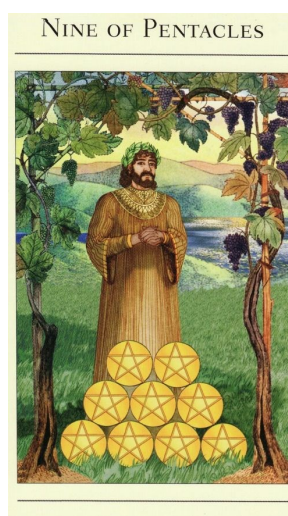


OBSERVATIONS FROM A CLINIC

ISSUE 1 MAY 2022

MY WAY OR YOUR WAY?

A client asked for help with a self trust and self confidence issue. During the session we tracked to the card of the Nine of Pentacles. My client saw their father reflected in the image of the Nine of Pentacles, a man who had built a successful business by simply following his heart; he did it his way, that is without the need to seek applause or approval from others. The client's mother, on the other hand was an advocate of education as the path to success. My client wanted to follow the path of the father, follow the heart, but in looking for approval from the mother attempted to "do it her way" at the same time. My client recognised that placing a foot on each of two diverging paths would eventually result in "falling flat on your face" and that the path of least resistance is the one that leads from the heart, the one which takes you a place self-reliance, self-worth and a sense of wellbeing.



See page 2

“My way” or “your way” has been a very common theme in my clinic of late. I have seen first hand the detrimental impact on people of trying to please others by following someone else's way of doing things instead of following their heart and doing something their own way.

Not following your own path but that of another through the need for approval, inclusion and acceptance rarely ends well. You are, in effect, denying yourself, subjugating your happiness and wellbeing to the beliefs and desires of others and you will place yourself into a situation of suffering.

Conversely, I've also seen a situation where a parent was unable to accept the path an adult child was taking. They believed it was not the right thing for the child and the relationship had become severely strained as the child decided to live life “their way”.

The need to impose your will and beliefs on another will inevitably give rise to division and strained relationships. By all means, offer an opinion and what you believe to be good guidance, but then, LET IT GO! Do not attach to the outcome. The stresses involved in trying to maintain control over something outside of yourself also puts you into a situation of suffering. Even if you think someone is going to fall flat on their face, let them if they do not want to heed your advice, that is their right, accept it!

Freedom from the life stressors (suffering) which result from attempting control over another persons actions or conversely, through living as another person wishes in order to gain their approval, can be found very simply by accepting the right of each individual to follow their own path in life. That's it, no more, no less. Simple, but granted, not easy to do - but neither is the very destructive alternative.

QUESTIONS TO REFLECT ON “MY WAY OR YOUR WAY?”

- *Is there some area in your life where you do what others want instead of what feels right for you? If you do, why might that be? How does it make you feel?*
- *Do you sometimes expect / insist others do what you want regardless of what they want to do because you believe you are right? If you do, why might that be? If they follow their own path regardless, how does it make you feel?*
- *Do either of these situations bring joy and happiness into your life or that of the other?*
- *Are such behaviors born from love or from fear?*
- *As above, so below. Do you see this situation reflected at all in the behavior of the human collective right now?*

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NINE OF PENTACLES



The Nine of Pentacles depicts Daedalus enjoying the fruits of his labours. But the message carried by the card is much deeper than that.

*The Nine of Pentacles implies the satisfaction which stems from personal achievement. It implies a state of physical and emotional wellbeing fostered by awareness of one's own achievements. It also suggests a solitude which does not mean lack of relationship but, rather, **an ability to rely on oneself; one does not need the constant support and approval of others.** No other card in the tarot signifies the degree of permanence and the self esteem that this one does.*

This card is from the Mythical Tarrot. I was drawn to this set of cards through my interest in Greek Mythology - I do not read tarot cards. Each card depicts an aspect of the life experience of the mythological character shown in the card.

These cards have become a very useful tool to help people to consider how the life experience of the character depicted may, in some way, reflect an aspect of their own life experience which they are looking to resolve.

This process of tracking to such information during a Creative Kinesiology session is extremely powerful. It allows for information held in the unconscious mind to move into the conscious mind. The witnessing of a previously unrecognised/unacknowledged life aspect presents an opportunity to explore it in the safe non-judgemental environment of the therapy room. The reasons for why we behave in certain ways and the impact of that behaviour on our life experience are brought to our attention giving us the opportunity to begin the self-healing process assisted by a range of rebalancing techniques available to the Client.

FOLLOW YOUR INTUITION

Anita Wisdom

There's a freedom in doing what's right for you
Your insides tell you what you truly want to do
It may be tricky to always speak your truth
And do things differently, not act on the "hoof"

It's your truth you are following and not your mask
Keep your energy secure, following your inner path
Joy will well up from inside – this is true happiness
When you do exactly what you want to – do it regardless

In this lies your freedom, undeniably so
Let your feelings take you where you need to go
So you've put in effort and plans you have made
But your insides tell you, it is right to sit still today

Don't give into pressure from others – to yourself be true
Kindly communicate what your feelings are telling you to do
Release all uncomfortable resistance that this brings up
Honour your truth; it will fill your cup

Don't listen to the mind or fears – to what they are saying
It's a foundation of self-honour that you are truthfully laying
And once you've done it, it'll be easier next time
To make the choice – **your way or mine?**

If you speak up your insides will jump for joy
You've laid to rest an old pattern, escaped the mind's ploy
You've freed yourself and your precious energy
You've truly allowed all to be free

And self-reliance will be your reward
Endless Joy as you happily step forward
You've discovered the source of your own energy
You're not needy of others - you're flying high and free

It's not always easy to make that first step,
We are conditioned with patterns – caught in a net
But you have the tools to cut a great hole
And wisely step through, into real life you flow

There's always a reason, and it's always for good
So listen to your SELF and don't listen to should
We don't always see it, especially not at the time,
But beloved, rest assured, the outcome is divine...

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Sessions in clinic or online over Zoom or Skype
Different time zones accommodated for.

