

Background

- Really hard
 - I have done a lot of research to Siberian cats
 - Big cats – lovely, calm – life span up to 25 – don't like to be left alone
 - Marc retires – would be traveling south - Mikey could take the cat.
 - Had to sell Marc on Essie
 - Mike managed his allergies – his allergy never subsided

Marc agrees

Essie distant

This cat – Mike and the cat are bonding

The allergy is getting worse

Maybe this was really bad timing.

Through this I have been talking to him about how I'm feeling – I won't accept if he grows tired.

Issues

- Crying – it has been really hard – had my heart set on this little guy
- GREAT cat – I love playing with him
- I'm not prepared to keep a cat Mikey is highly allergic to.
- SAD

Relevant History

- Extremely emotional week
- I wept all the way... comforted the cat
- Handoff at gas station – I was just balling – she felt horrible
- Mikey held my hand on the way back – talked about the process – dealing with the reasons behind the cat – he sort of already knew this.
- Marc may have been a little sick of me talking about it. I just said this is really important to me and I need to talk it through. He was frustrated because people were coming in the house to see the cat.
- Marc and I had a discussion – I went on a 1.5 hour discussion – talked it out had a really good conversation with it. Marc was upset with me for not asking about the extension on the cat for 4 days.
- You're attacking me because you didn't express 3 days ago. Once he makes the decision he is OK with it. But he hadn't agreed to the extra 4 days.
- His eye-rolling, his disrespectful language – not ok – I'm starting to isolate the behavior – do you realize how it makes me feel when you do these things. I apologized and it was totally fine.
- I am willing to be my vulnerable self – I talk about my feelings and I don't care.
- Recently – I feel like he is appreciating what I do – opening up his emotions too.
- I don't care about how he will feel – this is who I am.

Contract:

To investigate my female part

- To see what is there.
- To update the female part so that it is more 'current' with my age today.
- To free her from responsibilities she no longer needs to perform
- To widen her purpose in life so that she can find her place in the world.

I want my female part of feel fulfilled

- At peace with herself
- Moving her life forward.

Summary of Work

	<p>Mothering</p> <ul style="list-style-type: none"> • Cat has always bonded Mikey and I • Essie sat together with us • It maintained our relationship – chatting on the bed • It brought us together – looking forward to that aspect of it. • Nice focal point.
<p>Female Identity – sad – picture of Mikey came into my mind</p> <ul style="list-style-type: none"> • I feel like a nag – there is not a lot to talk about. • I feel alone <ul style="list-style-type: none"> ○ Quiet – everybody is gone ○ Band ○ Going to the gym ○ Fill my life during the day. ○ I would talk to Essie • He has his social network • My role is gone <ul style="list-style-type: none"> ○ My mother role ○ I am a nurturer 	<p>Kitchen</p> <ul style="list-style-type: none"> • Focal point • We don't have a lot to talk about • We have a few things – Eukele •
<p>Age 5 (incident with Anna)</p>	<p>Mom</p> <ul style="list-style-type: none"> • Background – fills up her husband • Makes everyone happy. • Overwhelmed – busy • Everything was in her place • Emotionally she held everything inside and then she would EXPLODE <p>Her relationship with dad over the years.</p>
<p>Prior to the age of 9</p> <ul style="list-style-type: none"> • I didn't fit in. • I'm different • Mean to my sister • Cleaning the bathroom really well • Trying to get on mom and dad's good side. 	<p>Toilet seat – moodiness Laugh at me when I cried.</p>
<p>Before age 12 – I'm moody</p> <ul style="list-style-type: none"> • I would never been happy with Math • I would cry and everybody would laugh at me 	<p>Dad – toilet set – I'm either up or down.</p> <ul style="list-style-type: none"> • Helping me with Math

