



# **My Powers to Overcome**

Do not get lost in a sea of despair. Be hopeful, be optimistic. Our struggle is not the struggle of a day, a week, a month, or a year, it is the struggle of a lifetime. Never, ever be afraid to make some noise and get in good trouble, necessary trouble. I appeal to all of you to get into this great revolution that is sweeping this nation. Get in and stay in the streets of every city, every village and hamlet of this nation until true freedom comes, until the revolution of 1776 is complete.

John Lewis

There are many people in our lives who may accept to serve us as a Faithkeeper. We may see these roles filled by the clergy, authors, lecturers, TV and radio talk show hosts, mentors, muses, friends, family, neighbors or anyone who might influence, solidify or inspire our belief systems. In many Native American traditions, one member of the tribe will assume the role of "Faithkeeper". The role of the Faithkeeper is to remain peaceful and calm, while maintaining spiritual enlightenment & understanding, no matter what the tribe may endure. Under extreme conditions, if every single tribe member stumbles into fear, doubt, anxiety, worry and pain - the Faithkeeper maintains peace, spirituality and understanding. Therefore, the Faithkeeper is looked upon as the mainstay to the "I AM" presence of God, Great Spirit or Creator.

Oren Lyons, Native American

This one thing I do...forgetting those things that are behind, I press toward the mark...the prize of the high call of God in Christ. So all of us who are spiritually mature should think this way...and if anyone thinks differently, God will reveal it to him or her.

Phil. 3.13-15

## MY POWER OF RELEASE

- No one has power to ruin my life.
- No one can choose for me who I'll be.
- I will not judge by appearance.
- There is no power working against me.
- God is the only Power in my life

Using our Power of Release we can say...

“We are healing.”

## MY POWER OF FAITH

- It is done as I believe
- I know there's a higher way possible.

Using our Power of Faith we can say...  
“We are healing.”

## MY POWER OF DOMINION

- I choose thoughts that feel good.
- I speak words that create a better world.

Using our Power of Dominion we can say...

“We are healing.”



Daryl Davis befriends Ku Klux Klan members.



## MY POWER OF UNDERSTANDING


- I have a deeper understanding of spiritual law.
- My heart is open to new possibilities.

Using our Power of Understanding we can say...  
“We are healing.”

# I AM HEALING

Ginger Doss

Across the miles I hear you cry  
it is a guide to my light  
Feel it working do not fight  
No more darkness all is bright  
One part focus one part intent  
One heart open one love connect  
I see a body calm and clear  
Only peace and wellness here  
I feel the comfort of you near  
Forever love will hold us dear  
I am healing  
(We are healing)

A photograph of a forest path leading to a bright opening. The path is covered in fallen leaves and is flanked by dense green foliage. The light is bright and warm, creating a sense of hope and freedom.

No matter the circumstance,  
we are designed for freedom.