



“Going fishing

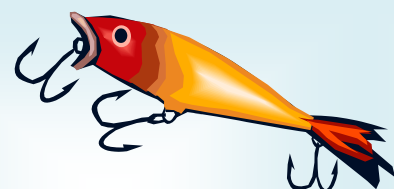
And not taking the bait”

Written by Lisbeth Kinna

I am not particularly fond of fishing. Stay with me, this is not an article on fishing – if you want one of them you will need to go find a fishing magazine (after you have read this of course). I do love fish though.

I remember when I was young my dad took my brother and I to a trout farm. Everything was going fine until one of the fish took the bait! What ensued was a young girl (that would be me) screaming, crying, getting incredibly distressed, flapping her arms about and subsequently dropping the fishing line to the ground with the poor little trout also flapping about and quite distressed. Not pretty, quite noisy and entrenched within my psyche (and I would also say my dad’s) permanently. I never could quite understand what it is about fish that makes them take the bait. Haven’t they seen what happens to the other fish when they take the bait? They get wrenched out of their environment and things can get very messy. The fortunate one’s may get a second chance and end up back in the water. What are the chances though that this fish would probably take the bait in another moment? Quite high I feel.

What has any of this got to do with personal development? Fast forward now 30 years (give or take ☺) and in this moment one of my greatest opportunities for growth is around ‘not taking the bait’. Recently my mentor asked me about how my relationship was going with one of my children, a child that one could say is a ‘master-teacher’. I continued to share about how this one just seems to be able to say one thing, give me one look, and take one small action and bam! He has me – I am off – he is off - what usually follows is quite predictable – back and forth, toing and froing – words, energy, behaviours – not particularly enlightening to either parties, or those around us. What she shared with me was how ‘he is going fishing and you just take the bait’. I didn’t get it for a while, we delved further, the conversation around this continued and we came to a place where I realised that he ‘hooks me in’, I will correct myself and say I allow him to hook me in. Nice little game, nice sport actually! Who would’ve thought that my judgment of the fish taking the bait would so nicely play out in my own life experience many years later on? My son though is a pretty big fisherman, and throws an all powerful bait. This though, as it was pointed out is not all about him, doing something to me. Somewhere along the years we set up this game – he would throw the bait, I would take it and off we go. Honestly, I wasn’t so keen in



accepting that I was a willing participant in this game. To do so meant that I had it within me to stop playing the game, to not take the bait. It also meant that I couldn't play the blame game either!

This is mastery; this is awareness and conscious choice.

I could have spent days, weeks or months wondering 'why' we did this, 'what' I got out of it, 'what' he got out of it etc. etc. yet my wise mentor suggested that I could just in this moment and all future moments choose not to play. Sounded easy? Yeah right! As I focussed more and more on this, I found myself playing more and more. I became aware of the other 'games' I had set up with other ones too.

Take a moment and feel into anyone or anything that may potentially 'have their hooks' into you? Is there someone in particular who always seems to get under your skin? Are you easily triggered by one of your children or someone you work with? Do you find yourself repeating conversation or going over old ground and never really getting anywhere with it? Do you continue to engage purely to prove you are 'right' and/or to 'win' – to not give up? This for me was a big part of the game. I, as the mother, didn't want to walk away because I perceived that was giving in, that was saying 'yes your right, I am wrong' and that I had to stay and defend my point of view. What I now realise though is that even when I 'thought' I had won – I had lost. Why? Because engaging in this game was a waste of my energy and time. In these moments I value my time and energy way too much to willingly hand it over to another in a game that really goes no-where. Choosing to stop playing is not always the easy path, particularly if you have so much attached in playing the game.

Remember playing 'snakes and ladders' as a child? Well, continuing with this dynamic can mean you will end up on that snake that is so close to the end – the same snake that takes you all the way back to the beginning – sliding right back down. Remember how frustrating that was? I hated it when that happened, because it meant I had to retrace my steps and do it all again.

Becoming aware of this dynamic playing out is one step. You then need to be willing to stop playing the game. What my experience showed was that even though I wanted to stop playing, my child didn't so he will often come at me with an even



bigger and sweeter bait!

Keeping strong boundaries and clearing energetic connections is a must. It takes constant awareness, diligence and a willingness to own your part in the game.

Stopping playing games that are self-defeating is an incredibly worthwhile process.

Remember, just because someone throws out the bait does not mean you have to take it!



Lisbeth is a passionate, devoted and caring Transformational Coach, Healer & Facilitator. Her prime focus and vision being to assist all ones to fully realise their potential, in a most loving, nurturing and inspiring way and to provide the environment in which they can do so.

During the late 80's to early 90's she was a Computer Analyst -Programmer for a multi-national Insurance/Underwriting company. It was during that time she undertook formal training as a Shiatsu therapist. This ignited a passion within her to work with people through natural therapies. She followed that passion and for the next few years, alongside raising and nurturing her 3 young children, Lisbeth trained and received formal qualifications within the fields of Feng Shui & Geomancy, Reiki (Master / Teacher) and was also accepted as an internationally registered Bach Flower practitioner.

For the past three years Lisbeth has fully stepped into co-creating a profession from her heart inspired, passion filled coaching and healing work. Her studies continue, and she is currently completing Cert IV Life Coaching & Mentoring through the Insight Foundation.

Her life journey led her to the Insight Foundation late 2004. She became a student under the powerful, supportive and loving guidance of Michael, Linda and the teachers of the Foundation. It is these teachings that have been and continue to be a daily opportunity to live a life filled with joy, passion and endless possibilities. She is fully aligned with the Core Ethics and Values of the Insight Foundation and feels truly blessed to be an Associate Committee member.

Lisbeth is grateful to share her life with her family. She loves travelling (especially to Central Australia), walking, reading, sitting in the park, watching Her children grow and to be an active participant in their lives.

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