

WHAT WE DO KNOW

By Steven M. Keeler, MFT

Did you know that science has proven that the observer determines what is observed?

Yes, you heard right. Quantum physics has proven that the “observer” literally determines the outcome.

In psychological verbiage, this means what we believe is what we create.

Many religions tell us that we are connected to some sort of Supreme Being. Here in Hawaii, the Kupunas teach us about the “smiling law”, which means that whatever we put out, the universe gives us with a smile.

They also teach us that we *are* God. If we are God, is there anything God can't do, be or have? Does God ever fail?

So if what you believe is what you create, or if you are God, and therefore tapped into unlimited potential, what would you do, be or have with *your* life?

Sounds easy, but if you, like many of our clients, don't believe in your magnificent potential, then because you determine what is created, you can't.

As I speak about this in many places around the world, I am always so grateful that I am a practitioner of the Satir model. You see, I believe that we (as Satir therapists) occupy a unique and extremely important place in the world.

Our model is the best I know of at helping people change their beliefs and expectations, which then allows our life force and yearnings to be expressed in more congruent ways.

Another part of the model that I love is the concept of systemic congruency. Systemic congruency requires us as therapists (or parents, spouses, bosses, etc) to live what we teach.

Many of our clients don't believe in their own magnificence. If you as their therapist don't believe in your *own* magnificence (in terms of the unlimited potential that you are in charge of) you simply cannot help them.

Once we change our beliefs about ourselves, we need to have anchors to consistently prove to ourselves the validity of our new found beliefs.

To this end I developed a simple process to help in this area: everyday write down what your intentions for the day are. During the day, above all else, your job is to watch for evidence that what you asked for is being provided to you.

This will often come in various and sometimes amazing, ways if you pay attention to it.

This begins to create a momentum of trust and belief that we really do determine what is observed.

Still doubtful?

Try this: Close your eyes, take a couple deep breaths, and go inside, ask, "Does my idea of spirit ever want me to suffer? Do I literally create my own reality?"

So, do you have the character and the courage to live according to this?

As Satir therapists, I believe we must.

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