<ul style="list-style-type: none"> • If I'm being made fun of I should be a different way • If I were happy I'd get some validation. • My emotions aren't acceptable <ul style="list-style-type: none"> ○ ½ time I'm angry and frustrated about my body type and sister • I tried to be a good girl – appeared to be well-behaved in front of my parents & teachers <ul style="list-style-type: none"> ○ Conniving, angry, bullying, miserable child. ○ I wanted to be my sister who wore tight Levis, went to HS, teased her hair ○ She was beautiful. She was confident. ○ She wanted to be a nurse. We would listen to her music in her room, we would dance, she was really cool. She was constantly getting into trouble. • Non-relationship with dad – his role was helping me with Math. He was a fun guy. • My role as his daughter – we all walked miles for millions. • I never wanted to sleep away from home. I walked the whole thing. • More a physical/athletic bond 	<ul style="list-style-type: none"> • I had no issues crying because I was frustrated • Dad never made me feel badly about this. • Positivity to get help from people – that is what got me through HS – if I needed help I got it. • No qualms saying I don't know. <p>Family making fun of me for the way 'I was'</p> <p>Parents – panicking about what to do with her – that is when they decided to go to Grenville.</p>
<p>Age 11 – chubby, pant-wearing girl</p> <ul style="list-style-type: none"> • Not interested in boys who were interested in me • Panicked when they were interested in me • 	
<p>Age 12 - Tattle Tail – I was the middle child</p> <ul style="list-style-type: none"> • I wrote notes saying who did what • I felt this responsibility • It's up to me to be responsible when mom's not around. • Responsibility – nobody else was doing it • Benefit: I felt really good about giving them the note <ul style="list-style-type: none"> ○ Parents appreciated that I reported back to me. ○ I was in limbo – I didn't really have a part to play. <ul style="list-style-type: none"> ▪ Older siblings out stretching their wings ▪ Everyone else got caught shoplifting. ▪ I stole some eyeshadow and I never got caught and nobody ever knew we did it. ▪ I got away with it. ○ My way of ○ I didn't like myself. I didn't like how I looked. ○ I struggled with weight ○ I bullied my younger sister ○ I bullied kids at school – passing bad notes <ul style="list-style-type: none"> ▪ Allowed me to fit in ○ I really hurt Anna in those years <ul style="list-style-type: none"> ▪ She had all her friends ▪ She was a pain – she wanted to hang around with me. ▪ I blamed her for a lot of things. ○ I didn't want to have anything to do with her, wear 	<p>Parents approved of me Supported. Appreciated the update.</p> <p>Mom was the constant</p> <p>Dad was up and down too – he had depression.</p> <p>Police came to our door</p> <p>Being cool – doing drugs, partying, getting in trouble.</p> <p>Mom is too busy to pay attention to me.</p>

<p>my clothes.</p> <ul style="list-style-type: none"> ○ I didn't feel like I belonged anywhere ○ I didn't like myself – how I looked, I was starting to really struggle with Math ○ Admired my older sister who was rebelling – older boyfriend, drugs ○ Tom was always getting into trouble, shoplifting. <ul style="list-style-type: none"> ● They approve of me. <ul style="list-style-type: none"> ○ I was really good at cleaning bathrooms. ● Tomboy – comfortable – I didn't like dresses ● I didn't fit in <ul style="list-style-type: none"> ○ I felt special – staying out of trouble. ○ Sister & Tom was the rebel ○ Anna was Miss Popular ○ I wasn't happy. ● Mom was too busy to teach me <ul style="list-style-type: none"> ○ Middle child. ● ANGRY when I didn't fit in <ul style="list-style-type: none"> ○ Afraid that I would never fit in anywhere ○ I would never figure out what to do with my life. ● I was WEIRD – tattle tailing, language, moodiness ● I was trained to be on HIGH ALERT. ● I'm very intuitive. ● Learned out of fear, insecurity and the need to please. ● I fit in by making people laugh 	
<p>Age 13 – parents decide we will move to Grenville</p> <ul style="list-style-type: none"> ● Where do I fit ● Sisters & brothers got angry and stopped out of the room ● I believed it was about making mom and dad happy ● I stayed there and said I was excited to go to Grenville <ul style="list-style-type: none"> ○ I pleased my parents ○ At least one child wasn't upset with them. ● I know they needed me to support them ● I could feel it – I'm their eyes and ears ● When babysitters there – I could see what was happening. ● I have to be the happy one. ● Somebody has to do it. ● When I'm happy, everybody else is happy. ● At Grenville – nickname was Jane S – because I was always smiling. ● I will get in trouble for crying. <ul style="list-style-type: none"> ○ I can't let people see behind the mask ○ I have to give off the persona of perfection in order to coast along. ○ Doing everything right – following protocol, being an example of the way to behave. ● Mom didn't take any shit from anyone. <ul style="list-style-type: none"> ○ STRENGTH 	<p>Parents – relieved Private school</p> <ul style="list-style-type: none"> ● I can take myself out of what I'm in now – I can be different, have new friends, do really interesting things that everybody thinks is cool like being in an Opera ● I was excited to discover parts of myself. ● I would be with a bunch of rich kids ● Uniform – just like everybody else. ● I'd blend in ● Music, Theatre, Sports stuff – looked like an amazing place to be ● Everyone was doing everything together ● I can just dive in. ● Everybody was trying this – everyone was doing this. ● This was cool. <p>Uniforms</p>

