

**Control vs Controlling:  
Who are you OOOHING?  
Rev. DebraRae  
February 4, 2007**

To understand control energy, it's helpful to look at controlling energy, which is a thing you can do. It's one of the many skills students learn and develop in the clairvoyant program at Sacred Spaces. Most valuable--most important—is to be able to control what's going on in your own space—your own aura bubble. If you can't, you will be a victim to what's outside it—you'll be controlled by what's outside your space.

If what's happening outside your space, or people who exist outside your bubble, affect what's going on inside your bubble, and you can't shift the energy in your bubble (your attention) back to you, then you are controlled by what is outside of your space. This is what happens when we “lose our space.” When we lose our space, we're using someone else's information to run our life.

The key is to be responsible for what's inside your own bubble. That's what you're here to learn—about your space—even if it's unfamiliar, even if sometimes it doesn't feel right or comfortable to do so. As a spirit, it's what you signed up for because it is what will give you spiritual freedom—being able to choose to disengage from all else and be just for you, just in your space, just working your bubble-sized universe. It doesn't mean you will disengage all the time—it's the ability—the choice that creates spiritual freedom.

Psychics use controlling energy during a reading to keep the space clear. The center chair controls the reading space and the spacekeeper controls the energy in the room, which is different than controlling the reading or healing space.

Control energy is entirely different than the act of controlling energy. *Control energy is resisting what is and wanting to change or control the outcome.* When you want to control what's going on outside your space, it's because you're not comfortable with what's going on inside your space. This happens when we go outside of ourselves to affect a shift instead of within.

Some things not worth controlling: other people and societies.

Simply disengage and, when you do, you set an example and give others permission to do the same. Disengage. Be the opposite of “in resistance to” . . . be neutral.

A quote from THINK and THINK AGAIN books:

*To end personal suffering, accept what is!*

When we go outside of our space and control, we can create karma, and we dink the other person (invalidation). There's a reason they are doing what they are doing and it's their catalyst for their own growth. Your growth is inside your space—your bubble. Look there. BE there with what is. Play there. Create there. Destroy there. Let yourself BE in your space.

*You can own your space. Decide to it right now. Fill in with gold suns of your energy and seniority.*

### ***WHO ARE YOU OOCHING?***

There's a highly technical psychic term for which the acronym is O-O-C-H. It stands for "Out of Control Healer!" Maybe you're an official member of the OOCH Club. It's easy to join! You simply have to spend a great deal of your time, energy and healing abilities focusing on *trying* to heal others instead of yourself. And that's just what you'll do is *try* because, of course, the only person you can actually heal is you.

Fortunately, it's also simple—although not always easy—to cancel your membership in the OOCH Club! All you need do is turn your attention and energy, as well as the power of your healing, inward. And when you do, you give others a powerful gift: permission to heal themselves. When you take steps on your own path of healing, you not only give others permission, you offer encouragement and support to do the same. There is really nothing more powerful we can give.

A long time ago, I met a yeahbutz, a small seemingly harmless creature that at first sight appears fuzzy and warm. I discovered it was very easy to get attached to a yeahbutz and most everyone I met had their own yeahbutz, which they nurtured deeply, although mostly unconsciously. They, like me, became *attached* to their yeahbutz and found it increasingly difficult to separate.

It's easy to recognize those attachments during conversation. I am blessed when it comes to my clients and students as most of them are receptive and willing to look at their stuff and to heal. However, sometimes, there's resistance to what is and that's when a yeahbutz always shows up! The conversation sounds something like this:

CLIENT: *Customer service is an oxymoron. People in customer service suck; they are really useless!*

My response: “*My experiences have proven that it’s never about other people because we draw situations and experiences to ourselves that help us look at what needs our attention in our own space.*”

At which point the client protests:

“*YEAHBUTT, I mean this happens every time I need help. They’re terrible at their jobs!*”

My response: “*The experience is a pattern that is trying to call your attention to something in your space. So, again, I would encourage you to look in your own space and see what it is this pattern is trying to show you.*”

Again, the seemingly innocent create pops up:

“*YEAHBUTT, I ask politely and yet the same thing always happens.*”

The yeahbutz has taken all the power out of the experience by putting the emphasis on the resistance to what is. YEAHBUTZ—a seemingly innocent creature that has the power to distract us from the truth of what is.

Most times we try (and try we do) to heal others, we do so from our heart with good intention. But, it’s not possible to heal someone else and ultimately we end up ignoring our own healing as well as invalidating the person we’re trying to heal. It’s like saying, “*Here, I know you don’t really know what you’re doing or how to take care of yourself or live your life the best way for you so let me do it for you because I do know!*” And that huge helping of invalidation was not, of course, our intention.

The following excerpt from “the 7 Healing Chakras Workbook” by Brenda Davies, M.D., exemplifies what happens when we OUCH others:

Whenever we rescue someone—and by that I mean we do for them something that they could do for themselves, and which would therefore help them grow—we undermine who they are, giving the impression, albeit not spoken, that they are inferior to us and that we can live their lives better than they can. This releases a cascade of behavior that is damaging for both parties, with the results that the rescued person enters a state known as learned helplessness and feels even more inferior, inadequate and dependent, while the other appears superior but sometimes punitive and manipulates with guilt trips when crossed. In fact, each is dependent on the other—the one for help and

the other for kudos. A good thing to remember is that, no matter how well meant, the rescue is always an insult!

In regard to this type of dependent relationship, I once responded to someone's invitation with "*I do not want to **take** (drag) you or anyone else by the arm ever again. I will, however, hold out my hand and I may choose to wait a bit while you decide if you want to take it. If you do, we can walk together—sometimes I will lead, sometimes you will lead and sometimes we will walk side by side. It's got to balance or it's codependence.*"

As healers, it's important to "hold out our hand," and maybe even wait while the person decides if they want to take it. That is supportive. That is loving. That is honoring. It's even more important to stop grabbing people by the arm and dragging them—sometimes kicking and screaming—into what we perceive to be their "healing!"

So, when you decide to cancel your membership in the Ooch Club, the benefits are numerous. Mainly, you get to focus your powerful healing on the one and only person it can heal—you. Also, you move into a place of understanding and honoring that each person is healing, is on their path, and is moving forward in their way and in their own time, which is the only way they can learn, heal and grow.

*Compassion is strength to honor another's suffering while bringing power into one's life.* This is the basis for "holding space" for people to have their experience. Hold out your hand, yes, and let them decide if they want to take it while you keep moving forward on your path of healing and growth.

And So It Is!