

**Chapter 1 : Power is Within | Everything You Need Is Inside You**

*hello friend, like my page for interesting video of cricket as well as motivation for success in your life.*

The, the definite article. Including the feminine he, and the neuter to in all their inflections; the definite article; the. To dwell in, be settled stationary in; met: From en and oieko; to inhabit. A primary preposition denoting position, and instrumentality, i. The person pronoun of the second person singular; thou. It will even react upon that material body which had just been spoken of as given over to death. Die it must; but the same Spirit to which the soul owes its life will also reinfuse life into the dead body, just as the body of Christ of Himself was raised from the dead. It cannot be thought that God would leave in the grave that body in which His own Spirit has dwelt, i. Matthew Henry Commentary 8: He dwells in the heart by faith. Grace in the soul is its new nature; the soul is alive to God, and has begun its holy happiness which shall endure for ever. The righteousness of Christ imputed, secures the soul, the better part, from death. From hence we see how much it is our duty to walk, not after the flesh, but after the Spirit. If any habitually live according to corrupt lustings, they will certainly perish in their sins, whatever they profess. And what can a worldly life present, worthy for a moment to be put against this noble prize of our high calling? Let us then, by the Spirit, endeavour more and more to mortify the flesh. Regeneration by the Holy Spirit brings a new and Divine life to the soul, though in a feeble state. And the sons of God have the Spirit to work in them the disposition of children; they have not the spirit of bondage, which the Old Testament church was under, through the darkness of that dispensation. The Spirit of adoption was not then plentifully poured out. Also it refers to that spirit of bondage, under which many saints were at their conversion. Many speak peace to themselves, to whom God does not speak peace. Though we may now seem to be losers for Christ, we shall not, we cannot, be losers by him in the end.

Chapter 2 : The Power is Within You (Audiobook) by Louise L. Hay | [calendrierdelascience.com](http://calendrierdelascience.com)

*The power is within you is like cleaning for the soul. Even if you don't like or agree with everything she does or thinks, you'll still be touched. I wish everyone would take a day and read this book.*

There is in man a greater Self, that transcends the finite self of the sense-man, even as the mountain towers above the plain. The object of this little book is to help men and women to bring their inward powers of mind and spirit into expression, wisely and in harmony with universal law; to build up character, and to find within themselves that wondrous Self, which is their real self, and which, when found, reveals to them that they are literally and truly sons of God and daughters of the Most High. There is no way whereby the discipline of life can be avoided. There is no means by which fate can be "tricked," nor cunning device by which the great cosmic plan can be evaded. Each life must meet its own troubles and difficulties: But none need be overwhelmed in the great conflicts of life, for one who has learned the great secret of his identity with the Universal life and Power, dwells in an impregnable city, built upon and into the Rock of Truth, against which the storms of life beat in vain. While this little work does not offer any vain promises of an easy life — for, if this were possible, it would be the greatest of all disasters — but rather endeavours to show how to become so strong that life looks almost easy by comparison the life or fate does not change or become easier, but the individual alters and becomes stronger, yet, it does show the reader how to avoid making his life more difficult than it need be. It is not the power of the ordinary life, or finite will, or human mind. It transcends these, because, being spiritual, it is of a higher order than either physical or even mental. This Power lies dormant, and is hidden within man until he is sufficiently evolved and unfolded to be entrusted with its use. The Powers of the Spirit are far greater and finer than those of the subconscious mind. Thought is a spiritual power of tremendous potency, but this is not the power of which we speak. By thought, man can either raise himself up and connect himself with the "Power House" of the Universe, or cut himself off entirely from the Divine Inflow. His thought is his greatest weapon, because, by it he can either draw on the Infinite or sever himself in consciousness, but not in reality from his Divine Source. Through the Divine Spark within him, which is really his real Self, man is connected with the Infinite. Divine Life and Power are his, if he realizes that they are his. So long as he is ignorant of his oneness with the Divine Source of all life, he is incapable of appropriating the power that is really his. If, however, he enters into this inner knowledge, he finds himself the possessor of infinite power and unlimited resources. It is only when man realizes his oneness with his Divine Source that he becomes filled with Its power. Many teachers and initiates lament the fact that certain secrets are being spread broadcast to-day; secrets that, in the past, were kept closely guarded. They fear that unillumined and un-evolved people may make destructive use of spiritual power. This, to the writer, appears to be improbable. It is true that strong personalities, who have a great belief in their own power to achieve and succeed, draw unconsciously on hidden powers, and thus are able to raise themselves high above their fellows. The use, however, that they can make of spiritual power for base purposes is limited, and is not to be feared. There are others, of course, who are misusing their powers. These are black magicians, and while they may do a certain amount of harm, they become reduced, ultimately, to beggary and impotence. There are also others who spend the whole of their spare time searching for knowledge of this very subject. They read every occult book they can lay hands on, but they never find that for which they seek. There are spiritual powers and influences that withhold the eyes of the seekers from seeing, until they are ready for the revelation. When man, in his search for Truth, has given up all selfish striving after unworthy things, and has ceased to use his self-will in conflict with the greater Will of the Whole, he is ready for the revelation of his oneness with the Infinite. Yielding implicitly to the Will of the Whole may seem, to the unillumined, an act of weakness, yet it is the entrance to a life of almost boundless power. Man is not separate from his Divine Source and never has been. He is, in reality, one with the Infinite. The separation which he feels and experiences is mental, and is due to his blindness and unbelief. Man can never be separated from Spirit, for he himself is Spirit. He is an integral part of one complete whole. The majority of people are unaware of this intimate relationship with the Divine, and, because they are unaware, or because they refuse to believe it, they are, in one sense, separated

