

Emotional Turmoil



Isis / Moon / Moon

Egyptian Moon Goddess

Emotional Intuition, Instincts
Cycles, Emotional Turbulence
Creativity, Subconscious

18



Isis

Recently I was contacted by a middle aged woman who reported having problems with relationships.

This woman, Eileen, indicated that since her divorce 12 years ago, her life had been, as she put it, a 'roller coaster'.

When I asked her to describe what she meant by roller coaster, she launched into a long story about how her relationships always seemed to go from the heights of joy to the lows of sadness and remorse.

"Even my new boyfriend," she complained, "has gone from very loving and attentive to cold and indifferent."

"Did you ever observe this kind of behaviour on the part of your husband while you were married?" I asked.

Without missing a beat, Eileen blurted out, *"Yes. That was a big part of the reason we divorced."*



“Do you think it’s possible that all these people you are criticizing for their up and down mood swings are just mirrors of your own energetics?”

Eileen was silent for several minutes as she thought over my question.

“I don’t think so.” she answered timidly; but even as she vocalized her answer, it was obvious from her energetics that my question had hit its mark.

It was clear that Eileen was in denial.

Deep down she knew that it was, in fact, her behaviour that was causing her relationship problems.

As we began to explore it more deeply, it was relatively easy to dig out examples from her teenage years where similar relationship breakdowns had occurred.

Grudgingly, Eileen admitted that she could now see that it was a lifelong pattern she had typically blamed the other person for. “Oh poor me!” had become a default response.

“But why do I always pick friends and mates who have this pattern of mood swings?” Eileen asked.

At this point, I decided on a two-pronged approach to help break Eileen free from this energetic.

My first step was to conduct an Illumination to help her get beyond the ‘victim’ energetic and to have her see that she was ‘projecting’ her own mood swings onto other people in her life.

After the illumination, I gave Eileen a homework assignment to maintain a journal for one month in which she was to record her feelings and emotions each and every day.

At the end of the month we reviewed her entries and found there was an emerging pattern; one that she could not blame other people for.

Once it became apparent to Eileen that it was she who was instigating the conflict within her relationships, she finally took ownership of the problem.

Currently, we are at the stage of now examining Eileen's Life Chart to help her understand and renegotiate her relationship with The Archetype – Isis, who holds the key to understanding 'emotional turbulence'.

By Shanon & Marv Harwood

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