<ul style="list-style-type: none"> ○ A way to get through to people. ● Tucked away my rebel side. ● I did my best to do well – threw myself into everything and I loved every aspect of Grenville <ul style="list-style-type: none"> ○ I was child of staff – my friends all were students ○ Staff kids – weren't cool. 	<p>Grenville</p> <ul style="list-style-type: none"> ● I had to be a certain way – if I deviated at all <p>Mom ran away with Kathy – to force dad to listen to her.</p> <ul style="list-style-type: none"> ● Moved the whole family instead ● Mom squeezed the grapefruit over his head ● She exploded ● You're all full of shit and you can go to Hell.
<p>Age 14 – moved to Grenville – I lived in the dorm and never saw my parents.</p> <ul style="list-style-type: none"> ● I played good girl, good student ● Wear a mask ● Be someone you're not. ● I did it for 5 years – very good at it. ● SURVIVAL 	<ul style="list-style-type: none"> ●
<p>Tow the line</p> <ul style="list-style-type: none"> ● Go along with everybody 	<ul style="list-style-type: none"> ●
<p>Wives behave themselves</p> <ul style="list-style-type: none"> ● Towing the lines ● Being the support in the background ● Keeping the man happy – he's the breadwinner ● Obey their husbands (Bible) ● Children should be seen and not heard 	<ul style="list-style-type: none"> ●
<p>I manage the house</p> <ul style="list-style-type: none"> ● Supporting the kids emotionally <ul style="list-style-type: none"> ○ Listening ○ Spending time ○ Hugs ○ Teaching them about emotion ● Cleaning, cooking ● Somebody else has to look out for them. ● I can see EVERYTHING that was happening – I knew I had to behave a certain way. I was always AWARE at Grenville, as a mom – Sarah with her seizures. I had to always be on the ALERT. ● I was trained to be on high alert from the age of 12. 	
<p>I'm supposed to stay with my husband</p> <ul style="list-style-type: none"> ● I was supposed to stay there ● I had an affair ● He would disown me – being a single mom 	<p>Disapproval of my father</p> <p>Mom was proud that he was a lawyer</p>

