

CONNECTION – CREATIVITY – COMMUNITY

MIND | BODY | SOUL

SAN DIEGO

Empowerment
Issue

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Integrated Mental Wellness

END
EMOTIONAL
EATING

MENTAL
WELLNESS

LOVE
AND MONEY

MAKE
FITNESS FUN

HOLISTIC
LONGEVITY

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FEAR INTO EMPOWERMENT

Fear is part of the human condition and can sometimes be healthy. Fear creates caution, enabling us to survive. We may direct fear by using it to examine the potential in a situation or relationship, gaining power. If we allow fear to direct our actions, we sabotage our own efforts by failing to take healthy risks in life and lose power as humans.

When fear is activated, it changes our ability to think. We lose access to logic and reasoning, creating a reactive state. One of the fastest ways to get out of this fear response is by asking yourself the very practical and logical question, "Is this fear legitimate or illegitimate?" When we identify that a fear is illegitimate, we have a responsibility to ourselves to move through that fear, and gain empowerment by doing so. Contrarily, when we choose to not confront fear, we lose even more power, ultimately giving up our control to circumstance and becoming victims in our own life.

A Victim believes that power comes from the external world. Someone that gives their power away to external forces imagines that things happen to them, and that they have a limited ability to influence their environment or outcomes in life. A person with an internal point of power ultimately believes that they can influence outcomes. Such a Hero considers that power is internal.

Point of power, or your belief in and about yourself, is a fundamental difference between people that take responsibility in their life and those that do not. It is an indication of the overall development and maturity of a person. The first step in reconnecting with one's personal power is in taking responsibility. The adult that fails to take responsibility often remains in the negative attributes of a Child, such as selfishness and avoiding accountability. The Adult that is reflective, examining and taking responsibility appropriately, embraces the healthy aspects of a child, such as optimism, curiosity, playfulness, and wonder.

Empowerment is a state of being that comes from acting in courageous ways. People who take positive action in life, from a position of strength, gain empowerment. In contrast, some individuals unknowingly give their power away to circumstances, people, and faulty thinking. Allowing fear to control you, or to sabotage your efforts, is giving your power away.

In relationship, it is not uncommon to give our power away. Relationships are defined by level of intimacy (work, friends, family, romantic). We make a conscious choice to trust and to surrender some amount of personal power by virtue of being in relationship with another.

When someone we are close to betrays us or abuses our trust, we may be tempted to feel victimized. However, if we have allowed ourselves to be victimized, then we have failed to set adequate boundaries in this relationship or on a larger level in life. When boundaries are clear and well maintained, we can no longer be victimized. One may then transition, becoming the Hero, changing one's outcome and thus one's story.

All of Life is about renewal; it is evident in nature. Personal change is a necessity. The old self must die so that the new self may be reborn. Through this psychological death and rebirth, we emerge as a new Self, increasing our ability to access our power within as we overcome each successive challenge.

As you move forward and evolve in life, it is a constant process of evaluating the thoughts and behaviors that you have. One may remain fresh by maintaining the behaviors that continue to support growth and joy in life, and discarding the behaviors which serve to stagnate and regress you. You cannot be growing and dying at the same time. Therefore, all of life is a choice.

Might you choose to question the legitimacy of fear, dancing with it, and finding courage and power to confront your fear. May you choose to find and follow your excitement and bliss towards empowerment and self-evolution.

Explore how fear is holding you back and learn to move into Empowerment.

Colette Sinclair takes a holistic approach to mental health. Colette refined her specialty in holistic mental health after formally studying orthomolecular medicine and psychonutrition. As an Integrated Medical Mental Health Psychologist, Colette focuses on the significance of the mind-body connection. She specializes in working with clients with a variety of health issues, including treatment resistant depression and anxiety, traumatic wounding, and matters related to personal empowerment.

Colette has dedicated her private practice to integrating nutritional support to optimize mood and brain function and incorporating strategies for regulating the nervous system. Her strategies focus on correction, rather than symptom management. She empowers her clients through self-understanding; teaching them about their unique traits, examining how one's collective experiences influence one's current decisions, correcting limiting beliefs and thinking patterns, and creating understanding in how emotional state and level of consciousness influence one's current circumstances.

Colette has overcome numerous challenges and slay dragons of her own. A true Sage, she takes great joy in helping others grow, achieve their goals, and move into empowerment.