

## I Was Just Trying to Help



Ra / Sun / Sun  
*Egyptian Sun God*

Ambition, Ego  
Tenacity, Will  
Faith, Radiance

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### Ra

A client, Valerie, approached me with a tearful tale.

*"Nobody likes me!"* she cried.

When I asked her why she felt that way, she launched into a long story about how this problem had followed her ever since she was a teenager. The most recent example, which had brought her to me, was at her present place of work.

She reported that she had been employed at this company for about three months. She went on to describe how appalled she was at some of the current work processes the company used and how everyone had objected when she merely offered up some suggestions for improvement.

*"I am just trying to bring them out of the dark ages."* she protested.

She went on to say that co-workers began pulling back from her when she tried to implement office procedures with 'more effective and efficient methods'. She just could not understand why staff would not grasp how much better her new methods were.

It only took a few questions and it became clear that it was Valerie's behaviour that was causing this pattern. Valerie had been alienating herself from people her entire life.

It had begun in her early schooldays. She admitted that she had very few long term friends.

*"Friends are easy to make, but hard to keep".*

When I asked her why she thought that, she replied tearfully.

*"I don't know. I do care about people and I try to help them".*

Valerie was extremely intelligent. There was no doubt about it. Consequently, her suggested ideas and proposals often garnered her praise and accolades – and Valerie was proud to list off many times when this had happened. It was clear that this recognition was very important to her.



Sadly, however, it also became clear that Valerie was quite full of herself. So much so that she was alienating most of the people she came in contact with; but she just couldn't understand why. It baffled her that other people could not see that her ways of doing things was far superior to theirs. From classmates to coworkers the story was the same.

"Which is more important to you," I asked her pointedly, "having friends and maintaining good relationships with people, or being constantly in the spotlight?"

*"But I'm only trying to help."* she replied defensively.



"Do you not see that it's not what you are doing, but how you are doing it?" I asked.

Valerie sat in stunned silence for a few moments before she replied.

"Maybe!"

With that small concession, Valerie had opened the door for me to introduce her to the attributes of the Archetype RA.

As we discussed Ra's attributes, Valerie began to have many 'Aha moments'.

Soon she recognized that the energy of ambition and ego can be advantageous or it can be detrimental, depending on how that energy is delivered.

With awareness, Valerie was able to modify her behaviour and achieve her goals without alienating so many people in her life.

By Shanon & Marv Harwood

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