<ul style="list-style-type: none"> • Dad – pedestal – he is the lawyer, he’s the professional – • I Put all professionals on a pedestal 	<p>Mom – always latched onto her previous career as a Nurse.</p> <ul style="list-style-type: none"> • She put professionals on a pedestal – those that make money
<p>Marc</p> <ul style="list-style-type: none"> • Put him on a pedestal • I’m not as smart as he is – he knows better than I do – especially financials • I relax and let him make decisions • Not trusting my instincts about things – I didn’t listen to my feelings – Marc would convince me his thinking was right • I’m not part of the decision-making • I let him take the reins on stuff. • I’ve learned to vocalize my feelings – I don’t have to have a reason • Greater confidence 	
<p>After dad’s death</p> <ul style="list-style-type: none"> • 	<p>Mom</p> <ul style="list-style-type: none"> • Hoverer – • Dad was this phony extrovert • When he died – she had nobody to hide behind • He would carry conversations when we were there – she was preparing the meal, making sure everybody was happy. • Wallpaper • She felt like she needed to become him – she couldn’t. She was very depressed. • She took on his mannerisms. • Her identity is completely through him. • She is always trying to relive the past and how it was. • She never developed friends – she was always very happy to have her family.

Beliefs:

- I’m alone
- Crying wasn’t good
- Emotions aren’t right – negative
- Women behave themselves
- My husband makes the decisions

- I'm supposed to support him.
- Nobody is listening

Manifests:

- Things would be better if I kept my mouth shut
 - I'm distracted
 - If there is family gathering – I run around making sure everyone is happy
 - Feeding
 - Baking
 - TEARS
- Organization – I can do it all –
 - I did too much for the kids
 - Cleaning their rooms, laundry, baking, making sure they
 - Doing it all
 - Not asking for their help.
 - I do a better job.
 - TEARS
- I am a stay-at-home mom
 - Side-bar with my own company
 - I had to be concerned with being home with the kids – especially for Sarah
- Female Strength
 - A loud voice
 - Anger
 - Physically removing herself – she had the power
 - I used to be so guarded – writing things down to prove my point.
 - Made things worse – Marc becomes angry and sarcastic – he won't have anything to do with me.
 - **The more I allow my vulnerability and emotions to come out – having it come out in anger gets us nowhere**
 - **Admitting being wrong – it's ok to be who I am.**
 - **Choose conversation – you cool off first**
 - **Right timing and allowing for enough time to talk it through properly.**
- I like being a mom
 - Feeding my children
 - Having them around
 - Focal point to a family – having a meal on the table.
 - It's gone – it will never be the same again.
- Sadness around the cat is about I have no one to care for – no one to nurture, no one to hang out with and nothing to bring us together.
- FEAR – ending up like my mom.
 - Difficult having a conversation with Mom
 - She always has an opinion
- Better to be quiet – I want my kids to want to be around me.
- I am a better head nodder, listener, making sure everything is organized. I hover. Nobody ever asks me what I think about things. I have to ask to see something. I'm the background.
 - Everyone is very grateful for me – I send them off with lovely treats.
 - Floating around – in Limbo.
 - Nod and pretend you understand ½ the time.
- With Mikey and I it is even worse – I am constantly hovering – I have food prepared when he comes upstairs. He won't talk to me.

- As I age, I become more insular
 - Fear – what will life be like when I'm mom's age.
- Mom triggers me
 - She has to always give an opinion even if not asked for one. You can't even get through a sentence without her commenting.
 - Taking on dad's role – she needs to be front and centre.
 - She is all talk – she has to have it all together.
- She is the one I call when I want to talk
 - Anything and everything
 - If I'm having a hard time
 - Marc and I are having a disagreement and I'm feeling low
 - She listens.
 - I felt loved.
- I talked to mom about everything
 - She never judged me.
 - LOVED – she cared for me.
 - I've listened to her around health – homeopaths, etc.
 - I always admired her knowledge around natural remedies
 - She is no longer allowing me to figure it out for myself.
- Every Saturday I still clean the bathroom.
- Playing a role – hover in the background making sure everyone is taken care of.
- Make people happy – they like me – I feel better about myself.
- Guilty when I wasn't playing the mom's role.
- My worth/value – I'm not a person who reads. I'm really ignorant of stuff on how our government works – simple things I should know. I'm not interested. I have nothing to contribute.
- I see things, people's emotions, dynamics in a room

