk rejection and hurt and criticism and negation when it is important for you to express your view or your opinion or your way, and to follow what is within you rather than listening to another person or policy or whatever comes to you. You are to remember always that you are inherently a total representative of the Creator of mankind. Within mankind, within his thrust to life, within his willingness to evolve beyond his body-mind self into his spirit, he must take responsibility for his own evolvment of power.

The power one uses in a positive way will inevitably give you returns that you have not believed possible. Why do you not have this willingness to risk rejection or failure or anything that you believe would be negative to you without going into a place of rejection? Your own power is so strong, especially as you meditate, especially if you reach out from the meditation into a vision of what you want, of who you are, of what you will expect of yourself according to your own potential. This does not mean that every human is meant to be a Christ or is meant to be the leader of a country. We are speaking of anyone whose capacity is limited in his knowledge or his feelings, so that he cannot evolve, as far as the outside world is concerned. But within that role, even the street cleaner—anyone—can become a person of dignity and power. When one has this, nothing can attack him because within the self there is the strength that can withstand the hurt and turmoil of the outside world. (continues)



How do you develop such power? In the first place, there is the need always to examine the self; to look inside at the fear you have of being forward, of being negated, of being wrong. This is one of the most difficult fears you have—that of being wrong. What if you really are wrong in what you are insisting is right? Well, there is no human who has not been wrong and insisted he was right. The consequences are anticipated, whether it is to lose a job or to be humiliated in front of a group. Nevertheless, if you are willing to carry on your own self in spite of the fact that you have been doing or saying a thing that was wrong, and you can acknowledge that of course, then you will have grown tremendously because you will no longer fear being wrong. You will know what it is like and, having gone past that barrier, you have no longer got it. You can then relax. You will never be afraid again as you are the first time, that you might be wrong and find that you were wrong.

So, the fear of being wrong, of hurting someone.... that is another one you seem to have in this group, the fear of hurting another person by pretending you agree or you stay silent or you walk away. How does one protect oneself from hurting another person? The answer is that you well know you can make a statement without being argumentative about what you feel, and not hurt another person nearly so much as if you seem to agree and then later walk away from what you seem to agree about; that you reject the person's idea by not complying with it in some way.

(continues)



Speaking your own feelings in an honest way without forcing your opinion will bring to you an honesty that another person will trust. It is not something that you should pretend you agree with, or that you do not question if you do question it. It is all in not forcing that opinion, not demanding that the other person agree with you. That is where the problem is, not in expressing what you feel. Now we will not talk very long at this time, but we have been struck by the energy in this room, which is extremely pure and extremely loving, and we are in great delight to find it among people in the room because it is a rare substance, and now you have it here. This energy, which you give to us in your meditation, in your formation of light, and in sending out this light into the planet, into the earth's living things, is bringing great rewards to the earth. Is it bringing rewards to you? Of course. You know that it does. You know that any energy of love that you exude is returned. Now we will say one more thing. We would like to remind you that while you are working with Ann you will please give her a healing, as she herself has need of the energy that you send out as love. We ask that you do not forget this when you do your meditation.

We give you our blessings, and we rejoice in the work you are doing in your own quiet way.

Be blessed. Be in God forever.