

The Passive-Aggressive Trap



Akka / Leo / Strength

I WILL

Finnish Goddess of Feminine Strength & Power

Offers up her energy to ...
Facilitate being an internally powerful mentor
who proudly strives to tame the lion with grace
by exuding confidence, magnetism and sensuality.

8



Akka

Passive-aggressive people often get their own way because other people feel that standing up to them is just not worth the effort.

The sad truth about this is that by getting their own way, it can become a default mode of operation because it works so well. The fallout, though, can be devastating.

Agnes came with the complaint that, although she loved her mom, she just couldn't put up with mom's behaviour anymore.

Agnes' mother, Joyce, had recently been placed in an extended care facility. Joyce hated it and went out of her way to make sure everyone she came into contact with knew it. The guilt of having to place Joyce in a home was very difficult for Agnes to bear. To make matters worse, Joyce was using guilt to control Agnes.



Regularly Agnes could expect to hear statements like:

"Now that you've got me out of your way, the least you can do is visit more.

You know it feels like you just threw me away, don't you?

What did I do so wrong that would make you do this to me?

After all I've done for you, surely a little of your time isn't too much to ask."

I asked Agnes if she had tried being brutally honest with Joyce.

"What do you mean?" Agnes asked.

"Have you simply told your mom that her passive-aggressive manipulations are not appreciated – that you love her but that you need her to stop playing the guilt card?"

Agnes looked shocked.

"Could you say that to your mother?" Agnes asked.

"I could if my mother were treating me the way Joyce has been treating you." I replied.

"But that's so disrespectful. I was raised to honour my parents." she retorted.

"I wholeheartedly believe in that too, however, honour and respect are a two-way street. Joyce is hardly treating you with respect and respect in return needs to be earned."

And what am I supposed to say when she asks why I put her in there?" she asked.

"Why not be blunt and honest. Tell her that you were no longer physically strong enough to lift her and care for her and that she was no longer safe in your care. Tell her you wanted to make sure she was safe." I replied.

My analysis of the situation pointed to the energetics of two Archetypes converging – namely, Isis and Akka.

When Isis lives with Akka, it can be challenging because Isis' emotional ups and downs can be difficult to handle. Akka, however, does offer strength and power if we practice embodying her attributes.

I then had Agnes work with Isis in Akka – the Archetype of Feminine Strength and Power.

Following the work, Agnes was quiet for a long time and then became very assertive.

"I see that Mom and I need to have a talk."

At our next session Agnes was walking on air.

"You know, Mom admitted that she had always had a tendency to do that to people, but she hadn't realized that she was doing it to me," Agnes said, "She told me how sorry she was. She even said she was going to work at being more aware of what she was saying to everyone. I think she was even a little embarrassed about having used guilt on her own daughter in that way."

Well done Akka! Thank you.

By Shanon & Marv Harwood

Directors of [The Kimmapii School of Shamanism](#)

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