**What’s stopping you from being in control?**

**POWER!**

Every power has its source, and every power source has a principle backing it. Power is not tangible but there comes with it impacts that are then discernible



Now let me talk to you. Are you a human being? Man or woman? Then you must know this and know it for the sole purpose of becoming it: living it. You must know that you can generate power! You will always do. You can stay and be in control. In control? Yes! Power puts you in charge. Remember? There is always an impact that accompanies the exercise of power.

Many young people have often lived powerless like we have got nothing in us that can put us in control of our lives, our own lives! Here’s how I see a lot of these young folks live their lives: “we are young, and our brains are still in the womb” but thank God for those who get it already. I like to say this: you are not powerless, but you are yet powerless! There goes an opportunity to stop and think. … Ready to go on? Here is an interesting story for you:

I moved into this apartment 5 months ago and I happen to be the only tenant so far. The quietness and the solitude here put my privacy at its peak: at least nobody witnesses my struggles with the 4:55am alarms and that alone makes me proud of myself. It’s not like I am proud of myself, let’s just say my self-esteem is totally intact. At 6:56am on Tuesday, I opened my eyes and by 6:58am, I was already standing at the entrance of my bathroom naked, my eyes looking fearfully towards the other room whose door was open, checking to be sure there was nobody in there. Relaxed that I was alone in the house, my eyes found their way back to the bathroom but as I was about to raise my left leg over the threshold, I heard a knock on the door. I thought to myself, “That must be the landlord” because it was already the 29th of the month and I was yet to hand in my rent. I quickly picked my towel off a hook and wrapped it around myself, as the knock sounded again. At once I got to the door, opened it and then she said, “Good morning, I am your new housemate”. Pause! Will be back.

Back up a bit, how can you be powerless even though you are not powerless? You remain so powerless for as long as the discernible impacts of power are non-existent in your life. Moreover, the absence of discernible impacts doesn’t translate to being without the ability to make it happen. Interestingly, every day you are alive is another day to translate the resident power in you to impacts that are discernible and palpable. Yes! Many are yet powerless, and they will remain so until they realize how much ability they have in them to put that power to work. While it is sad enough that this has made people live spiritless lives, what is even worse is how it has caused a lot more to sell themselves cheap to buzzards, exploited.

So, right there everything began to fall apart. I paused for about three minutes, and I could feel a heavy drop of sweat that had gathered on my forehead drop to my chin then to my chest and roll down my stomach. I could see her eyes following the movement of the sweat down my stomach and… I have no packs there, it’s just flesh. Shocked from my brain down through my spine and to my toes, I asked her: “is your name Delilah?” With an excited face, she said, “No, I am your new housemate, it will be nice to share this apartment with you till the landlord fixes the other apartment for me.” I fainted right there!

You see, we often like to think we are robots or pretend to be one, relegating our intellectual capabilities and mindfulness. I have come across people who are oblivious to the fact that humans have a mind with limitless elasticity. Others are just innocently unaware. A line from an article reads: “Human brains function with neuroplasticity, the *elastic* aspect of our minds that allows us to change, adapt and reorganize.” In other contexts, many people consciously force an emotional detachment from situations that indeed require their emotions to be involved. A coping mechanism maybe? Does it always end well? Either way, trying so hard to be emotionally unavailable to oneself will always be a disaster. Emotional availability is not being weak, and it does help you channel the power to put you in control.

