

The Illusion of Control



Parsifal/ Pisces/ Fool

I BELIEVE

Germanic Bridge of God

Offers up his energy to ...

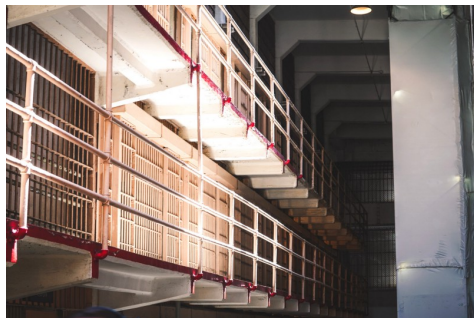
Facilitate being a warm, kind, selfless mystic who strives to exercise complete trust in the universe by releasing all inhibition and tapping into universal consciousness.

0/22



Parsifal

Rick was working as a prison guard when he first came to us for help. His first comment at our initial meeting was, *"I feel more in jail than the inmates I am guarding."*



As we listened, he began to relate his story.

As a prison guard Rick was required to maintain strict, unyielding control over a large number of inmates.

Often, when a prisoner's behaviour challenged his authority, Rick found himself needing to use disciplinary measures to avoid a further, potentially dangerous, confrontation.

Cynicism began to permeate Rick's work life. And as time went on, what began to really bother him was that he was beginning to notice how his personal life was mirroring his professional life. His relationship with his wife and children was deteriorating. Often they would ask him, "why do you need to be so controlling? Why are you being so cold?"

At the same time Rick was asking himself, *“What happened to the fun in my life?”*

Before long Rick had little choice but to grudgingly acknowledge the changes that were becoming more and more a part of him.

Still, Rick rationalized that his life, professionally and personally, was so busy that he had little choice but to impose ‘iron-fisted rule’ if he wanted to ensure that everything got done and done correctly.

From his perspective, if he wanted to successfully raise his family and flourish in his career, there was only one person he could trust to accomplish, to produce, to juggle, and to manage the myriad of tasks that dominated his life – and that person was himself. Fun, frivolity, adventure, joy – he had no time for any of it!



He dared not let his guard down, not even for a moment.



Rick had allowed control to construct the perfect self-created, self-imposed prison. Control was now out of control!!

Trust was non-existent. Rick’s life was on the rocks with tension at home and the refusal to delegate at work.

In desperation Rick tried various avenues to get some relief and to bring some joy back into his life. All to no avail. He was unwilling to relinquish control.

“I am the master of my fate, I am the captain of my soul.”

Invictus, Wm Henley

But is this really the best approach? Is it wise to summon all your will power and strength in the face of adversity, or is there a better way?

It's true that many people today adopt this adversarial, control-based approach to life and possibly they view it as successful, but at what cost? It takes a tremendous expenditure of energy, it's often quite confining and all too frequently it causes enormous and unnecessary angst.

Contrast this with watching a group of children at play. Uninhibited, full of wonder and discovery, they allow each moment to bring a new adventure.



Children spend very little time worrying about trying to control – anything. They're willing to experience and work with what the universe has to offer them.

The illusion of control has imprisoned a huge number of people in the world today. They have lost the joy of life because of their need to try to control it. Their trust in the perfection of the universe is non-existent, resulting in the creation of their own self-imposed prison.

Getting back to Rick and his story. A mutual acquaintance helped Rick find his way to our healing practice, [The Kimmapii School of Shamanism](#). After several one-on-one sessions he was able to initiate the shift from control to trust.

Today Rick trusts – trusts in himself, trusts in others and most importantly trusts in the universe; in which he, like all of us, is an integral part.

On behalf of Rick, thank you, Parsifal for sharing your energy of trust.

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who strives to exercise complete trust in the universe

by releasing all inhibition and tapping into universal consciousness.

By Shanon & Marv Harwood

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

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