



# ACTIVATE YOUR HUMAN SUPERPOWERS

a path to your potential

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Activate Your Human Superpowers

© Amanda Fleming

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***For John and Amy, a gift from your aunty to your  
essential selves with love...I believe in you.***

***Dedication and a Wish for readers...***

*Here's to Us,  
the great Human Family  
in all our expressions,  
brilliance **and** shadows,  
with all our powers and possibilities.*

*May we awaken to more of the best of ourselves  
and ensure the human future for generations.*

*May we activate our powers to  
matured adult functioning and  
transform them into the superpowers  
we need to fulfill our potential  
and our destiny.*

## **AUTHOR'S NOTE TO READERS**

This book probably isn't for everyone. I wish it was! You will know very quickly if it's any use to **you** so trust yourself as you read on.

The devoted work of many others informs this work, as do my own direct experiences and lessons learned from the tens of thousands of people I have worked with in the past 25 (plus) years as a personal development teacher and facilitator.

This book is not about providing you with specific solutions to specific situations, it's about proposing a **new context** for life and showing you how to use the power-tools you already have to discover more of who you (and we) are. I call these tools 'superpowers' because they are truly extraordinary. No one can make you use them, but I am hoping that when you see your life in the expanded context you will feel compelled to activate them if only to see what happens when you do.

Your superpowers will enhance your quality of life in ways you might not even be able to imagine from where you sit today. The new view is expansive, exciting, meaningful and bursting with possibility. It puts us in the hot seat of our own destiny as individuals and (just as importantly at this time) **our own species**.

## **MY OWN AGENDA**

I am no academic even as I am a passionate student. I am not a scientist although science informs some of what is in these pages. Nor am I politically motivated or aligned with any specific religious orientation.

Given we all have our own perspectives, I share mine with you as a greeting to a fellow human family member whom I may never meet and for whom I only wish all things good. As a devoted student of Life, I am committed to contributing to the evolution of my species **through the evolution of myself** -

the same invitation I extend to you. Rather a lofty idea I know but that is it in a nutshell. Writing this book has been something I felt compelled to do. It has felt like I found my way to a well and feel obliged to let others who are thirsty know where it is. This well fills as more people drink from it, and it never runs out.

The intentional maturing of our natural human powers transforms lives. I walk my own experience of this. My superpowers have saved me from a self-destructive path that could only have had one final outcome. If I can activate and mature mine, I assure you, anyone can.

In today's rapidly changing environment it is becoming clear that those who will thrive going forward are those who are capable of learning, unlearning and relearning new things - fast. This book offers an exciting way to grow ourselves to be 'fit for emerging purpose' as individuals **and** species.

If you are keen to take the next conscious steps in your own evolution, and that of your enterprise, you will find here a collaborator in your cause. The ride of your life is about to take the thrill factor up a notch.

There are many paths to the same place so regardless of whether the one on offer here is for you or not, I wish you well on your own journey and I trust you will be guided always by what deeply moves you.

Amanda Fleming

**PS** Feedback from early readers may be informative for your own experience of this book. They noticed some emotional responses in different places and encouraged me to let you know this could happen with your process too. If you notice the same thing, this book is doing its job.

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# ONE

## THE INVITATION

### AN OPPORTUNITY

This book represents an invitation to an opportunity. The opportunity is **a portal to the edge of human evolution**, a thrilling place to play your life where growing numbers of people are attracted to dwell. This is a big idea, I know, but that doesn't make the opportunity any less real. I write to both your ego and your **essential self** in an invitation to join forces with many others consciously cooperating with their own impulse to continue learning and evolving into **full human maturity**. This book points to a path that leads to the maturing of powers we all have, into what I call **superpowers**. It represents a fresh way to understand your very real potential to be fully expressed in life.

Regardless of your culture or politics, religion or skin colour, gender, work or age, I write to the part of you that yearns for a better world (however you define it), hopefully one that fosters more of our better natures and highest aspirations. I write to the part that infuses your dreams with visions of living your passionate life, the one in which **who you are** in the world is rich with what is important to you and **is a meaningful and valuable contribution** to the Whole. I write to the part of you that knows or at least suspects, that you have more potential in you yet...

### THE SUMMONS

This book calls to the impulse of Life in every one. Paying attention to this impulse **in you** is like directing the sun to shine on a plant and gently coaxing the new life in it to grow. Our capacity to express more of our potential expands when we realise we can and already do have a significant influence on our own and others wellbeing, our species wellbeing, and the wellbeing of our environment – in every moment.

The full realisation of this is life changing. With it come new ways of seeing,

more wisdom, joy and fulfillment and a sense of fully 'being' and becoming, however that is expressed in your world. Being human gifts you extraordinary powers and if you pay attention to learning even the basics of how they work, you can ***use them more intentionally*** to create a life truly worth living – as defined by ***you***. Your powers will also help you better adapt to changing conditions. You will find ***you can also positively influence the conditions themselves***, and have a lot more fun along the way too!

“Activate Your Human Superpowers” will assist you to see you and your life in ways that activate visions of a future so compelling you will naturally gravitate in that direction, just as the seed grows into the flower. ***Maturing your powers*** to full human adult functioning is the path. This is an inner journey of discovery and adventure, the thrilling ride of a unique human lifetime and it requires nothing more than the willingness to discover more of who you are and can become.

### **MY PLEDGE**

I also write to the ego in us all, the one we identify with as the separate-from-everyone-else every-day 'me', with all our flaws and quirks, thoughts, feelings, hopes, fears and doubts. To your 'ego' self I pledge this book is no attack on you, your relevance or value. Quite the opposite - it is an invitation to ***partner*** with the evolutionary process itself. It is an invitation to Wholeness, where you truly belong. To accept this invite is to be willing to ***turn your attention to your interior life***, and tend the garden of your consciousness there. The working principle involved is: ***Inner first – outer follows***.