Outcomes of Our Work

- Cat was sad
- Father's day dinner – everyone that was in the room – I still feel like I'm hovering a lot when I have family gatherings. Everything is prepped. I always have to be ready. I can't stand when people are in a room and I'm worrying what I need to get out of the oven or what is coming next.
- ½ listening to conversations.
- Marc and Mikey talk among themselves – bothers me
- Filipe – we connect – there is an emotional part of them. I've felt more grounded.
- Sarah and Marc are having this conversation, Mikey is having another gin and tonic

Change

- LR on St. Anne's – intro – here to help her.
- She rolls her eyes.
- Stomach upset – I don't have anything to say to her.
- She is wearing this plaid shirt
- She likes my hair.
- I'm no longer chubby – we got fit, we worked out, we learned about nutrition.
- Uses intuition to probe this child
- I'm afraid of the future – I don't know where to go – what will I become.
- How can I help this 12-year old when I don't know where I'm going.
- I can show her
- I ended up learning to cook

- I can show her how her chubby body will turn into a lovely, sexually pleasing, muscular body that feels good.
- I learned how to learn and not feel bad that I don't like reading.
- My spirituality is more than reading some ancient book that I should read – goes well beyond Grenville and how my intuition has become my guide
- How I started to really take pride in that – to be confident in it.
- I can show her our kids and how beautiful they are – how they learned so much
- I'm showing her both my kids – dancing our way through the ups and downs with love – and not necessarily any kind of knowledge.
- Even though I was the promoter of their lives and hearts, I never really felt anything inside as far as the promotion of myself.
- I show them my skills, being able to get a degree and work from home, sticking to the things I'm good at and doing OK with that. Bringing love and the family together.
- I was pleasing everybody else but I ended up going with my heart. I always thought that going to school was important – tried to help my kids see that – they learned other skills from me.
- Look at people as a person rather than looking at them as their education. Benefits everybody – it doesn't matter what people do whether they're a drug addict, lawyer or surgeon. They're a person – I can see all kinds of features that are important – personality, desires, skills, feelings – they are deserving of attention regardless of who they are.
- People feel accepted – I'm open to them – it's positive – people are more apt to open up and be who they are – they're relaxed – accepted and respected.
- She looks at me and sees that we're OK – how we respond to people and do life. It doesn't have to be all formal and educated. The less of that the better.
- When we are more relaxed, open – people drop their façade and become the same way.
- We have simple relationships – fast rewind – showing her dad being this lawyer and Grenville and the Head Masters and Staff living in fear – fast forward to Waldy BB and education and social status is everything. I show her the relationship Sarah has with them now – it's a sense of obligation. She wants to love but can't because no one is just relaxed and being themselves and being respectful.
- This is so important to life – it's all about LOVE
- Showing her the response of Sarah and Mikey with love rather than pressure – LOVE is vulnerable – if I'm upset with kids I'm very raw – I will tell them an experience I've had – open relationship with them – my kids respect that. It makes such a difference in them being vulnerable.
- I look at all those authority figures – dad was never vulnerable. Head Masters looked like they were going in the right direction. Honestly, they were never themselves – you're incapable of showing others love and having them respond in love. How can someone truly respect you and they are up there in a different place?
- CALM – no more stomach upset – she can see the conversation that Marc and I had more recently – Mark's eyes watering up a little bit. He sees when I'm emotional he breaks down the barrier that allows him to open up as well. I have to lead the way – to let people break down and see it's OK to feel like you don't know things or ask questions or be open about things.
- Emotion is a strength – it's OK... it's nothing to be ashamed of. It doesn't push people away. It can draw people forward towards you.
- Sees how not having the answers and feeling insecure about not having the answers can turn me into a nag and push them away – and how especially with Mikey (he is still under my roof and doesn't have any direction). Rather than relaxing and letting things rest, to not need answers is pushing him away.
- She is asking me why I can't just be with him – I need to let go of what I think he should be doing and just let him figure it out, make mistakes and learn on his own.
- Most of my learning was done after I left my 1st marriage – I asked for help – strength in myself to be vulnerable and ask for help I needed.

