

Compulsive Helper Complex

"I was just trying to help....."

Reniyah Wolf, February, 2005

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I will share a passage with you from the wonderful little book ET 101 by Diana Luppi/Zoev Jho, page 57:

"Being the Christ and thinking you are the Christ are two different matters. If you only think you are the Christ, you will then act like you think Christ would act, which usually entails trying to save someone."

This approach could be called compulsive helper complex. I have absolutely been in that place myself. We came here to planet Earth to serve the light, to be Divine in a human world. We have "service" in our DNA coding. We are also human, and as such many of us have been conditioned and taught that we are our brother's keeper. If we are any kind of a decent human, we have to save our brother from whatever harm or delusion he is walking into. Most of us are in varying degrees of confusion about this. A lot of us have become "do-gooders", trying to force our help where it really is not wanted or needed, and also our particular agenda and belief systems. This is not any different than the dualistic way of our predecessors. It's just a repackaged belief system.

Have you ever done something that you thought was going to be a nice thing, a helpful thing for someone, and it was taken entirely a different way? Of course, we all have done this. Have you done something at work that you thought was going to be really helpful and it turned out to be a disaster for which you received a reprimand? Have you ever spent a lot of time and energy trying to help someone, only to find that he/she was extremely ungrateful and unappreciative? Perhaps he/she turned on you, betrayed your trust in some way? Or.....has that person just simply wanted more and more?

When you take it upon yourself to help, or to help too much, without being asked for same, you are violating the free will of another/others. You are also disempowering the intended recipient of your help. Every soul here, every one among us has set a path for ourselves, to have certain experiences and to remember certain things as a part of our awakening. That involves experiencing hardships and challenges as a part of transmuting karma. If someone takes away the experience we have chosen by helping us out of it, the karmic experience will just come back another way. Sometimes it is very easy to take help that is offered, rather than follow through on the challenge presented. Both the giver and the receiver are actually disempowered by this.

Free will is our inalienable right. Every soul has this right of free will, and to choose his/her own path, even if that path may be stupid, dangerous, etc., in our eyes. We all *have a right to choose our own path*. To try to change another's path, even innocently, even in "I was only trying to help" is judgment, and will bind you into the lower frequencies. Even if the recipient takes your help, you have violated free will, and he/she will feel disempowered. You have disempowered him/her, and although he/she may



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not actually know what happened, he/she will not like you very much after that. If you are helping someone, and all of a sudden, the energy turns resentful or hostile, you know you have most likely disempowered that person in some way.

I have done this many times myself, oh yes. I have been on both ends of it, being disempowered by another in that same way. I have some gifts. I more than liberally used those gifts for many years at no charge, just to help, to everyone who asked. Somehow I felt I owed it to the world to do that. I have, plenty of times, offered my help when it wasn't really needed or wanted. It was accepted because yes, sure, it was free.

Many times someone asked me one question – I answered many in return. I gave much more than was asked for. The person began to have an idea that I was the source of all answers and stopped seeking his/her own. I have helped too much many times, disempowering people in my "good intentions". That is why I know that good intentions don't matter. Whatever my intentions were, I disempowered someone by offering too much or something not chosen, not appropriate.

Some of these instances I was able to fix, restore the balance, others not. I still, myself, was not in my highest integrity by doing this. I didn't know it at the time, do know it now. My "help" disempowered someone. On a higher level, of course, those people also chose to be disempowered, and to learn from it. I, myself, have learned a higher way, a way of allowing people to do it themselves, according to their own guidance.

By now, you may be screaming "Aren't we to help anybody???? I thought that's what we were here for!!!" There is an important distinction to make. We are here to *serve*. Above ALL, we are here to serve ourselves, because if we cannot do that, we cannot serve anyone else, or the planet. You cannot take care of your children or go to your job if you are ill. You cannot serve anyone else very much if you are living in human duality and dysfunction.

This was a two part operation, this mission of *service* we came here on. Part 1 was to bring the Light into the human collective, to seed the planetary consciousness for a mass awakening, and to alter the genetics of evolving humans. Everyone reading this has contributed to that. Part 2, for those who choose to accept the assignment, is to overcome our lower humanity, with all its duality and fear, and LIVE the higher frequencies of Love. The assignment is to be Divine Human, a wondrous new human, a bit different than the traditional Master. As Divine Human, we are to go out into the world and transform every corner of it by the energy in our Being. We are to set a new template of Oneness in the planetary consciousness by the way we LIVE our lives, to set the example.

