



# HANS

Health Action Network Society

## Overcoming the Love of Power



“When the power of love overcomes the love of power, the world will know peace.” – JIMI HENDRIX

by **Trish Lim-O'Donnell, CCP**

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In March 2015 my husband asked me to accompany him to a meeting for one of his clients to help him with navigation as well as to bring him some Chinese luck. I was only too happy to oblige when I get acknowledged this way. As usual I bid him sweet good luck and reminded him I shall be meditating all over him and his client. I then roamed around that area in North Vancouver checking out quaint stores, food markets and beautiful trees and generally giving thanks for my day.

Following my nose, I found this charming flower shop with an amazing quote by Jimi Hendrix inscribed on its wall. It was so bold and spoke to my heart that I was captivated! The quote revealed owner Sam Solis' love for nature and all things gorgeous as well as his spiritual intent. My spirit found companionship in this man's creativity and dare, and the quote filled me, as I was already working on this subject.

### **Need for power**

As is so often the case, you go through life needing power in order to be your own person. You seek it in your relationship with everyone you interact with, whether they are family or those significant to you, in work or personal life. The struggle for power is about respect, recognition, validation, affirmation, equality and self-esteem.

Our journey on this earth is about coming to terms with growing our assertiveness to achieve the things we need and want without the need to abuse or dominate others. If you abuse or dominate others, you have fallen away from your highest conscious self. At the most awakened level, we owe it to our humanity—our collective conscious—to grow our awareness on how we deal with one another every step of the way. The power to grow beyond the needs of our limited ego remains our finest goal.

### **Mindful interaction**

Humility and simple, straightforward assertiveness can be the mindful way you interact every day. When others seem to overstep their place and it causes you pain, you can address it directly by stating what is uncomfortable for you because it diminishes your sense of self or equality. For those who are older and weaker, whether they are family or colleagues, you can take care to walk a tad more gently so we don't screw up. It only takes a moment's openness, willingness and readiness to write a new chapter with each other. I assure you, your pay-off in peace, fulfillment and thrill will be unequivocal.

When we acknowledge in ourselves this insatiable appetite for power so we feel superior; when we lay down that mantle of war and division and pick up instead love—the mantle of consciousness and free will—from the deepest part of ourselves, we will know peace and luminosity, the ultimate reach of our journey.

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