

“Hope” & “Change” Aren’t Just Political Buzzwords

Politicians are using the rhetoric of “hope” and “change” to win primaries and caucuses around the nation, and the message is certainly resonating with the voting public. Nevertheless, should the average voter wait for a political figure to attempt to instill either or it is up to each person to discover the power of hope and to learn to use it in order to create the change they want for the country and for themselves?

Auriela McCarthy, author of “The Power of the Possible,” says, “Change and our readiness for it is one of life’s great mysteries. We’re ready when we’re ready and not a moment before.” Whether it is a life partner or best friend – or whether it is a battle with addiction or a war with another country - change will only come when the people needing it feel “seen, heard, understood and accepted.”

As a result, Auriela stresses that it is impossible to ever change somebody else, be it through force or the “best of intentions.” However, she does reveal, “You can be someone’s REASON to change.” Does that mean a powerful leader who inspires and brings hope to apathetic people can be that reason? “Absolutely!” asserts Auriela. “And so can the person you love and care about. But the choice to change will still be yours.”

She also stresses that every person, not just the President, needs to learn how to apply hope in their everyday lives.

Auriela insists that hope is not just a fallback during tough times or only for children and the elderly. “Fight your cynicism,” Auriela advocates, “Refuse to be hopeless, and start dreaming against all odds. Allow hope to take you over. It’s a tremendously powerful tool of manifestation.” She believes this is why people are drawn to positive leaders like Dr. King, Gandhi, Buddha or Jesus Christ; because they are the disseminators of hope in times of joy and of sorrow. “Feeling hopeful even in the darkest moments; that’s powerful. Learn to hope and make it a part of your life. See things shifting and changing for the better.”

“Discover hope – and you will discover the strength to change your life. You will start seeing the possibilities. Because Hope is intricately linked to both the Power of the Possibility and the Power of the Future. Hope makes it possible to forgive the past and to let it go, it replaces apathy and cynicism and heals the old wounds. We begin to heal our relationships, we begin to heal our lives,” says Auriela. So how does this come into play when picking a friend, much less a President?

McCarthy contends every being is a source of energy and their “resonance” is the result of all of the energies they carry at any particular moment. And while their resonance is never static, “the main tone of it remains unchanged. There are people we call positive and those we call negative. There’s also everyone else in between. What matters is how strong their resonance is, wherever it falls on the continuum. The stronger it is – the more power it has to affect us.” Could this explain why people are drawn to certain candidates or people?

The power of resonance can clarify why it is important to be surrounded by those who are eternally optimistic about life. “Stay away from people who love to blame everyone and everything. Protect your resonance from them. They’ll bring you down,” says Auriela.

Stump speeches will continue to include “hope” and “change,” but the status quo will remain in place until the politician, country or individual goes beyond the words and actually embraces the concepts.

For this to happen, Auriela says, “It has to start with us. We need to discover that we matter, our lives matter and our needs and wants matter, even though they may not be the first priority. Then what happens in the world – starting with our country – will matter as well. As related to politics, this means more people voting, less indifference about who wins an election and the public trusting the candidate for which they voted. It all culminates in, once again, remembering what it means to be an American. “It’s the American spirit. It takes my breath away,” concludes Auriela.

About the Author

Auriela McCarthy was born in the former Soviet Union and escaped the ‘Iron Curtain’ in 1980 to come to the United States as a political refugee. She taught English, sold art in a high-end gallery becoming a gallery director and opened her own gallery in San Francisco leading her to success as an international art dealer and Picasso expert. Her story has a history of conflict and loss; life under continuous surveillance by the KGB; her grandparents’ disappearance into hiding; being denied re-entry to Latvia for her father’s funeral. In 1987, her spiritual awakening resulted in a profound internal shift. Today, she is a spiritual teacher with a clear message of hope, compassion and understanding, helping people from all walks of life with their lives and relationship issues. McCarthy is the author of newly released “The Power of the Possible,” (Beaufort Books, N.Y. www.PowerOfThePossible.com) and hosts a show on www.webtalkradio.net.