

The Fallacy of the Fix-It Fixation

By Toni Petrinovich

"I feel I need to be a healer."

"I have to hold positive energy all the time."

"You are good for each other."

Have you heard yourself saying these phrases or listening to other people saying them? If so, this is the definition of the *Fix-It Fixation* . . . and it is **your** projection, a symbol of your reality. It does not necessarily mean that it is true.

Let's take a look at these three phrases one at a time and then you can use the concept to exam your own fix-it fixations:

"I feel I need to be a healer."

This is a phrase people use when they want to save the world in some way asserting the idea that the earth and its peoples need to be fixed or healed. The person saying it is fed up with how the world is working and wants to "*make it better*" or has recently taken a certification in some type of alternative energy work and now wants to create a business.

While there is certainly a certain market for new enterprises, the idea that there is a "need" to be a healer carries with it the connotation that the person now owns the responsibility, obligation and/or "need" to fix everything that he or she believes is broken. The problem with this theory is that you only see that which resonates with your frequency so if you are seeing a failed world, you are seeing the failure within yourself.

Believe it or not, this planet has gotten along for billions of years without humanity. The span of time in which human beings have lived here is minute in comparison to the life of the earth. As a globe rotating in a solar system within a galaxy, the earth goes through its cycles of destruction and creation as does every universe within every dimension. The hubris that human beings are capable of changing the natural cycles of the earth is laughable. If this planet no longer wanted humanity aboard, it could shake it off with one good, planetary 12.0 earthquake.

As to human beings needing to be healed or fixed, look again at the projections of the individual "healer". It is impossible to fix something that is not broken. If a person feels the need to change his or herself, he or she will do it in the appropriate timing. The idea of going to healers walks hand-in-hand with giving away personal, authentic power and ability. Much like the earth, with one good shake anyone can shift the circumstances of life. All it takes is the knowing that it is possible. No one "needs" to be a healer or to be healed. It is a projection based upon the desire to control.

"I feel I have to hold positive energy all of the time."

First of all, energy is neither positive nor negative. It is neutral. You give energy (force in motion) its meaning through the significance you place upon it in any given situation.

If you believe or feel that you "*have to hold positive energy*" all of the time (or only part of the time), you are saying that you have to concentrate to establish a frequency you consider positive, i.e. *good, right, worthy* and, in most cases, *better* than someone else's energy which you consider negative.

Back to projections (are you beginning to get this?): What you see or feel as less than positive can only be felt by you because you are harmonizing with it: plain and simple; a basic of physics. Only sympathetic vibrations resonate and harmonize. If you are not resonating with your idea of negative energy, you are naturally in a state of harmony with what you consider to be positive energy. And, again, all energy is neutral so in reality, you need hold no specific energetic vibration at all. All you need be is neutral; that also means letting go of control.

"You are good for each other."

This phrase is often expressed when a person is talking about a couple in relationship or a partnership. It is a reflection of what the person stating it believes is missing in one person or the other within the relationship.

And, again, we go back to projection. You only see in another what is already within you, otherwise you would simply see the individuals and the partnership in a neutral light. The impact that a couple may have on another person is based upon the resonance of the couple and the individual in their presence. If there is a sense of lack, loss, loneliness or separation within the

person making the statement, the words are a mirror of those aspects within him or herself.

When he or she is in the energetic environment of two or more individuals who are *in* harmony, the lack felt within is projected on one or more of the partnership and then cast as "*you are good for each other.*" This implies that there is a fix-it fixation taking place within the relationship that makes each party to the partnership able to fix the other or others. No one needs to be fixed and no one is good or better for anyone else.

Each person may be told about aspects of their personality that another person might wish to see changed, yet it is the individual that makes the change within his or herself. No one can fix another therefore no one can be good or bad for another. It is an individual experience.

What all of this boils down to is this:

No person, place or thing needs to be healed

No person, place or thing contains positive or negative energy isolated from the significance placed upon it by another

No person or persons are good or bad for each other

All simply is.