from the inner life of God. Yet this separation is only in their thoughts and beliefs, and not in reality. Man is not separated and never can be, yet so long as he believes that he is separate and alone, he will be as weak and helpless as though he actually were. As soon as man realizes the truth of his relationship to the Infinite, he passes from weakness to power, from death unto life. He realizes, in a flash, that he is one with his Divine Source, and that he can never be separated. He awakens also to the fact that all the Power of the Infinite is his to draw upon; that he can never really fail, that he is marching on to victory. While thought is not the power of the Spirit, it is the power by which man either connects himself up with the Infinite Power, opening himself to the Divine Inflow, or cuts himself off and separates himself from his Spiritual Source. Thus, in a sense, man is what he thinks he is. If he thinks he is separate from God and cut off from His Power, then it is as though this were really the case, and he is just as impotent and miserable as though he actually existed apart from God. On the other hand, if he thinks and believes that he is one with the Infinite, he finds that it is gloriously true, and that he is really a son of God. If he believes and thinks that he is a mere material being, then he lives the limited life of a material being, and is never able to rise above it. But if, on the contrary, he thinks and believes that he is a spiritual being, then he finds that he possesses all the powers of a spiritual being. Again, if he thinks that his work is difficult and that he is not equal to his tasks, he finds that really his tasks are difficult and beyond his powers. Yet on the other hand, if he believes his work is easy, or, at any rate, within his powers, he finds that such is the case, and that he can do his work with ease. The power within is infinite, for, by faith in it, man is directly "coupled up" with the Spiritual Power of the Universe. The Divine Spark within him connects him to the Sacred Flame, thus making him potentially a god in the making. A change then, must take place within man before he can enter into his Divine inheritance. He must learn to think after the Spirit, i. This cannot be accomplished by giving in to the difficulties of life, but only by overcoming them. Neither are there any promises that man shall have an easy time and be happy ever afterwards. Yet, it is after this that the majority of people are for ever seeking "an easy life, a good time, freedom from suffering and care. But, in spite of all their seeking, they can never find that which they desire. There is always a fly in the ointment of their pleasure, something that robs them of true happiness; or, possibly, combinations of circumstances conspire to upset all their plans. Life is a paradox; the true object of life is not the attainment of happiness, yet if we attain the true object of life we find happiness. On the other hand, those who recognize the true object of life, and follow it, attain happiness without seeking for it. In times past, people have made God a convenience. They have thought they could drift through life, learning none of its discipline and then, when in trouble, or things were not to their liking, they could pray to God and have the unpleasant circumstances taken away. The same idea is prevalent to-day. People have left the old orthodoxy and look to various "cults" and "isms" to get them out of their difficulties. They do not believe now that they can curry special favour with God by prayer, but they firmly believe that they can get what they want from the Invisible by demanding it. They think that by this means they can have their own way after all. By this they mean having a good time, with no unpleasant experiences, trials, difficulties, adversities. They are, however, merely chasing rainbows. The easy life they seek constantly eludes them, simply because there is no such thing. The only life that is easy is the life of the strong soul who has overcome. His life is not easy in reality, but appears relatively so because of his strength. It is impossible to have an easy life, and, if it were possible, then life would be not worth living, for the sole object of life is the building of character and the attainment of wisdom through experience. Life to all of us must always be full of difficulty, and it is to help those, who, hitherto, have found life rather too much for them that this book is being written. What the majority are seeking for is an easy life which they will never find, but precisely the reverse and for them I have no message. But to those wise and awakened souls who are seeking for Truth, no matter from whence it may come, and who desire to overcome life and its difficulties, instead of weakly giving in to them, this book, it is hoped, will bring a message. At this stage we cannot go into the subject of why we should meet with disasters and adversity in this life, nor why some people should have, apparently, a smoother life than others. The question, then, is not whether we shall meet the trouble and adversity or not, but rather, how we shall meet them. Shall we be victorious or shall we be submerged? The majority of people are drifters on the sea of life. They are wafted here and blown there: It is only the few who realize that they have the Power of the Infinite within them by which they can rise superior to all their

