

# Discover Your Personal Power Symbol

by Mary Lee LaBay

It is part of the human condition to feel as though sometimes we are on top of the world and in control, and at other times we are overwhelmed and powerless. These ebbs and flows are natural and happen to everyone. You may think of them as biorhythms, as astrological influences, or simply as circumstantial events of life. Yet as the world turns on its axis, so will these cycles be present in our lives.

Although life is filled with positive moments, it is so much easier to be attentive to the negative times. When shocking and disruptive events occur, the conscious mind is more likely to be particularly present in the moment, indelibly marking that moment in our memories. When things are calm and in the flow, it is easier to not pay as close attention to the present moment. In the same way, we don't pay too much attention to our physical bodies until something hurts. Then there is nothing else we can think of. So the negatives are more easily "anchored" into the psyche.

Wouldn't it be helpful to have a tool to access the positive when you are in the midst of one of those negative cycles?

The tool is universal: simply the anchoring of a positive, powerful feeling so that it can be

way difficult to revisit. Once the client acquires this tool, they can carry it with them throughout the difficult recollections, while maintaining a link their own strength and courage. The tool is a powerful reminder of other

following meditation. You may read it through first and then simply take yourself through the steps.

Sit comfortably, preferably with your eyes closed. Follow the patterns of your breathing as your body begins to relax and your mind turns inward. Continue to relax a few minutes longer. Don't worry if your mind occasionally wanders to other thoughts. That will not influence the outcome of this exercise.

**Direct your mind to remember a time when you experienced a moment of courage or accomplishment. A moment when you felt solid, capable, and strong in yourself.**

**You may find yourself thinking of particular life events or encapsulating the moment into an activity such as downhill skiing or white water rafting.**



accessed at will.

The symbol for that feeling however, is very personal and unique.

Anchoring this feeling is a technique that is frequently used in hypnotherapy sessions. It is particularly useful when the client is attempting to access or process information and events that were highly painful or in some

times when they were in control of their own life, capable of dealing with whatever came their way. While carrying that symbol through the difficult memory, they have an enhanced feeling of courage and confidence.

To discover your own symbol of strength and courage you may participate in the

ing these sensations, allow your mind to begin to formulate a symbol that would represent the feelings that you are experiencing at this moment.

Understand that your symbol may change from time to time or need to be altered to fit particular circumstances. So relax and allow a symbol to come to you, not worrying if it is the right symbol or thinking that you may pick one with which you are not always going to be happy. What comes to mind first will probably be right for this moment.

As you begin to discern a symbol, make it into an object of a size that can fit into your hand. What does the symbol look like? What is it made of? What color is it? Which hand do you like holding it in? How does the texture of the object feel against your hand and fingers? What is its weight?

How do you feel when you are holding this symbol/object in your hand?

Now hold that symbol in your hand as you think of a situation in your life that creates stress for you. How has holding that symbol changed

how you perceive this particular problem? How do you feel as you begin to think of possible solutions to that issue?

After you have practiced using this power tool in various ways, you may open your eyes and return to the present moment.

While using this technique with several clients in my private practice, they have been able to successfully alter the way they perceive events both in the past and in the present. Furthermore, they feel more confident and self-assured as they anticipate difficult future experiences. I invite you to enjoy the many ways that you will be able to use this symbol in your own life.

Mary Lee LaBay is the author of four books on hypnotherapy, past life regression, self-hypnosis, and relationships. She holds a master's degree in Integrative Health Sciences, and is a certified instructor of hypnotherapy and past life regression. For more information and to register for her newsletter, go to [www.maryleelabay.com](http://www.maryleelabay.com).

**The Dr. Pat Show**  
Talk Radio to Thrive By!

**Award Winning Host Dr. Pat Baccilli**  
Sweeping the Globe with Transformative Talk Radio!

**Prestigious International Awards for Talk Radio!**  
Host of the Year - VoiceAmerica.com  
Ordinary People, Extraordinary Outcomes Award!  
Crystal Award of Excellence!  
Award of Distinction!  
Evvie Winner for Favorite Program!

KKNW AM 1150 - Greater Seattle - on the Internet at [www.1150kknw.com](http://www.1150kknw.com)  
Just in We've added another hour! M-F at 10 a.m. to Noon.  
Sign up for our **Thrivers Newsletter** to get advanced notice of guests and Special Offers!

