RETURN TO YOURSELF

A Spiritual Guide to Reclaiming
the Power You Gave Away



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A NOTE FROM THE AUTHOR

The Moment You Begin to See

I once believed reclaiming my power would feel dramatic. I imagined a single moment when fear would disappear and I would finally become someone who could not be shaken.

My power returned through small decisions: documenting what I knew was happening, trusting what my body was telling me, saying no without writing an apology afterward, and refusing to abandon myself simply because someone else was uncomfortable with my truth.

For a long time, I confused power with control. I thought being powerful meant controlling the outcome, preventing conflict, anticipating every problem, or finding the perfect words so no one could misunderstand me. But control is exhausting because life will always contain people, systems, losses, and changes that refuse to cooperate with our plans.

Personal power is different. It is the ability to remain in relationship with yourself while the outcome is still uncertain.

Power is not the promise that nothing will shake you. It is the decision that you will not leave yourself when something does.

BEFORE WE BEGIN

How to Use This Guide & Workbook

This volume brings the original guide and its companion workbook together. Read at your own pace, and return to the questions when they feel useful. You do not need to finish every exercise or share your answers.

Awareness is not a demand to change everything you discover. Sometimes noticing is the meaningful first step. You may pause, question, disagree, or begin again.

These pages offer spiritual reflection and education, not medical, mental-health, legal, or financial advice. If a practice becomes overwhelming, stop and seek trustworthy support when needed.

Our rhythm is simple: Read. Notice. Reflect. Pause. Continue, if you choose.

A SACRED PAUSE

Permission to Notice

You do not have to solve what you have only just begun to see.

You may begin exactly where you are.

Nothing needs to be completed here.

CHAPTER ONE

The Moment You Begin to See

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There were seasons when survival required nearly all of me. An injury redirected the future I thought I understood. Motherhood demanded courage even when I was tired. Returning to school required me to become a beginner again. Standing up to people and systems that seemed more powerful required evidence, patience, and a voice I was still learning not to soften.

PAUSE & REFLECT

The Moment You Begin to See

Where have I remained loyal to everyone except myself?

What do I notice when I stop asking for permission to feel?

What might awareness make possible?

CHAPTER TWO

The Quiet Exchange

Most of us do not wake up one morning and consciously decide to give our power away. We trade it in small exchanges.

We silence a true response because another person might become angry. We explain a boundary until it sounds like a request. We accept the label “difficult” rather than ask who benefits when we stay easy to manage. We become so practiced at reading the room that we stop reading ourselves.

I learned how quickly self-protection can be reframed as overreaction. When I raised concerns, I sometimes found myself spending more energy proving that I was reasonable than addressing the original problem. The more someone minimized what I experienced, the more detailed I became. Documentation helped me protect the truth, but I also had to learn that my inner knowing did not become real only after someone else validated it.

Evidence can defend your position. It should not be required before you are allowed to believe your own experience.

You are allowed to notice what is happening before anyone agrees with you.

Power leaks through chronic over-explaining. It leaks through asking permission to have needs. It leaks when you treat another person’s discomfort as proof that your boundary was cruel. It leaks when you confuse being needed with being loved.

Reclaiming begins with observation, not punishment. You are not creating a case against yourself. You are locating the places where you learned that belonging required self-abandonment.

PAUSE & REFLECT

The Quiet Exchange

Where do I become quieter or more agreeable than I feel?

What am I trying to protect?

What do I actually need?