difficulties, overcome their own weaknesses, and, through victorious experience, attain wisdom. At this point some practical reader may say that attaining wisdom is all very well, but what he wants is practical help. He is perhaps out of work, has sickness in his house and is in debt. Or, he may be well-to-do, and yet in the deepest distress and misery. To all such I would say that they possess the Power by which they can overcome all their difficulties, and, through overcoming, attain wisdom. The extent of the Power that man can bring into his life is the measure of his faith in that Power. If his faith in It is small, then his life will be feeble and lacking in achievement. If his faith in the Power within him is large, then great will be the power manifesting in his life. The Power of the Infinite is illimitable and inexhaustible: The weakest and most timid can make use of this Power. There is the same Power in the timid and weak as in the brave and strong. The weakness of the former is due to a lack of faith and belief in the Infinite Power within them. Difficulties and troubles there will be in every life, and sometimes disaster and heartbreak, when the very earth slides from under the feet, yet, by calling upon the Power within, it is possible to rise from the ruins of cherished hopes stronger and "greater" through experience. Happiness and true success depend upon how the troubles and difficulties of life are met. Adversity comes to all, but if it is met in the right manner even failure can be made the stepping-stone to success. Trouble comes to all, but, while it makes some people stronger and better in every way, it submerges others so that they never rise again. The trouble is the same, it is how it is met that makes the difference. Those who meet difficulty and adversity in the feeble strength of their finite minds and false personality are speedily overwhelmed and broken by the storms of life.

**Chapter 3 : The Power within You by Randy Gage**

*Renowned for demonstrating the power of affirmations to bring about positive change, Louise was the author of more than 30 books for adults and children, including the bestsellers *The Power Is Within You* and *Heal Your Body*.*

October 4, In this fast paced environment we live in today, healing seems to be the number one topic you hear or read about, more or less everywhere. With so much information circulating all over the internet— youtube videos, magazine articles, blogs, instagram stories and posts, how do we know what sources to trust and what information is actually desirable? What can one do to avoid restlessness, anxiety and depression in a society that is going in circles, rushing to get to places while forgetting about the hidden chambers of its inner world? Just how much of our well being are we willing to sacrifice to be liked, loved or to feel good as a temporary gratification method? What are the symptoms our bodies are so desperately trying to signal to us that we only hear when it is too late? What we have forgotten and what others want to make us blind towards, is how important it is to communicate with our own body. So what are we missing out on? We have become so busy and distracted that we put our emotions on hold. When we feel uncomfortable within our own skin, we immediately call a friend, leave the house, watch tv, engage in some kind of activity that will basically numb us long enough to call it a day. The problem is the anguish returns and will not let us be until we finally decide to deal with it. So many people complain about insomnia, rumination, anxiety, depression, OCD, PTSD, with numbers that are growing but how many people are willing to literally s. How many of us would risk everything to save our once unappreciated health? And how can we learn to self heal without having to look outside of our own being, making us vulnerable to so much thought that has not arrived intuitively? I hope it helps. Set aside time for yourself. Time that you will spend alone, listening and tuning into your physical and emotional needs. Get quiet and simply watch your feelings arise and take note of what you hear or what images pop into your mind. One of the greatest questions to ask yourself is: What do you need me to do? I am here with you willing to be quiet, to listen and understand. Watch your thought process. I know you hear this all the time, how important it is to guard your thoughts and bring them in line with positivity but urge you to bring your thoughts in line with your personal truth. Talk to your body and mind. Our bodies are far more intelligent than even science has led us to believe. Do not doubt that you have the power to heal yourself from whatever suffering you withhold as long as you identify the patterns of thinking and core beliefs that are associated with your condition. I challenge you to watch your thoughts for 24 hours and see what your inner dialogue looks like. Keep an eye open for comparison, self doubt, self deprecation, envy and superiority towards others. These waves of emotion and action that seem to come from nowhere, actually stem from a magical and sacred place within ourselves that knows exactly what it is that we need to heal or to simply better our health. Do not question it but rather act on it! This will be the best gift you will ever give yourself. True freedom lies in the process of surrendering to your deepest needs, while acknowledging the difference between right and wrong. Accept yourself and your process. Healing is not something that will occur overnight. It takes at least double the time you harvested negativity to sew the benefits of having planted truth. Trust yourself during this process and keep in mind that you are the greatest sorcerer there is; no one inhabits your body other than you and no one listens to your inner dialogue more than you do! It is vital that you make this place a happy one! And please love yourself, nothing truly good happens outside of love.