**Conversations with Leaders in the Field of Human Potential**  
Jack Canfield, Caroline Myss, Mark Victor Hansen, Jean Houston, Yoko Ono, Joan Borysenko, Ram Dass, Wayne Dyer, Deepak Chopra, Dr. John Gray, Marianne Williamson, Barbara Marx Hubbard, Dan Millman, Richard Simmons, Suzanne Somers, Olivia Newton-John and the teachers in the movie "The Secret" and more!

**The most listened to show on Seattle's #1 Alternative Talk - KKNW AM 1150!**

**You Won't Want to Miss These Shows**

Best Selling Author of "The Cure" and Regular Guest on The Montel Williams Show, **Dr. Timothy Grantley**.

**Carly Schroeder** who plays Alyssa in the new movie "Eye of the Dolphin" a richly realized tale of love, spirituality, and redemption that crosses generations, cultures, and even species.

Let us help you connect your services and products with people who value your contribution!  
Call Dr. Pat Baccilli at 206.523.5522!

**Join the buzz and become a sponsor!**

This show is being brought to you in part by: Tara Crete of [Innergoodcoaching.com](http://Innergoodcoaching.com); [kerrieoconnor.com](http://kerrieoconnor.com); [www.dr.daryvish.com](http://www.dr.daryvish.com); [Genesistoday.com](http://Genesistoday.com); [www.crownhillchiropractic.com](http://www.crownhillchiropractic.com); Karen Ramsey at [caringmoney.com](http://caringmoney.com) and [ramseyinvesting.com](http://ramseyinvesting.com); Dr. Jeff McCombs of Life Force; Zerosmoke; NLP.com; Huna.com and many more!

For showtimes, hundreds of archive and 24/7 on Demand and Podcasting visit!  
[www.thedrpatshow.com](http://www.thedrpatshow.com)

**Stargazers**  
Spiritual Gallery & Bookstore  
[www.stargazersbookstore.com](http://www.stargazersbookstore.com)

12727 N.E. 20th, Bellevue 425.885.7289  
Wed, Thurs, and Sat 10-6 • Friday 10-7, Sun 12-3  
Closed Monday & Tuesday

**Summer Solstice Psychic Fair**  
Saturday, June 23, 10-6 p.m. and Sunday, June 24, 12-5 p.m. Mini Readings, Aura Photos, Mini Massage & Healings, Solstice Ceremony  
Sunday @ 1:30pm

**Friday Nights:**  
June 1: **Meditation** with Collen Marquist  
June 8: **Clean Sweep~Energy Clearing** with Sophia  
June 15: **Crystal Healing** with Tess Sterling  
June 22: **Intuitive Self Healing** with Kimberly Herndon  
June 29: **Living Consciously, Dying Gracefully** with Nancy Mananhan & Becky Bohan

**Daytime Classes:**  
June 2: **Gemstone Therapy**, Chinese 5-Element Theory: Element Wood, Part 11 with Gayle Alizar, Saturday, 12-3:30 p.m., \$30  
June 3: **Crystallomancy-Scrying** with Crystals with Collen Marquist, Sunday, 12:30-3 p.m., \$30  
June 10: **From Depression to Joy** with Tess Sterling, Sunday, 3-5 p.m., \$30  
June 30: **Heal Your Self!** with Kimberly Herndon, Saturday, 12-3 p.m., \$30

**The Entrepreneur's TOOLBOX**

*"The Entrepreneur's Toolbox is a must for anyone in business! It is a comprehensive and extremely informative resource as well as being highly practical and relevant to today's business issues. While it is geared to the holistic practitioner, its applicability and relevance is to all small business enterprises. Even after nine years of operating as a sole proprietor I found new and meaningful options and strategies to enhance my business direction. Thank you Krysta for sharing your invaluable skills and knowledge in this great business package!"*

—Bente Hansen, Healing Arts Practitioner, author of "The New World of Self Healing"

**How to Succeed in Your Small Business While Manifesting Your Destiny**  
by Krysta Gibson

purchase your copy of this e-book at [www.krystagibson.com/toolbox.html](http://www.krystagibson.com/toolbox.html)