“Many people, particularly men, receive culturally reinforced messages that emotional vulnerability is ‘weak’, and in response, they develop patterns of emotional unavailability in an attempt to live up to cultural gender expectations” — Dr Lindsay Jernigan

Ok now, this is me, my name is Captain. Captain America and Captain Marvel will make mine a joke if I mention the other part of my name. So, let’s just say my name is Captain. Is it a “captain thing” to struggle with early morning alarms? I mean, I am beginning to feel like it’s our thing. I kind of have this feeling that I could be the offspring of Captain America and Captain Marvel. Imagine that disaster! I mean to the enemies. To continue, I am Captain, and I don’t joke with my sleep. Maybe that’s my own superpower and that 4:55am alarm is my weakness; little wonder I battle with it a lot! But don’t forget that I usually overcome them. That’s what superheroes do, right? But why do I get scared of having a housemate? Is it because I am scared, they would find out my weakness and do a Delilah on me? Maybe strangers are the toughest enemies that I will have to battle as a superhero. You know, my dad and mom (this feeling of being the son of Captain America and Captain Marvel is kind of real and sweet) have had to face enemies that were so powerful. I feel strangers are my strongest enemies and they keep me on my feet always. I could be the next introduction to the avengers, I will be so unique, won’t I? So, I am supposed to be a powerful superhero, at least, I think. A stranger introduced herself as my new housemate and I suddenly became powerless. Do you get it? If you don’t get it now, when you wake up tomorrow morning, you’ll get it.

Right now, I’m just going to go a little logical and invite in some mathematics and physics.

In my physics class, one of the few definitions that stuck with me is that of power which is the rate at which work is done. The most intriguing thing about explaining power is that you don’t get to define it without discussing the concepts of work and time. There’s just so much to learn. I mean, just by discussing power, one gets to talk about work, time, force (effort) and distance. Let’s get to it:

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That’s what the power equation looks like. In literal terms, it is work per unit of time. Work in itself is the product of force (effort) and distance.

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Both equations would mean that, first, if we are going to discuss *power,* we would need to discuss it in the context of how much work is done in a given time. Secondly, discussing *work* would bring us to an understanding of how a force causes a movement (of an object) over a distance. I’m just going to go right ahead to combine these two equations.

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Isn’t this getting more interesting? Talking about power means talking about effort, distance, and time. Anyways, physics has helped us to define these terms. I’m quite curious to know if all these definitions and equations tell you anything yet.

I’ve mentioned earlier that we can generate power. So, what’s this ability? Our final equation above tells us that effort is involved. Merriam Webster defines effort as conscious exertion of power, a serious attempt, total work done to achieve a goal, and something produced by exertion or trying.



Hey! ever been told by your partner or ex that you are not putting effort into the relationship? Or maybe it was you who said that to your partner or ex. If you could describe the context of the situation at that time, does “not trying” or “not putting in the expected actions” describe it? It could be that you or your partner (or ex) were not making yourselves available for fun activities together, not being supportive and absent-minded, or not making gestures of love. These actions define efforts in a relationship, and they help to keep the relationship alive and powerful. So, you see, to generate that power, there must be some conscious, serious, work/exertion or trying on your part.

Now, it’s true that your effort is required, however, your effort coupled with how far you can project onto a thing you aim to achieve is of utmost importance. How do you project onto something? Your mind does the job. If your mind can grasp the reality of a thing, you are successfully projecting onto it. Do we do things without considering the factor of time? I think it is wise to always consider time. Merriam Webster defines time as “the measured or measurable period during which an action, process or condition exists or continues “. Your actions which define your effort, and your projection that continues per time, help you to be in control. In other words, putting in your effort and consistently projecting results in you taking control of what you desire. Exerting power gives you control! If your effort, projection, and consistency are not involved, you will be overpowered. What guarantees a successful projection? Your focus, determination, and concentration. Without these three, you will waste effort.

Do you also know that power also involves the transfer of energy? Yes, it does, and energy is what impels something to happen. What you do by consciously trying with a proper and consistent projection is that you are transferring energy from within to make that thing you want to really happen.

No effort, no projection, no consistency, then no control, no power! It takes conscious effort, focus, determination, and consistency. This can’t be overemphasized. You are not empty; you can take control. You have that unlimited elastic mind that can be stretched. You just need to sit down and bring yourself to understand that you need to be intentional and conscious always. Don’t be situational. Whatever effort is required, be it physical activity, emotional activity, or prayer, be able to project and stay consistent. They all go together.