

# The Secret of Empowering All People

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NO human being can do anything in life without power. Each of us comes into this world with inner-potential and competence. This potential and competence provides power for us to influence our whole selves and our whole world for good.

As part of our inner power, there is our spirituality which helps us to contribute and overcome through transcending limitations and hurdles.

To be empowered, each person needs to be allowed full recognition of and access to developing our inner potential, competence and spirituality.

This empowerment starts with one's self, our self awareness, attitude, integrity and resolve. Our empowerment also depends on other human beings as well as social and economic entities such as families, communities, institutions, corporations, governments and global forces, all enabling rather than disabling the process of self actualization and self assertion.

The purpose of all humanity, individually and collectively is to enable, promote and refuse to limit in any way our empowerment at act for the good of all.

The purpose of this blog is to advocate for empowerment of all persons. This will be through promoting insights, reflection and conversation about how we can empower ourselves and one another individually and collectively.

Areas of concern will include: whole person wellness, faith-health integration and socio-cultural and economic liberation for all.

**For further reflections and information on this theme, see my blog at:**

**[empoweringallpeople.wordpress.com](http://empoweringallpeople.wordpress.com)**