- I needed help at the age of 12 – to feel better inside... Adult Jane has already been helping her.
- I'm telling her that it has been way better to build a relationship with her father based on an honest statement of her view on religion. I talked more honestly in the end of his life. It would have been way more different.
- She sees my relationship with mom – I'm way more open with mom – she may not understand my liberal views, she has never judged me for it. It has made our relationship the strongest of all the kids. It's just easy.
- She's feeling better about her life going forward – I've showed her a lot about how I've managed to change things around for her.
- She would have relaxed a lot more – she is seeing the potential relationship she could have had with her dad in the last 4 months of his life.
- She wouldn't have cared as much about the outside of her – she would have continued the same direction of wearing a mask for self-preservation – been more aware of what was going on. Intuitively – highly intelligent – it's more important than words. Feelings, vibrations, sensing, awareness. Gives her strength.
- Strength in who she is – she doesn't have to have a whole career behind her to feel like she's important. She doesn't need to have 3 or 4 degrees. She doesn't have to be knowledgeable about everything. It just doesn't matter as much.
- Strength towards the here and now where she is now. I have an ability to read people, to act on my instincts, where I'm supposed to be on a certain day, who I'm to call, who I am to take cookies to... whether to say yes or not to requests or even a simple thing of going out to lunch.
- When I make decisions this way, they're the right ones – they're right for me or my life going forward.
- I don't need the guidance from the outside. If I need help I need to ask for it and I can choose who I turn to for help.
- Insecurity is lifting – I'll know what to do.
- I would have been more 'aware' of Grenville. I still saw what it did to my older sister at Grenville who didn't wear the mask and became the rebel.
- She knew back then to keep the mask on for the full 5 years and then taken it off.
- At the end of Gr. 13 when I finally took the mask off I went to the trailer with my parents – we would all be leaving together. I feel free to take it off and it was my decision now. I just KNEW where I was going and they were there with me. I had their support.
- My knowingness – it has always been there. I can trust it – it gives me confidence... We're looking at all kinds of things – first marriage, even if I upset my dad I knew I needed to step out and leave.
- This has nothing to do with education or anything people taught me. It made me really strong inside by looking at these really poor leaders.
- Marc speaks about Servant Leader who leads by being vulnerable – and then I notice Marc is not vulnerable – lead by being it. What is a servant leader – servant is humble and weak to show that he is strong. It is strength to be weak. He is showing knowledge – not 'being it'.
- This is my knowingness – it's mine. It's innate.
- I've never been able to accept the idea that people don't accept Jesus as their savior that they will go to hell.
- Sees Jesus as kind, vulnerable and giving people as 'getting there'.
- I've always believed there is a transition between here and eternity – there are tons of workings that happen before then.
- Forgiveness, vulnerability and love.
- As dad aged in life – he saw how healthy and fulfilling it was to be a vulnerable man. When he retired from law, to sit with mom and appreciate her – they finally had a really good relationship together. There was respect for her humbleness. Career, etc. didn't matter. The emotional and vulnerable side is really a strength – brings the most peace and strength.

- She feels strong in what she knows.
- I see them both taking each other's hands – taking life one step at a time going forward.
- What to do with the MC piece, the adult children piece – go with the instincts.
- I've always had fear of missing out. The traditional career is gone I don't know what my role is in MC. It doesn't matter. I will figure it out. If it doesn't happen then maybe it will be a model I use in everyday life.
- Connecting into her and connecting into God – he has been with me all along – bringing me calm when I have been vulnerable enough to cry out to him.
- PEACEFUL, grounding.
- She is more the strength to everyone else. WE have the daily chores, we educate the children – women really are the strength.
- Pretty important. Making money is a real strength – I made it a family and I made a house into a home. I set an example – for future generations – about emotions, vulnerability and strength in that direction and way. They will have to find their way monetarily. The more important issue underlying is strength in being in touch with who you are, your emotions, vulnerability, accepting help and asking for it.
- CM – affirming.