The winds of change are blowing through our smoke-and-mirrors world and I appeal to your ego to hold the doors and windows of the rational mind open, to pause long enough to see your own reflection behind the mask more clearly and to test out some new ideas. You will always be in control of your process and in the driver's seat. This book will reinforce that reality but it will also highlight the responsibilities that come with being fully human.

More and more clarity is emerging regarding where we have come from,

where we are at now and where we might go next. Keep curious about all this and ego will become a star player on your inner team!

### **ARE WE ON THE SAME PAGE?**

Perhaps you have been blessed with the internal and external resources to make something of your life and are still not satisfied yet or you have an inkling that you **could** change your circumstances **if only you knew how**. Perhaps you feel there is something deeply 'off' about the way the world seems to be going that you can't quite put your finger on, or maybe you have come to realise that much of what prevents you enjoying the life of your dreams is to do with you and no-one else. Regardless, you may be aware many people today are looking for something that will help them better manage and enjoy aspects of life such as:

- **Relationships with themselves, other people and the world at large**
- **Work/contribution**
- **Love life**
- **Communication**
- **Emotional life**
- **Finances**
- **Addictions**
- **Adversity**
- **Healthy balance in life and so on...**

Many people I meet in my own work as a teacher and facilitator also seek **meaningful purpose**, a spirituality, something worth believing in beyond individual self-interest and not bound up in limiting world-views that set us one against another.

We used to be able to say 'I'm all right Jack' and leave it at that but how can any of us be fully satisfied when we now live in a global village where there is so much suffering, violence, corruption and despair? Many people are sensing Humanity has crossed a line, gone too far in a direction that isn't healthy. Like children unsupervised in a sweet shop, we are making a mess

and making ourselves sick with our gorging. It's time to refocus our attention. There is a price to pay for our indulgences and we must make some changes. If you wonder what you could possibly do to make a difference, the answer is – plenty!

## **THE PROPOSITION**

We humans do have some big challenges to work through that are now everyone's business. You may be facing your own very personal challenges too. By being willing to mind your own 'business' you can know you are influencing the whole in your own small way.

The billions of cells in your body somehow connect and coordinate to create...you. Perhaps the billions of humans inhabiting the planet, might be on the way to full co-ordination too. If that is true, ***what might the collective potential of a fully matured human species be?***

Whatever is going on, our increasing global connectedness is fueling a growth spurt in human consciousness. At such times it can feel like we are riding 'white water' on the inside! We seem to be in the rapids now and this is leaving many people overwhelmed, confused, stressed out, challenged and unsettled as they struggle to get through.

Growing numbers of us see this as an expansion of awareness and the path to our 'next' enlightenment - another step in our ongoing species journey. If this interpretation of our times is accurate, we all have a very potent opportunity to participate in the ***conscious*** evolution of our species, something this book aims to support ***through individual human superpower activation.***

## **HISTORY REPEATS**

We have been through 'white water' before and found ourselves in new territory throughout human history. It's time to do it again. The whole process is natural and we will resist and suffer or cooperate and thrive ***depending on our state of consciousness.***

My proposition is that the territory we need to venture into at this time of our history is on the ***inside***. Space might seem like the final frontier, but ***inner space is beckoning too***. The planet Earth will continue for many billions of years yet. Maybe we are currently being challenged to ensure that many future generations of humans will too.

### **TAKE A PAUSE....**

Before we go any further, I encourage you to review the lists below and consciously choose if you are willing to take the next step. Once we wake up to ourselves we can't go back to sleep any more than we can go backwards in our own physical evolution. Below are a few of the generalised consequences of superpower activation. There are many more.

With our human powers activated to matured higher functioning the following things become ***harder***:

- Staying in a job, relationship or situation that is not good for you *at least* 80 percent of the time
- Lying to yourself and others
- Avoiding ***necessary*** conflict, internally or with others
- Abdicating responsibility for yourself and your choices
- Egoic power struggles with others
- Rigid thinking
- Cheating
- Perceiving yourself as powerless, a victim to your life
- Taking things personally and holding grudges
- Feeling separate
- Treating yourself and others badly
- Ignoring your intuition
- Dying as a great but unhappy pretender.

With activation the following things become ***easier or enhanced***:

- A solid and clear sense of personal purpose, value and meaning

- Relationships - with everyone and everything (especially you)
- Effortless and spontaneous gratitude, appreciation and kindness
- Guilt-free, and shame-free living
- Navigating successfully through adversity and life turbulence
- Authentic communication - telling your truth
- Emotional mastery – a uniquely human challenge
- Celebrating the success of others
- Mental discipline
- True re-creation
- Cooperation with your personal evolutionary integrity
- Flow
- Spontaneous mindfulness
- Forgiveness
- Generosity of spirit
- Personal responsibility - life worth living as defined by you
- Self belief, respect, worth and authentic (rather than manufactured) confidence
- Wisdom
- Love, peace and joy.

On reflection, ***do you live more in the second list than the first?*** That is the promise of activating your powers to matured adult functioning. You are designed to do this and with your superpowers activated, they become your guides. You are already engaged in the process by virtue of being born. Now the opportunity is here to become aware of just how amazing you and we all really are, to appreciate the scope of your even more *positive* potential - and let it out! The path to discovery is to ***explore your own patch*** - YOU and your life. In the context of this book, you are the topic of study - ***you are the project.***

For now, your most powerful supports are ***willingness and an intention*** to even more consciously cooperate with the ongoing emergence of your

essential self. The power of ***human intention is honed like a laser by your superpowers.***