

So Dance Already



Nemesis / Saturn / World

Greek Goddess of Order

Achievement & Accomplishment, Discipline
Order, Stability
An Ending & A Beginning, Responsibility

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Nemesis

Sometimes the most profound understandings come in the most surprising packages.

And such was the case for Laurie.

Laurie was in her forty's when she came to us for help. Although forty-ish is hardly 'old' – Laurie felt old. She felt old and tired and hopeless. Life had not turned out the way that she had anticipated it might. From her perception there was nothing interesting in her life, nothing rewarding and certainly there was no FUN!

As we often do with our clients, we had Laurie look over the portraits of The Archetypes and "feel" her way toward choosing which one she would like to work with. Almost immediately Laurie gravitated toward Nemesis.

"She looks like I feel," exclaimed Laurie.

"She looks like a crabby, old, no-nonsense school teacher with no sense of humour, no understanding of fun, and not one ounce of adventure."

We tried not to smile as we set up the Journey to Nemesis that Laurie was about to embark on. The inside joke was that we knew that The Archetype Nemesis was not at all like Laurie expected her to be.

Within moments, we had the necessary precautions in place for Laurie to journey to an Archetype and Laurie herself was beginning to relax into the journey.

We opted to take Laurie to "The Canyon", one of the nicest places there is to meet with an Archetype.

Before we got started, we encouraged Laurie to focus intently on two main questions for Nemesis. Once she had the answers to these, Laurie was then free to ask follow-up questions as needed.

#1. What is the current relationship like between us?

#2. What one thing can I do right now to change the way I am feeling about myself and life?

Before we invited Nemesis to join us, we explained to Laurie that she would need to pay close attention to how she was feeling, what she was perceiving and any images that might pop up.

Archetypes don't speak in words, they speak through images and sometimes through our knowing. It's one of the reasons that a Shaman has great respect for imagination – after all, our imagination is one of the ways that the divine speaks to us.

To the best of our ability, we will attempt to relay to you what Laurie shared with us after she returned from her Journey to Nemesis.

As soon as Nemesis arrived and agreed to work with Laurie, we had Laurie ask Nemesis the first question.

Laurie: How is the relationship between you and I?

Nemesis showed Laurie an image of two people arguing and then laughing together. Laurie interpreted this to mean that her relationship with Nemesis was somewhat antagonistic right now, but there was potential for great improvement.

Laurie: Oh! I didn't realize that. Is there something I can do to improve things?

Laurie sensed a smile and a nod coming from Nemesis which she understood to mean that she was 'improving things' right now.

Laurie: Oh good! The big reason I'm here, though, is to see if you can help me learn to enjoy my life more, feel more alive, maybe even have some fun.

Instantly Laurie saw herself dancing with abandon.

Laurie: What? What do you mean? Dance when... or where?

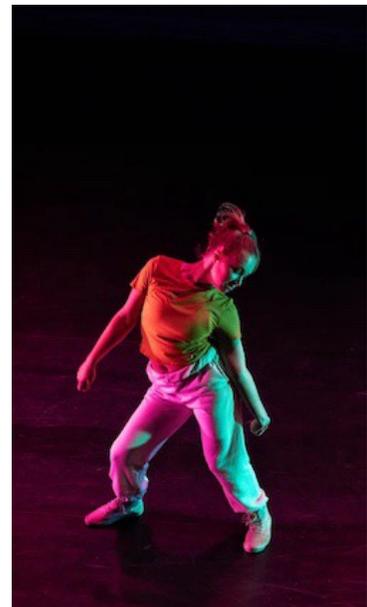
A memory came quickly to Laurie's mind. She was young, maybe ten or eleven and dancing in the kitchen of her childhood home. Feelings of joy and excitement washed over her bringing tears of nostalgia to her eyes.

Laurie: Yes, but I was younger and didn't have so many responsibilities and stresses.

Nemesis smiled warmly at Laurie, assuring her that responsibilities and stressors would not, could not, change or diminish those feelings. Laurie then perceived that Nemesis tipped her head to the side, as if asking Laurie if she wanted to know what else dancing could do for her.

Laurie: Well, I always loved writing. I used to really enjoy writing stories and I made sure to make time for it, but now it feels so foreign; so far out of reach.

What happened next shook Laurie to the core. As if it were yesterday, Laurie saw herself draped over her desk at home – fighting the urge to throw her computer out the window – struggling intensely to complete her thesis for university.



