

# ~POINTS OF VIEWS~

## “Ready. Fire. Aim!”

*“If we don’t change direction soon, we’ll end up where we’re going!”*

– Irwin Corey

*“Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as this is all there is.”*

– Mary Anne Radmacher

*“Once you make a decision, the universe conspires to make it happen.”*

– Ralph Waldo Emerson

*“A mind that is stretched by a new experience can never go back to its old dimensions.”*

– Oliver Wendell Holmes

When I reflect on a large part of my life I end up chuckling a bit at the comedic irony and truth in Irwin Corey’s quotation that one ends up exactly where one is going, whether you consciously do anything about it or not. It seems to be one of those absolute truths in the universe, that if you set the intention, the universe will help make it happen. And if you don’t set the intention for your life, the universe will help make that happen as well! If you go along as things have always been, as your family and culture and beliefs have encapsulated you, then your life will be as many in your family before you. The universe is very good about rolling stones gathering no moss; and no thought!

Growing up, I was raised to believe the one must set a firm course, hold on tight, push and drive as hard as possible, as disciplined as possible, to achieve the goals we set up before ourselves. Never question and never veer off course.

What was absolutely true is that working hard always has a pay off. And what is also true is that working hard without ever setting our intention can have a payoff that is unsavory and unrewarding. We can ultimately exhaust ourselves, experience loneliness and lack of relationships, and drive ourselves right over the cliff because we have not made clear what is the intention of our life.

And what, exactly, is the intention of your life? What is an intention anyway? According to Webster’s an intention is an “aim that guides action; an objective.” We can be disciplined in our lives. We can be incredibly hard-working. We can appear single-minded. But if we have not taken the time to set the “aim” or the “objective” with clarity in our own minds, then we can set about exhausting ourselves. Worse, the universe will give us exactly what we have intended; and that can be confusion, loss, muddled lives, and lack of fulfillment.

It is not enough to say, “I want to be rich.” It is not enough to say, “I want to save the world.” These are vague and you will end up with what you intended, a vague life that may be very unfulfilling. Have you thought about how you want to be rich? Have you thought about how you want to save the world? What kind of person do you want to be? How do you want to experience life while having such an intention? Can you refine the intention? The more you can refine and define your intention, the more your intention can be fulfilling and fulfilled. But it is up to you to know yourself first and foremost.

Your intentions are coloured by your upbringing and experiences. If you experienced a loving household with nurturing and acceptance, the odds are better that your intentions will be experienced in much more fulfilling ways. If your familial experiences were difficult, painful, or traumatic, it is likely that you will need to be careful about how you set the intention of your life so that you have positive experiences and NOT experience negative and destructive patterns with which your mind and body are so familiar.

We must think about the way in which we want to experience our intentions. Having clarity and a clear conscious about one’s self is critical. It can be a great help to have a clearing where one can talk with trusted friends or one’s therapist in order to allow ourselves to experience fulfillment in our own little corner of the universe!

- Helen Hill

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**Helen Hill, MA, MFT Intern (IMF #48896)**  
Supervised by Cheryl Grant, MA, MFT (Lic #35887)

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## Help in Time of Need

**Suicide/Crisis Intervention**  
213-381-5111

**Teen Suicide Crisis**  
800-852-8336  
310-855-4673 (6pm-10pm)

**Domestic Violence Hotline**  
800-799-7233

**Battering / Rape Hotline**  
310-392-8381 (24 hour)

**Elder / Dependent Abuse Hotline**  
800-992-1660

**Child Abuse Hotline**  
800-540-4000

**Daniel Freeman PET Team**  
310-742-8650 or 310-823-7928

**Psychiatric Emergency Team**  
310-618-9687  
800-854-7771 (after hours)

**LA Free Clinic (Ages 12-24)**  
6043 Hollywood Blvd  
Los Angeles, CA 90028  
323-462-4158

**LA Free Clinic**  
8405 Beverly Blvd  
Los Angeles, CA 90048  
323-653-0950

**Alcoholics Anonymous**  
310-474-7339

## Helen's Speaking Schedule

- 7<sup>th</sup> February – Project New Hope
- 13<sup>th</sup> February – Homeless Health Care
- 14<sup>th</sup> February – Project New Hope
- 21<sup>st</sup> February – Cal State Long Beach
- 6<sup>th</sup> April – Chapman College

*"Thanks to her, my students come away with a feeling of respect and affection for people about whom they previously felt uncomfortable and foreign." - Nancy Young, PhD, Chapman College*

*"[Helen] is an outstanding speaker and relates well to college students...Even more important is that her message of tolerance and overcoming adversity is inspirational."*  
*- Susan Herron, MPH, and Bobbi Mittenmacher, MS - Health Sciences Dept, Cal State Long Beach*

**How to arrange to have Helen speak or perform a workshop → Please provide the following information:**

1. Your name and job title/responsibility
2. Site name: business, educational institution, health care, or other. Please be specific.
3. Address and telephone number.
4. Best time of day to contact you.
5. Your name and job title/responsibility
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7. Address and telephone number.
8. Best time of day to contact you.

**Helen E. Hill, MA, MFT Intern**  
**2211 Corinth Avenue**  
**Suite 203**  
**Los Angeles, CA 90064**  
**Telephone: (310) 779-7795**  
**Email: [info@helen-hill.com](mailto:info@helen-hill.com)**

Non-profit/Agency fee: \$150 per session  
Private / For-Profit fee: \$500 per session