

## And You're Okay With That?



### Chaos / Uranus / Tower *Greek Goddess of Destruction*

Disruption, The Sudden & Unexpected  
Eccentricity, Individuality  
Innovation, Resourcefulness

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## Chaos

It was a hot summer day when Cynthia came to our office.

Initially she shared a problem she was having with her landlord, but it didn't take long to track that this was really not what was bothering her at all.

"Why don't you tell me what's really going on." I asked as gently as I could.

Cynthia blushed crimson. "*I didn't realize it was so obvious,*" she said with dismay.

As I waited patiently for her to continue, the colour in her cheeks began to intensify.

"*My goodness it's warm in here, isn't it?*" she said, trying to change the subject.

This confirmed for me that there was much more going on than met the eye, and certainly more than could be explained away by the weather.

Purposefully I sat quietly, waiting.

*"Well I suppose what's bothering me has to do with my husband."*

I nodded, waiting.

*"I just found out that he had an affair... but it doesn't really bother me."*

"You have an open marriage then?" I asked.

*"Oh no. Nothing like that. I don't think either of us ever thought that we would be unfaithful."*



It was obvious that Cynthia was desperate to talk about this, she just didn't know how.

*"I'm not sure what to say or how to explain it, she confessed, it all seems rather complicated."*

"That's understandable." I offered, "Why don't you just start talking and not worry about whether it makes sense. We can sort it out later."

And start talking she did. It took more than two hours for Cynthia to unravel the details of the affair and all of the ensuing feelings.

In a nutshell, Cynthia's husband Mark was astounded and quite upset that Cynthia was so willing to simply overlook his infidelity.

*"He doesn't believe me that I'm okay with it. I don't understand why he can't just be grateful that I'm willing to let bygones be bygones. He says it didn't mean anything and I believe him. I'd like us to just get on with our lives and not look back, but he keeps bringing it up again and again. Why can't he just 'let it go'. I have."*

All of my tracking was saying that Cynthia wanted this to be true, but there was an incongruence that I couldn't quite put my finger on yet. So I probed a little deeper.

"Tell me about your marriage." I queried.

*"There isn't much to tell." Cynthia replied defensively. "We've been married a long time so it's understandable that he might be tempted to look around. I mean, after all, sometimes things can get a little routine when you've been with someone so long. Nobody ever said it would be fun and games all the time."*

"And how about you?" I asked, "Have you ever been tempted?"

Cynthia looked uncomfortable.

*"No. Never. I mean, sure I've looked, but I've never acted on it. I would never DO anything to jeopardize things."*

"But it's okay with you that Mark did – act on it – I mean?"

*"Yes. It's okay. It's more important to me that we not rock the boat than it is to risk everything by getting all upset."*

"Mark seemed willing to "rock the boat" as you put it." I countered. "Do you think it's as important to him to maintain the status quo as it is to you?"

*"I'm hoping that if I don't get crazy about this, we can just forget all about it and go back to our normal lives."*

Cautiously I dug even deeper. "Do you think that that's what Mark wants too?"

And at that, Cynthia came apart. Tears poured and sobs followed.

*"I think he wants out," she moaned. "The truth is, I think that's why he did it in the first place."*

As Cynthia cried, I tracked her energetics. To my surprise, in spite of her tears, I did not perceive any real sense of loss or betrayal. All I could come up with was fear. So I probed further.



"What are you so afraid of." I asked.

Without missing a beat, Cynthia exclaimed, *"Change!! I like my life just as it is! I don't want anything to change."*

"Do you love your husband, Cynthia? I mean, honestly.... do you really love Mark?"

Cynthia was unable to hide the guilt that flashed across her face and in a tone of confession she admitted that although she respected him and felt a certain degree of fondness for him, she had not loved Mark for many years.

Cynthia's marriage to Mark had been over for a long time – longer than either of them wanted to admit. Their marriage had become unhealthy and Mark wanted out.

Enter Chaos!

Whether Mark had consciously gone out of his way to disrupt their lives or not doesn't matter.

The truth is Chaos had done her work. She had turned their lives upside down so that "new possibilities" could enter.

Cynthia and I had two more sessions together before she was ready to truly 'let go' and get on with her own life.

First, she worked with the Archetype Chaos to learn how turmoil and "the sudden and unexpected" can sweep away all that is stale and unfruitful in our lives.

Then I had Cynthia journey with Chaos to learn how innovation and resourcefulness can teach us about aspects of ourselves that we didn't even know existed.

In the end, two unhappy people who had been trapped in an unhappy marriage are now enjoying new and fulfilling lives.

"Thanks Chaos!"

By Shanon & Marv Harwood

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