### Chapter 4 : The Power Is Within You Quotes by Louise L. Hay

*The Power is Within You is an ultimate guide for helping you to look inside yourself to regain self- confidence and self worth by offering useful tactics to accept, deal with, and let go of painful or negative experiences past and present.*

August 30, at Ximena Torunn Fredheim Nielsen: Reading your blog broadens my horizon in more ways than improving my mindset. Sometimes I need a dictionary to figure out the proper translation for a word or two but still have no idea what it is you are saying. Like this topic Infinite Intelligence, it took me a while before I grasped the meaning rather than just the words themselves. I get it now. Having an ego is intelligence but exploiting nature and other people solely for personal gain is egotistic. Understanding this and living by it would be one of more things that makes me a person of Infinite Intelligence. Take care and keep sharing, Best regards Torunn. Yuliya Reply Kathleen Caldwell: He tapped into the energy of the universe as a tool and because we are related to Him, so can we. August 31, at 9: September 1, at 6: How could Jesus create the universe if he only lived and breathed years ago? The infinite intelligence within Jesus and everything is what created the universe, not Jesus the man. As Kathleen noted, Jesus the man did in fact tap into the energy of the universe but he certainly did not create the universe as you state. September 3, at August 20, at 1: You know the truth. Jesus made the world and the universe. August 30, at 4: And what he states is: Quantum thinking is very interesting. I just read a fascinating book that involved quantum technologies and time travel and how thought energy impacts the physical. August 31, at 8: August 30, at 8: As a man thinks comes to me. You are brilliant RG and sure have changed my way of thinking. I thank you for being so inspirational to so many. Now how about some more phone calls. I love the teleconference calls. August 30, at 9: Everything I was going to say was said in some way in the comments above. We all have it, we can all call on it whenever we want, and we can never lose it. Reply Leslie Esperanza Espallat: August 31, at One day I felt lost, and sad, yearning to go home again, and I remembered that all I had to do was to look within, trust and recognize my divine self. Open your heart to self-love, Leslie Ryan Biddulph: August 31, at 5: If you are sitting here, reading this post, this Power is in you. Awesome insight, as always! Anything is possible, if you're talking about faith. Holy forsaken souls Batman. I think, I believe, I have faith in, or whatever, that love is power. Love of ourselves empowers us to defend and take care of ourselves so we can live to our full potential. Love of others manifests itself as the oneness of the universe, and allows for the continual creative energy of our world, and perhaps beyond. Love encompasses so much it is hard to put words to in a limited time and space. August 31, at 2: But we, humans, do. By simply thinking, by using this extra energy we received, we start creating our surroundings differently than nature does and than animals would offer it to us. We transform things and material from inside out, mix it and heat it up or cook it, so true and well hmm, I never thought about this before. It is so simple and a good issue!! Humans are from one family, however when we use the ego, we tend to judge ourselves as better than others maybe because of skin color, texture of hair, cultural or religious beliefs, etc. When we look at ourselves in the mirror we see the different parts of our body, but each individual part is a part of the whole. Another example is if you were to take a glass of water and pour out droplets, they would still be a part of the whole. If the droplets wanted to distinguish themselves from the rest of the water in the glass, then that is tantamount to us seeing ourselves as separate from the infinite source. September 1, at 3:

### Chapter 5 : Within You Is The Power, Henry Thomas Hamblin ( Audio Book )

• Louise L. Hay, *The Power Is Within You*. 12 likes. Like "The thoughts we choose to think are the tools we use to paint the canvas of our lives."

### Chapter 6 : Within Quotes - BrainyQuote

*This is the follow up to 'You Can Heal Your Life' and it is simply amazing, easy accessible read. 'The Power is Within You' is my favorite work of Louise Hay, a must read for anyone interested in expanding consciousness.*

### Chapter 7 : Power of Peace Within You – Colleen's Martial Art Corner

*Louise expands on her philosophy of "loving the self" and shows you how to overcome emotional barriers through learning to listen to your inner voice, loving the child within, letting your true feelings out, and much more!*

### Chapter 8 : The Power Is Within You - Louise Hay - Google Books

*In this fast paced environment we live in today, healing seems to be the number one topic you hear or read about, more or less everywhere. It is the currency of our future-yes, I said it, health will be the currency of our future so if it doesn't happen to be a priority in your life, make it one!*

### Chapter 9 : –The Kingdom of God Is Within You– - Life, Hope & Truth

*The Power Is Within You by Louise Hay. ebook. Sign up to save your library. With an OverDrive account, you can save your favorite libraries for at-a-glance.*