

## Giving and Receiving - Is Your Circuit Disrupted?

*Are YOU a superhero?*

When someone's in trouble do you feel drawn to the nearest phone box - not to call for more qualified help but to execute a quick superhero twizzle . Then off you fly to the rescue yourself clad in stomach-clenchingly tight latex?!



### Has your burning desire burnt out?

Most of us in the caring professions have a strong desire to help others but it's important to notice when this goes out of balance. It's not just the fuel tanks of our cars that are expensive to fill! You know yours are flashing 'empty' when:

- You've lost your sense of humour and even your dowsing pendulum refuses to tell you where it is
- Your heart sinks when the phone rings in case it's someone else 'wanting something'
- You've become so prickly and irritable people dive into doorways to avoid you
- You lie awake with a gibbering 'monkey mind' or wake up in the early hours with your heart racing - and it doesn't feel like it's on a fun run
- You find yourself sighing and weeping so often you've practically created your own weather system with a depression threatening

Many of us become conditioned as children to get our self worth from being helpful, competent or useful but unless we investigate those behaviours we can end up helping as a knee-jerk reaction rather than in a mature, considered way.

### Six Questions to Healthy Giving

So before you step in to help, ask yourself:

- Is this something you're doing willingly or just to avoid feeling guilty or judged
- Is this something that someone else could more easily or competently do
- Is the help you give going to stop this person learning an important lesson
- Are you empowering this person with your help or are you reassuring yourself of your power to fix
- Are you helping in an unspoken hope of the favour being returned? Much better to say so. The other person can then decide if they want to pay the price or not.
- Do you need to put clear limits or conditions on your help (this may also enable the person to accept your assistance more easily)

### The Rescuer is Rescued

The consequences of chronic over-giving are very weakening and become a cry for help in themselves.

When we don't look after ourselves we can become a drain on those around us who may feel obliged to bale us out financially, emotionally or even physically. So the cycle of the 'rescuer needing to be rescued' starts.

### Helpful Essences for Over-Givers

The essence which inspired me this month is Peach Palm. This is for women or men who are strongly nurturing of others, but fail to take care of themselves properly. It helps us realise that in receiving as well as giving, the circle is completed. Excellent for those whose caretaking of others has left them drained and exhausted. A Useful Affirmation when taking this is: *I honour my own needs, I always take good care of myself*

If you think that your over-giving comes from feeling too responsible for everyone you may want to consider the karmic essence Wild Iris.