



Intention AND Impact

Brad Simkins

In any communication, there are at least two filtering systems involved: The filter of the sender of the message and the filter of the receiver of the message. Each is influenced by the events of their pasts.

Like putting a red filter over a flashlight, we see the entire world through the filters of our life. I have written about filters on received messages; now I would like to explore filters on sent messages.

Oftentimes, our “sweetheart message” can be lost in our delivery. This is what is meant by intent versus impact. I see this often in my work with clients.

Unfortunately, a “true friend” is hard to find. Most of the “friends” we have are not willing to confront us with our filters. They may not see them, or more commonly, they see them, but do not want to ‘get involved.’ It is easier to just pull back and move on; rationalizing within themselves that it is none of their business.

Let me share some examples: “Dirk” is a large, powerfully built man, who enters therapy because he feels isolated and lonely. He states he has no friends in his life, and does not understand why people shy away from him. He has concluded that people reject him because of his size. Early in the session, he is asked if he thinks there is anything he can think of that he is doing or saying that would cause people to shy away from him.

Dirk’s eyes fill with pain; he passionately leans forward in his chair and holds a large fist in front of the therapist’s face. He states he is not aware of anything that he is doing to cause people to be so hurtful. He aches for connection and wishes people weren’t so cruel to him. This behavior of leaning forward with a fist between him and whomever he is talking to shows up throughout the session.

During the session, Dirk reveals that he was raised by a physically and emotionally abusive father. His father’s approach to bonding with his son was to “roughhouse” with him. The two would wrestle on the floor, which Dirk would always end up getting the worst of. The conclusion to this “bonding time” was his father sitting on his chest, preventing him from being able to breathe. His father would not relent until Dirk meekly cried “uncle”.

Because of this, Dirk grew up viewing intimacy as a humiliating experience. His learned defense was to humiliate others before they could do it to him. This created a conflict within Dirk. The thing he wanted the most, ached for the most, was the thing he feared the most. He was aware of his loneliness, but unaware of his defensive behavior that created that loneliness.


Another example is Ian, a partner in a large legal firm. Ian states he entered therapy because all of the attorneys at his firm were “jerks”. He recounts that he is hurt and offended with the cold-hearted response of his colleagues after his wife’s death six months ago. Since that time, none of the jerks he works with has invited him to dinner, even though it was well known throughout the firm that his children were grown and he now lived alone.

During the session, the therapist notes that whenever Ian feels challenged he becomes cold and aggressive. He wags his finger as he points out all the things that are wrong with the therapist. To his credit, Ian was able to accept and embrace why his behavior kept everyone away. He painfully recalls that his mother would often

Usui Shiki Ryoko Reiki

**Reiki One Class
July 17th**

**Learn Hands-on
Spiritual Healing**



Reiki is hands-on spiritual healing, non-religious, non-denominational

GrandMaster
Joanna K Nielsen, GR RM
Radiant Order of the Hand GWBT

July 17th REIKI ONE – Saturday - Vision Quest, \$140
August 28th & 29th REIKI TWO – Sat. & Sun.
Rainbow Ridge \$240
September 18th REIKI ONE – Saturday - Vision Quest \$140
September 19th Aura CLASS – Sunday – Vision Quest \$45
September 25th REIKI ONE - Saturday – Rainbow Ridge \$140

All classes must register in Advance with a \$25.00 deposit.
Send to: P.O. Box 423 Conway, WA 98238.

*Grand Master Joanna K Nielsen is an internationally recognized and respected spiritual healer, teacher and practitioner.
A Reiki Master practitioner for over 25 years. She is joyful, knowledgeable and treasured by her student's world wide.*

Private Treatments By Appointment
Central North Everett Location
425 258-0585 or tiapangea@msn.com



“dress him down” with criticism and insults whenever he disagreed with her. He concluded at a young age that getting close to someone would result in being criticized and shamed. For many years, Ian was totally unaware of his defensiveness that modeled his mother’s response to conflict.

These are two examples where the intention of the message did not match the impact the message had on the people with whom they most wanted to connect.