Session Summary

Issues	<ul style="list-style-type: none"> • Lack of fulfillment • Female = role as mother, supporter, nurturer, wife • No role = lack of direction
Background	<ul style="list-style-type: none"> • Your female part (age 12) didn't feel good about herself – she was overweight, she was different in a bad way because she was emotional and her emotions was judged or laughed at by the family. • As a consequence she felt bad about herself and looked to ways to feel better. Fitting in got her validation from others. • She tattled on brother and sisters, focused on making others happy, did things well like cleaning toilets – whatever pleased her parents and other authority figures. • Mom was the 'role' model of what it was to be a female – to be the nurturer, the support system, to tow the line, keep the man happy – he is the breadwinner, to keep the children happy, children should be seen and not heard, support everyone emotionally, etc. • The male, the professional – they were put on a pedestal and the female was there to serve him. He was also the decision-maker. • You question your value-add today because you are not well read (like Marc and your children) on a variety of subjects so you step back into the background leaving your family as the foreground. You hover, making sure everyone is taken care of. You still prioritize making people. • Your young self was called toilet seat because her emotions were up and down; she was laughed at for being herself because emotions were not well received. She was DIFFERENT – she didn't fit into the family. She didn't feel special or important or confident in who she was. • That feeling has stayed with you since you were her Jane making you insecure today – being a better head nodder and listener and organizer than taking part in the conversations. • Now that your role is coming to a close, you don't know who you are and you aren't able to find the validation this part needs in order to feel special and important.
Old Beliefs	<ul style="list-style-type: none"> • I'm different • I don't fit in • Emotions are bad/negative/wrong • Crying is not OK
Changing the Story	<ul style="list-style-type: none"> • You, Jane, went back in time to meet your 12-year old self. It was interesting because rather than being able to bond with her, you felt fear. Suddenly your fear today comes up – How can I help her when I don't know where I'm going or what I will become. • Once that was revealed, you were able to connect to the younger self and bring her through time to share in the wisdom you gained from your life. • She connects into your strengths that were many. Through your conversation she realizes emotion is not wrong and her difference was not bad. It is your emotions that allow you to be vulnerable with people and that encouraged them to relax and open and be vulnerable with you. She sees this emerging in

	<p>your relationship with Marc specifically as he learns to connect to his emotions.</p> <ul style="list-style-type: none"> • But she can also see it in your children. You've helped them to connect and not be afraid of emotion. • Around you, Jane, your part sees that people feel accepted, respected and relaxed in your presence – you're emotionally intelligent with them which gives them permission to be themselves. You see the masks people wear and you see the truth behind those masks. By being vulnerable you encourage them to take off the masks. • She now sees emotions as a strength. She also connects into your intuition which is a source of intelligence beyond the intellect. It gives you the ability to read people, to make decisions and know what direction is right for you. What you and she realize is that every time you do what is right for you, it is ALWAYS the right decision. She can now trust those feelings. That feels much stronger. • Her insecurity starts to lift, replaced instead with confidence she has never felt before. Her knowingness is something she can trust – it has always been there. It's not about education or what she reads; it's a feeling inside her and it has much to offer. Her knowingness is INNATE. • She feels STRONG in what she KNOWS. • In the end she took your hand Jane as well as the hand of God. The 3 aspects are now connected inside you. It allows you to confirm his presence in your life – he has always been there for you when you have reached out to him. You teach your younger self that it is right to ask for help – from God or from anyone. • It's PEACEFUL and GROUNDING to be thus connected • Your part sees the female as the STRENGTH to everyone else. Her role is pretty important. It is important to stay in touch with her emotions because that is what provides her with strength, intuition and knowingness • Female = inner strength and outer light • Dad's female part = knowledge/knowingness within vulnerability. Throws the torch to me – a blue flame – to give and have given to my children, their spouses and my spouse – that they learn more emotional and vulnerability to make a better society and spiritual world.
--	---