

## EPIC! Rule #9



### Learn to Love the Notion of Power

#### *EPIC! Rule #9: Honor the Resistance...Resistance is Futile*

As I have spent the month speaking to women for Women’s History Month, I am reminded of an ironic paradox. Women are 100 percent committed to empowering others—yet they are squeamish about the idea of intentionally seeking to become as powerful as possible themselves, let alone admit a desire to be “epic.”

Before we can even entertain the idea of epic, women need to get comfortable with the notion of power. **Power is just a current.** Like electricity or water, it’s just a force that is neither good nor evil. This power current comes in many forms or currencies: knowledge, relationships, status, personality, resources, and beauty. None of these on their own are positive or negative. It is a person’s intention and purpose that directs power, creates the outcomes, and holds all the meaning.

I understand women’s ambivalence to power. First, they are rejecting the way they have seen power used in the past and, thus, are attributing adverse connotations to power. Second, when women seek to be powerful, the reaction to them by both men and women is ambivalent and, at times, even antagonistic. Third, there are scant role models for women to show how to wear power gracefully, generously, and generatively. Trying to walk that narrow balance beam has left many women bruised from their falls. Finally, being intentional about getting power doesn’t feel feminine or sexy.

False modesty has been bred into our bones so deeply that we become the un-indicted co-conspirators of our “smallness.” Our journey into epic begins when

we remember that we are all guilty of this, yet none of us are to blame. Rather, this is the effect of the patriarchal conditioning that has confined us to this distorted version of the script.

Here is the news you can use: EPIC! is a choice you can make today. You have the power to create a life by your own design and desires and not default to old plot lines.

So - time for another EPIC! rule.

**EPIC! Rule #9: Honor the Resistance...Resistance is Futile.** Resistance builds muscle. We welcome it, however painful. Resistance arises when what is longing to happen confronts the old stories, the status quo, that doesn't want to let go.

Resistance to an epic life is an alert for what is longing to happen – whether it's mending a rift with colleague or loved one, deciding to “go for it”, asking for help, or saying yes to you. Resistance is a sign of energy, longing to be released. The first step is to take a pause to honor the alert for what it is - antibodies in our culture against “epic-ness”. We were raised to be “good girls” navigating the tightrope of “too this/ too that.” Resistance signals fear of failure and judgment, not fear of transformation. And what you resist, persists.

Here is the good news. As the chief designer of the new rules of your game, you are in control. What is longing to happen will prevail with you at the controls. Your ally and co-designer is your future self, a decade into the future. She is the embodiment of what is possible and she will not be denied. Resistance is futile.

In the current Decade Game Master Class, participants were asked to play a game of Decade Destination MadLibs. They had to design their powerful decade “avatar” by completing this sentence with specific words. of their own choosing; **“Wouldn't it be cool if ten years from now I knew myself and was known by the people who love me and those who count on me as:**

**Exciting Adjective + Powerful subject + Compelling Verb + Targeted Object + Epic Outcome**

Check out a sampling of these superheroes of the future:

- **Joyful Web Builder** inspiring humans to find their rhythm in the dance of life.
- **Epic Storyteller** reconnecting humanity with Nature.
- **Gracious Possibilitarian** igniting personal agency for a thriving people and planet.
- **Super Upstander** inspiring humans to have a voice and be seen

- **Beloved Sherpa** igniting humans to grow their businesses and themselves.

With this pantheon of heroines as your co-designers, you can be sure that resistance is futile. If you want to try this exercise and other EPIC! tools, they are all in the book which is now also available in the audio book which I narrate. For your convenience, you can find the book [here](#).

One more word about Women's History Month, we stand upon the shoulders of women who stepped into their power, on purpose, for good.

Sending love and light - Carolyn

Living an epic life is a  
choice. Epic-ness is  
*available to you*  
–regardless of your age, your  
level of wealth, your race, or  
your family conditions.

