

Essential Energy

When Honey Ate the Couch: *Musings on Predictability*

Several years ago, my dog Honey ate the couch.

The Honey of that time was actually an earlier incarnation of my current Honey and had already been alive. I know — convoluted. Let me explain.

In my ex-husband's family, the only acceptable dog to own is a male Golden Retriever named Honey. My ex grew up with a Honey, which I will call Honey I. I have owned two such Honeys, which I will label Honey II and Honey III. The third is alive. I believe that all three Honeys are actually the same soul, returning over and over. Because of this, they display the same traits. Because of the fortunate — and unfortunate — consistency of these characteristics, the "Honeys" provide me a platform to reflect on predictability and client work.

I have heard many a story about Honey I. As a puppy, he joined his Italian family with a full cadre of idiosyncrasies. Above all, he loved his people. Every member of his family was greeted with incessant barking. So much to tell! So many matters to communicate! And then, there was his love of food.

My ex's family lived next to Yarusso's, an authentic Italian restaurant. At dawn, Honey I would sneak out the side door

and sit patiently on the back stoop of the cafe. Pretty soon, the owner would crack open the door and throw out a few meatballs. Partially satisfied, Honey I would saunter down the block and await his dues at another restaurant. After making the rounds, he would settle under the breakfast table at home for his final meal.

Years later, when ready to buy a dog for my youngest son, my ex-husband asked if I would be willing to keep up the Honey I tradition. I agreed.

Along came Honey II, who kept up the tradition of constant chit-chatting. When either of "the boys" would arrive home, he would jump on the couch near the front window and start yapping. Besides loving his people, there was his appetite. His first night in our home, he ate a chocolate Easter bunny that was hidden in a cupboard, along with the aluminum foil. I called the Emergency Veterinarian and they outlined symptoms that would demand immediate care. Honey II was perfectly fine with his steel stomach.

In fact, one day, a huge cement truck pulled up in front of my house. A man got out and rang the door.

"Do you own a Golden Retriever?" he asked.

I said "yes" and looked into the truck cab. There sat Honey II, grinning. Apparently, he had snuck into the front seat and eaten the men's lunches.

Not long after that, my son threw a piece of pizza under my new green leather couch. Thinking the couch an extension of the crust, Honey II nibbled away the entire couch. What did not pass through his system was left in tatters in the living room.

The current Honey — the third — also talks all the time. And of course, his food fetish is back. In fact, over the summer, he ate every lunch left on the deck by the young man I hired to landscape, even though it was in a lunchbox.

The truth is that every human is as predictable as Honey, notwithstanding comparisons between this-and-past-lives. We simply are who we are. We can certainly make minor changes, and often must, to accommodate others and become healthier. As healers, we are part of the team supporting our clients in pinpointing and making necessary shifts. A diabetic might truly need to give up chocolate cake and the agoraphobic learn how to step outside of the house.



Our client will have an easier time making a change if shown how to apply their strongest personality features toward a goal. Imagine that you are interacting with a client with a few of Honey's aptitudes, like an adoration of conversation and eating. Take the challenge up a notch and suppose that the client must lose weight. You could advise them to call a friend every time they want to overeat and to learn how to cook healthy food. The energy work might center in unearthing beliefs compelling any overeating, perhaps holding dialogues to clue in.

While we often experience our own and others' mannerisms as negative, all attributes can be employed positively. What if we could assist a client in perceiving their aptitudes in a beneficial fashion? The ability can then be put to work. For example:

- Stubbornness can be turned into perseverance.
- Spaciness can lead to intuition.
- Pessimism can enable logical planning.
- Willfulness can become loyalty or dedication.
- Melancholy can formulate reflectiveness.
- Argumentativeness can be the root of persuasiveness.
- And a big appetite can create a great chef!

Though life can be seen as anything but predictability, we can use our predictability to meet our ends. €



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