A Divine human "needs" to help no one, save no one. A Divine human is in a clear space to choose the wise times to serve another/others and the times not to. To serve another from the place of also serving self is empowering. Helping others because you think you know what's best for them disempowers both you and the other. To serve means to honor the space and boundaries of others, because in truth, you are also honoring your own by so doing.

I have observed the same thing many, many times over the years during the course of my public work. Someone comes up with a question, a momentary problem. Most likely this starts out "does anyone



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know WHY? Does anyone know what THIS MEANS?" Immediately, all the helpers pitch in, giving all kinds of different input, suggestions, directions, etc. Perhaps one helper seems to be very knowledgeable, giving a lot of answers that sound good and so more people start asking, start giving their power over to this person. It's the human way to seek a master, a leader, a teacher outside of self. There are many who capitalize on that human programming as well, for profit and/or ego gratification.

All those WHY and WHAT DOES THIS MEAN questions are the ones that you need to go within and seek your own answers to. YOU are the ONLY ones who can answer those questions for yourself, really. Someone else's why's and meanings, and suggestions are coming from outside of you. Probably they will have nothing to do with the real "WHY" of that will come to you later on. I have a lot of answers to questions that most people don't. I have answered my own important questions about the nature of God, the Universe, and the purpose of my life. I have always been willing to share those answers liberally. I wanted, of course, to help others understand more easily the things I had struggled with for so many years before finding answers. Finally I had to stop doing it. Why?

First, the answers that I have are to key questions, very important parts of everyone are self-awakening. Secondly, these answers are my truth, not *the truth*. Each person's answers to these questions MUST be sought from within one's own heart. Our truth may be very similar, you may resonate with my truth, be inspired by it, but my truth is not identical to your truth. If you accept mine, in place of looking for your own, you are placing power outside of yourself. When you are placing power outside of yourself, you are not ascending/evolving/

Of course, it is much easier to accept someone else's truth than seek your own. That has been the human way, to seek a master or a guru who can supply the important answers. Then all you have to do is "believe" and everything will be fine. The only problem with that is that you are disempowered the same way the most of humanity has always been. Eventually that truth outside of yourself will crumble and you will be left with nothing. Then you must either seek another Master outside yourself, or summon up the courage to seek the Master Within.

You CANNOT know your own divinity without going through that process of taking back your power and finding your own truth within. Divine Alchemy, by the very nature of it, is about your own personal transformation and no one else's. You are not here to be helped by anyone, nor are you here to help anyone else. You are here to serve and to be served in equal balance. As each person, ideally, focuses within, and on his/her own personal alchemy, rather than on everyone else's, the energy of the ONE MIND forms, the result of "where two or more are gathered in my Name".

All this helping one another is not serving the Light, or the Divine Alchemy of the planet. We SERVE in the highest possible way, by BECOMING the higher frequency, by BEING the Love and Light that has been hitherto masked by our humanity. I, myself, do not offer help anymore. I wait until I am asked for something, and my higher intuition tells me if I should actually serve by providing that which is asked. On the less frequent occasions that I offer service, unsolicited, I ask if that service is really wanted. Sometimes I explain to people how taking my assistance could actually disempower them, and to think about this before accepting it. I serve now from a place above ego and judgment of my fellow humans.



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You are not serving by providing constant answers and assistance. This is simply the manifestation of compulsive helper complex and the need to save souls, to be "your brother's keeper". It is based in duality. A person of high integrity respects the space and boundaries of another, of all others. He/she allows all others free will and choice, regardless of the nature of that choice. To respect the space of another is also to respect one's own space. One also MUST move into the highest integrity in order to ascend. Personal integrity is an indicator of the level of frequency one is living in. "Love and fear cannot exist in the same vibrational space." Judgment and the presumption that we know what is best for our fellow humans is not love, but fear. To live in the highest integrity is to love and *serve* by allowing each soul free will and choice. We can never know fully what is on another's path. Humanity is not served by compulsive helpers.

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