Sometimes our message is misunderstood by the people we are talking to because of their filters. However, if we find a pattern in the response of those that mean the most to us, we need to look at the “person in the mirror” and ask ourselves some difficult questions. For example:

What are the contradictions I have in my life?

What do I ache for the most?

What do I fear about emotional intimacy?

How was intimacy modeled by the significant people (parent figures, former spouses or partners, etc) in my life?

Have I subconsciously developed defensiveness by launching ‘pre-emptive strikes’ to protect myself?

How did my parents handle conflict and disagreement?

At times like this, it is important to have a “true friend” – someone who will be honest with you and share with you what you may not want to look at, but most need to hear, the things we may be doing to push people away.

Unfortunately, a “true friend” is hard to find. Why? Because most of the “friends” we have, are not willing to confront us with our filters. They may not see them, or more commonly, they see them, but do not want to ‘get involved.’ It is easier to just pull back and move on; rationalizing within themselves that it is none of their business.

Confronting us, raises the risk of upsetting us, the risk of offending us, of causing a scene. It is much easier for them to smile at us, tell us everything is fine, and then write us out of their life. Finding a friend who loves us enough to be honest with us, who will help us see our filters are invaluable. Unfortunately they are very rare, but worth more than gold.

Being that kind of friend is not easy. It requires an unconditional love. A love that is willing to risk offending someone, willing to risk rejection, but willing to do so because we love them. It is the difference between being a “fair weather friend” and a true friend.

However, a true friend is not to be confused with a hypercritical control freak, who feels it is their right to tell us how we should live every aspect of our life. These people do not come from love, they come from control, and control always comes from fear.

Whether we are blessed to have a true friend in our life or not, we each need to be open to and confront our filters. Because it is only through facing them that we are able to heal our lives and change our relationships.

Brad Simkins is a counselor, author and radio host. He works with individuals, couples and families of various ethnicities, religions, races and sexual orientation offering clients a balance of Eastern philosophy and Western approaches to psychotherapy with a blend of coaching and counseling.
www.innerguidehealing.com

The Time Has Come



Chief Arvol Looking Horse

My Relatives,

Time has come to speak to the hearts of our Nations and their Leaders. I ask you this from the bottom of my heart, to come together from the Spirit of your Nations in prayer.

We, from the heart of Turtle Island, have a great message for the World; we are guided to speak from all the White Animals showing their sacred color, which have been signs for us to pray for the sacred life of all things. As I am sending this message to you, many Animal Nations are being threatened, those that swim, those that crawl, those that fly, and the plant Nations, eventually all will be affected from the oil disaster in the Gulf.

The dangers we are faced with at this time are not of spirit. The catastrophe that has happened with the oil spill which looks like the bleeding of Grandmother Earth, is made by human mistakes, mistakes that we cannot afford to continue to make.

I asked, as Spiritual Leaders, that we join together, united in prayer with the whole of our Global Communities. My concern is these serious issues will continue to worsen, as a domino effect that our Ancestors have warned us of in their Prophecies.

I know in my heart there are millions of people that feel our united prayers for the sake of our Grandmother Earth are long overdue. I believe we as Spiritual people must gather ourselves and focus our thoughts and prayers to allow the healing of the many wounds that have been inflicted on the Earth. As we honor the Cycle of Life, let us call for Prayer circles globally to assist in healing Grandmother Earth (our Unc’I Maka).

We ask for prayers that the oil spill, this bleeding, will stop. That the winds stay calm to assist in the work. Pray for the people to be guided in repairing this mistake, and that we may also seek to live in harmony, as we make the choice to change the destructive path we are on.

As we pray, we will fully understand that we are all connected. And that what we create can have lasting effects on all life.

So let us unite spiritually,

All Nations,

All Faiths,

One Prayer. Along with this immediate effort

Whether it is a natural site, a temple, a church, a synagogue or just your own sacred space, let us make a prayer for all life, for good decision making by our Nations, for our children’s future and well-being, and the generations to come.

Onipikte (that we shall live),

Chief Arvol Looking Horse - 19th generation Keeper of the Sacred-White Buffalo Calf Pipe www.Wolakota.org