

## PERSONAL POWER

Channeled from Archangel Michael  
By Marge the Angel Lady

Many of you humans have the tendency to “give away” your power. You do this in various ways, such as:

- Allowing another to choose your food
- Allowing another to choose where you are going or what activity you are going to do
- Allowing another to take advantage of you, and accepting the “lesser” or “victim” role
- Giving in to a group plan, even though you have that little voice telling you “no!”
- Giving in to another because “you don’t want to make waves”
- Giving into another because they are bigger and you fear physical consequences
- Etc., etc., etc.

All of you gave up power when you separated from the One to incarnate on Earth. And most of you have programs that give up your power, abuse your power and some are programmed to take power from others. This negative programming can be removed by going to the website and doing the Personal Power Blessing. A small donation is requested.

Removing this programming, will allow you to retain your own power easier and not to be so easily swayed by others. You, of course, always have free will.

First make a written list on paper of all those times that you can remember in this lifetime that you gave away your power to and/or allowed someone else to take yours &/or abuse you. Examples:

- Allowed my husband [name] to beat me and still stayed with him for years.
- Allowed my boss [name] to steal my work and take credit for it because I did not want to make waves and speak up. I was a coward.
- Allowed my friend [name] to decide where we were going to eat and what we were going to eat when we got there instead of voicing my opinion. I was afraid she wouldn’t like me or the restaurant I would choose.
- Gave in to the group in the lunchroom, when they were gossiping about another person [name]. So even though I didn’t say anything, I was as guilty of emotional assignation as they were.
- Etc.

Now make another list of how you took power from others and/or abused them. Examples:

- Told my neighbor [name] that she was stupid instead of helping her figure her problem out.
- Finished the sentence of [name] at work because he stutters and I was not willing to wait for him to finish.
- Took paper out of [name’s] hand and said I would finish the job, because she was too slow and not doing it my way.
- I shunned [name] and did not respond when they said hello, because I felt they were not as good as I am. So, I gave them the silent treatment, which is a form of abuse.
- Etc.

Then connect to Archangel Michael, by saying the following:

Open sacred space, and connect me with Archangel Michael.  
Michael, I have given away my power, and I have taken power from others.

I no longer want to participate in this game I have been playing and would like the trauma released for all of us that I have harmed or allowed to harm me and have each creation forgiven for all involved in each instance. I ask that you clear and release each creation for us as I speak my word. I have done what I can in the physical realm to fix this situation, and will endeavor to seriously change my behavior in the future. I will also take further action now by going into my heart of hearts to forgive the person and to forgive myself by stating out loud the following two paragraphs:

Do this for each person you have listed on both lists.

[name of person], I forgive you for not being who I wanted you to be.  
[name of person], I forgive you for not having what I wanted you to have.  
[name of person], I forgive you for not doing what I wanted you to do.  
[name of person], I forgive you, totally and completely.  
[name of person], I forgive you.

I forgive myself for doing the things I did and/or for not doing what I needed to do.  
I forgive myself for not being the person I wanted to be.  
I forgive myself for not having what I wanted myself to have.  
I forgive myself totally and completely.  
I forgive myself.

When finished, say: Thank you, Michael.