

## Inertia



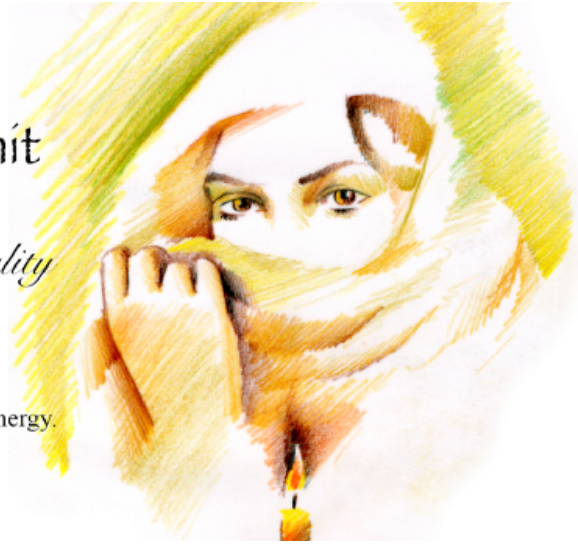
Aine / Virgo / Hermit

**I ANALYZE**

*Irish Goddess of Healing & Vitality*

**Offers up her energy to ...**

Facilitate being a loyal and dedicated healer who strives to embody the law of perfection by looking inward and channelling wise, old soul energy.



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## Áine

**Inertia:** *The tendency of a body at rest to resist any force that tries to make it move.*

Recently, we had occasion to work with an individual, Paul, who was quite distressed at his inability to overcome inertia. Paul shared that he felt guilt ridden for taking pleasure in sitting and doing nothing and highly resented having to "get busy" to assuage his guilt.

From Paul's point of view, everywhere he looked there was yet another judgement being thrown his way. To his credit, Paul did realize that most of the judgement he was perceiving was coming from himself.

Pondering Paul's situation, we were taken back to some of our training with THE OLD PEOPLE.



Under their tutorage, we were expected to master the ability to 'sit still'. Sit so still, in fact, so as to be able to reflect, or morph into, our surroundings. This practice was considered not only desirable, it was an essential part of their teachings.

Contrast this with western philosophy!

Sit still and do nothing and you run the risk of being judged as lazy or unproductive and almost certainly you'll be expected to feel shame or guilt. What a contradiction!

Sharing our observations with Paul did little to salve his feelings of guilt. We knew we needed to help Paul shift the way he looked at 'doing nothing'.

So, we shifted the conversation to physics – in particular the discovery in quantum physics that demonstrates how an atom becomes excited (reacts) when it comes under focussed observation.



This of course prompted our question to Paul.

*"Just how much effect do you think you can have on your surroundings when you bring yourself to total stillness and just observe?"*

While Paul was digesting this morsel, we then encouraged him to take that same thought process just one step farther – what would be the accumulated reverse effect on you from the "observed" point of view?

To help Paul get his head around what we were asking, we rephrased the question just a little...

*"If you know that you excite whatever it is that you are intensely 'observing', then the equally important question becomes... "What kind of energetic are you receiving back from the recipient of your focus – and what effect is that rebounded energy having on you?"*

Paul understood what we were saying almost immediately. He 'got it' that if he persisted in denying himself the opportunity to become totally still and observe, he would be doing himself a great disservice. By allowing feelings of guilt and shame over "perceived inertia" to prevent him from taking the time to focus and move into total stillness – he would also be denying himself the potential give back (the rebound) that the universe has to offer.

We didn't see any advantage in getting into a lengthy discussion with Paul about The Archetype who is at work behind the scenes.

Paul had already shifted his thinking and that's what mattered!

What we could have shared is it's The Archetype Áine who holds sway over the importance of using inertia to achieve healing, self-awareness and internal insights – the ah-ha moments – that are so crucial to everyone's wellbeing.

Áine's attributes of 'looking inward for the answers' and 'channeling wise, old soul energy' aligns us with the universe. That very alignment allows what we're observing to inform us and respond in kind.

The challenge:

*How to impart this understanding to a world that is so obsessed with doing?*

By Shanon & Marv Harwood

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

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