

KORA Organics Blog Article

“Sticks and Stones”

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It has been a tough few months for many, as beautiful lives have been lost as a result of bullying and misunderstanding. It has prompted me to explore the anatomy of this very delicate and controversial subject.

My question is; who bullies, why do they bully and what really is bullying?

I have noticed that this form of attack could come in the form of teacher's reprimand, co-worker, boss, the principle, parent, celebrity, schoolmate and ex-partner. Maybe even a present partner or good friend... Wow the list could sadly be potentially endless.

Why would anyone actually do such a thing to a fellow human being?

I think the short answer is because they do not know their own connection to “who they really BE” – in other words they – the bullies – are unaware of their own unlimited nature.

This is not meant to be a put down to them, rather to assist us all to be aware of all of our limitations. It doesn't matter what these bullies are experiencing, as we cannot know the mind or the heart of everyone. It is our own life that we must be responsible for and it is for us to know ourselves.

There was a saying when I was a school kid that I quite liked - though for many this will be challenging and simplistic – the saying was “sticks and stones may break my bones but words will never hurt me.”.....this is a wonderful saying that underscores what I call spirituality 101.....which is “IT is not personal”. What a lot of meaning behind four words!

The question is how can it “not” be personal when the attacks are directed, straight at you? The bully may say your name, they describe and ridicule or undermine your habits, they are clear about the fact that their words and actions are specifically directed to YOU in an effort to hurt. Yet I am saying it is not personal. How is this possible?

It is not personal because it is said to you via SOMEONE ELSE'S VIEW POINT the bully's view point (and let's be clear they have not got your best interest in mind). It cannot be the real truth, it cannot be powerful, it cannot instigate change in you... unless you believe them and allow it to affect you. If you believe them and conspire with them, in other words side with them, then it is ON! The pain begins! You are now in the bully's grasp and they can now control you through their opinions about YOU. You are siding with the perpetrator – in this case the bully. There is no light or opportunity for light when there is such a level of collapse.

Perhaps you believe them more than your own knowing or your own wisdom and certainly your own Light. Perhaps you perceive that the bully has it all together and you do not.

Perhaps the real story is trusting that there is “a knowing”, a bigger picture that needs to be realized through this adversity or difficult situation. When you get the “knowing” or the bigger picture you will have passed through a very challenging and difficult phase in your life, and trust me there will be “LIGHT” when you do. Once we leave the heat of the situation behind we can see the Light of day. I promise there is!

I recall that when I was a girl, kids called me Sanna Banana. My name is pronounced like Ahna with an”S”. So Sanna banana did not rhyme actually, however this mocking nickname still bothered me. I decided that it would be the way in which I could get attention and I could be a victim. People who were gentle hearts would see my sad face and notice my isolation and perhaps move towards me. However when those people were not around I would sit alone and create a reason for my loneliness. I enjoyed the attention and the sadness. I was very young.



Many many years later, when my daughter was little, she would come home with tales of name-calling. I would first ask her if she had a great day besides the incident and she would almost certainly say that she had enjoyed herself. I would then ask her, “so what were you called” or “what were you excluded from and why?” She would tell me and I would respond by saying.... well it is funny that they should use those words to describe you....you are not what they say....it is like they are calling you a “bus”! Are you a “bus” or a “train”.....? She would smile and say, “no of course I am not....”. Through this seemingly ludicrous analogy, she got it, she got that she didn’t have to believe the opinions of others, as these opinions were their own subjective construction that had nothing to do with her. She was learning that people do not define “YOU. YOU define you! If all you are, is definitions of everyone else you will be forever losing your footing. You will lose your way, regardless of whether you are six or sixty-six! You will just be hoping and

praying that someone will define you as worthy and wonderful...still you are looking for others to define you. In a sense you have no more self worth in believing other's praise than when you believe their ridicule. And if the one who thought you were once worthy and wonderful now defines you negatively then boy what a challenge you have on your hands, their view of you is all you have to define yourself, you are a ship lost at sea.

Many people have walked into my their sessions with me with shameful stories of bullying resulting in pain and isolation. I watch tears pour down their faces and shame wash over them as they reiterate to me in their sessions the stories of bullying. These stories seem real... they seem to be happening in this now even when it could have occurred many years, if not decades before. To me, as an empath, the situations feel like an impenetrable metal box that will neither allow them to see the light or get clarity. Within that box is darkness – no escape.

Recently i was in a green room of a morning TV show in Sydney and the big news of that day was that an Olympic swimmer had twittered a derogatory term for male homosexuals. She was so excited by her winning football team's victory that she called the losing team a derogatory term sometimes used to define gay men. Now let me be very clear...no way do I support this word that she used, but I was curious by the massive negativity that everyone was generating towards her in the media! I felt that she made a big mistake and boy oh boy was she being BULLIED by the media. I decided to ask a dear male homosexual friend what he felt about this situation; his response was that words were not the issue. He said that he felt that his community did not choose that life style, it was curious to him that a word would be difficult for them and queried whether it was actually an issue, knowing that his community had faced far greater adversity ...so the fuss did not effect his community...words are not the issue, attitude is. He felt that what that swimmer said was silly, youthful, naïve and thoughtless but she had not intend to bully homosexuals, therefore her intent was OK.

While you are in the experience of being bullied, you begin to build a self contained protective shell. You may begin to create a kingdom of your opinions and values that are as a direct as a result of your situation, your victimization. While you are a victim your world will support "that" in you and you will be in this difficult cycle. The cycle is that people and situations will reflect that you are a victim.

If you are being bullied, find someone that you may respect and trust. These people could be unexpected. Perhaps a sibling, teacher, counselor, therapist, parent or maybe a Spirit consciousness facilitator like me. Find a good listener. But remember.....You are not a bus a train or the opinions of others, you are a dear, glorious soul and like all souls you are a holder LIGHT. Be A Light to the world – it is within you.... Not because I am defining you but because it is your birthright and you can choose to be a Light of the world. Joy is waiting! Sometimes you may think there could never be a change, but if you want one – a change – make it happen in love and in light and see the results in Love and in Light.

So how to heal from this separation from self? Find the earth under your feet. Begin to recognize that you are unique and precious in knowing "who you

BE". NOW if you can recall.... spirituality 101 says "it is not personal" explore this in every area of your life and feel the freedom.

Footnote: not taking things personally does not mean that you are without responsibility. Life is for growth and learning to know JOY, experience love and freedom through knowing who you BE.

Love

Sanna