Then she watched herself stand up and begin to move and remembered that it was those movements that had given her inspiration; the inspiration that she needed to complete her thesis.

Suddenly Laurie understood that Nemesis was sharing with her how dancing enhances creativity, and that at times it had been a necessary outlet that had helped her many, many times get beyond writing blocks. Laurie sat dumbfounded. She had completely forgotten all of that. *"How on earth could Nemesis know all this,"* she wondered.

Laurie: Um, what about my health then? I can't seem to make healthy life choices. I know what I should be doing, but I feel so sluggish and dissatisfied all the time.

From what we were able to gather from Laurie after the journey, Nemesis expressed in both images and feelings that when people dance, they are generally 'happier' which is what is needed for making good choices. And being happier helps one appreciate small things – like a good cup of coffee. Those small things will become "complimentary" to the choices they are making which encourages more and more healthy choices. Thus the cycle begins, continues and sustains itself.

Laurie: I know that part of the problem is that somehow I've stopped caring about myself and my own needs. I got so caught up in what I should be doing for others in my life that I just didn't have the time to matter to myself. Can dance help me with that?

This time Laurie saw herself sharing her journey with both her husband and her son. She could almost hear herself telling them about her decision to begin dancing so that she could get back in tune with herself and some of her own needs, needs that she had been neglecting. In her mind's eye she saw them both responding with love and encouragement. Then she saw each of them taking on small tasks that they had previously been accustomed to having Laurie do for them.

What surprised Laurie is how pleased they each were to be able to help and support her.

Laurie: *I hate to admit it, but even after everything you've shown me, I have some doubts. Much of the time I feel so tired and my body seems to hurt everywhere. I've been trying for years to take some weight off, but I just don't seem to have the drive or the willpower. Can dance help me with this? Can it help me find a new zest for life?*



Nemesis smiled slyly. The image was clear. Laurie saw herself dancing in ways that she didn't think she could physically master, but she also realized that she was getting to know her own body, again. This time in a whole new way.

She understood that if she were willing to lose herself in the movements, dance would become like medicine, like therapy – physically, emotionally and spiritually. Seeing herself in this new way, Laurie realized that the way she was accustomed to think about herself had been very, very skewed. Suddenly, she realized that she was nothing like her own perception of herself.

Laurie: *Because I have become so used to feeling this way, I am worried that making these changes will feel like I'm giving up an old friend in some way. Do you know what I mean?*

Laurie explained that what she felt next was not so much an image as it was an understanding. Nemesis let her know in uncertain terms that that was then and this is now. It was time to change. She felt herself stepping into a new awareness of life with gusto. She realized that it was time to give up old perspectives. Time to expand her horizons and embrace a new Laurie.

As always, nearing the end of the journey, we intervened to remind the client to ask The Archetype if there is something that the client can do for them.

Laurie: *Is there something can I do for you?*

Laurie saw a mandala that Nemesis wanted Laurie to create for her. Almost timidly Laurie asked her final question. *How will I know when you are at work in my life?*

In response Nemesis showed Laurie a spider. The spider seemed to be sitting on Laurie's shoulder.

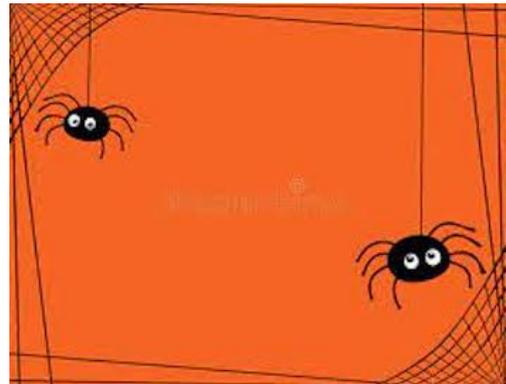
And then, just like that, Nemesis was gone.

Just after returning from The Canyon, Laurie confided to us:

You know, I've been thinking about that spider on my shoulder.

When I was little, my dad created an amazing game using spiders. It is one of my most cherished memories from childhood.

The spider game was always a terrific way to relieve tension in any situation, and our home had an abundance of tension. What a great reminder it is that even in the most difficult of times, there can be fun and joy and laughter.



I think what Nemesis was saying is that she'll be there for me just like the spider game was – to remind me to have fun.

By Shanon & Marv Harwood

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

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