



Are you standing in your power in love and life

Podcast Episode #23. Audio Blog: Are YOU Standing in Your Power in Love and Life?

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Synopsis: “Standing in your power” means different things to each person. Today’s episode was quite controversial, and really hit home for lots of people, maybe because it just came from a highly charged real-life incident. Enjoy this Audio Blog episode of the Single to Soulmate podcast.

Here’s we go--- Are YOU Standing in Your Power in Love and Life?



Single To Soulmate with Johnny & Lara Fernandez

So, it was a typical glamorous day in the life of Lara Fernandez. Standing in a long line at the local grocery store, short on time and patience, I was mindlessly watching the customers ahead of me buying their groceries.

As I slowly and painfully inched closer to the checkout counter, I noticed, one customer ahead of me, an interaction between the checkout lady and two Latino men who looked like they might have been day labourers. They obviously didn't speak any English as they tried to swipe their debit card and punch the correct buttons in the credit card machine to pay for their food. It wasn't working, it was dragging on, and the checkout lady was becoming more and more impatient, speaking louder and louder (like that was going to make it clear to them) about which button to push. Finally, with jerky, annoyed movements- she punched the right button for them huffily and briskly handed them their receipt, practically threw it at them, and off they went.

This happened so quickly, I hardly had time to react. I was in shock at what I was witnessing, which immediately grew into outrage. Then it was my turn to purchase my food. I was shaking with fury and pain at her and frustration that I hadn't reacted more quickly, intervening on their part and helping them, since I speak Spanish (one of the men was older and looked a lot like my Mexican grandfather).

So I let her have it. My voice was trembling, my heart was beating fast (I can feel it speeding up as I share this with you) and I took a stand for those men. I let her know she should be ashamed of herself for being that way with them... that she must be having a bad day, but that doesn't give her the right to treat others like crap, that



I'm going to issue a complaint with the owner of the store about her... on and on. I had other customers nearby agreeing with me and nodding their heads.

She didn't say a word as she rung up my purchases and I paid. She handed me my receipt and said, quite sarcastically- "have a nice day".

I went to the owner (he's a local man, and I know him) and let him know about what I witnessed. Hopefully, something was said to her.

Here's my point. *I felt good about telling her about herself, felt like I was doing the right thing and standing in my power and all that- but I did not do it perfectly.* I took a very imperfect stand for those men and (in my mind anyway) for all who are treated unjustly. I truly wish I could have done it better, said it faster, responded immediately. AND, I'm proud of myself for saying what I said and doing what I did do.

Why am I even sharing this with you?

Because this may be on some level the same feeling of frustration you may be having with your life. The question is...

How are you taking a stand for YOU right now? Are you moving toward the life of your dreams in a real, concrete way? Who's got your back when things get tough? (Hopefully- first and foremost, YOU'VE got your own back and you surround yourself with people who support you and love you)



Are you complaining about how bad it all is, how unfair it all is- is that your focus?

Or are you acknowledging that sometimes things in life just aren't fair and are downright awful...but continuing to grow yourself and expand yourself in every area of your life so that you become bigger than your problems?

Here's to YOU- standing in your power, tuned in, tapped in, turned on- attracting your best life NOW (even as you may do it with a shaky voice and trembling hands).

When you take stand for what's right, even if you don't do it perfectly, or fast enough, as long as you do **something** TODAY, **that** will move you toward the life of your dreams and the love of your life. Take a stand, now, however imperfectly, and **go** for your dreams, **fight** for your dreams and desires. Go for love. Someone is watching, someone will cheer you on, nod in approval, and celebrate with you.

There's a great-African Proverb that fits here:

“God makes three requests of his children: Do the best you can, where you are, with what you have, now”

So, how can you apply this to YOUR LIFE? I'd love to hear about it. You can leave comments, and get the full transcript and leave comments at singletosoulmate.com/23 **that's** singletosoulmate.com - forward slash, then just the number 2-3. **And** Johnny and I do our best to respond to every comment.



And if you like this podcast I'd really appreciate it if you can leave us your honest review on iTunes or Stitcher. It helps us know you do appreciate this podcast, it encourages us, and helps other women discover us.

Until next time... Sending you love and power. Yes...strength and power.

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