

Client:

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Date:

Background

Issues

Relevant History

Contract:

I want to accept and love my mother

- To heal our relationship

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Summary of Work

Comfortable with the Learner Part – it lit up.	
Age 4 – my sister got to go somewhere <ul style="list-style-type: none"> • I wanted to go to but was told I was too young. 	
Grade 2 <ul style="list-style-type: none"> • invisible. • I didn't want to be in the spotlight • Teacher recognized she was new – very aware of Tricia – wanted to make sure she was comfortable • Did not want any of the attention on her – felt emotional • Sharing the emotions is PRIVATE – uncomfortable. • Excited to make new friends • I'm a know-it-all part – attached to the learner part. • Layer of responsibility attached to it – I have to learn and know for the benefit of other people. • Uncomfortable with the female teacher who was emotional 	<p>We moved to out of town. Freedom. Horses.</p> <p>My mother said you don't cry. You didn't show your emotions. You don't have a right to them. Emotions are weakness. Private.</p> <p>Respect for my dad in learning.</p> <p>My mom has an i think i'm dumb mentality. She was told she was dumb and shouldn't pursue a career.</p> <p>My mom was very present. Mom's emotions were unpredictable. I think she may have had post partum. She's in bed. I have to get up to be the responsible one.</p> <p>Tricia is the smart one, she knows, she knows.</p> <p>I took on a responsibility of a mother. Got rewarded for good grades.</p> <p>Mom was hard to read. Mom wouldn't be present. There was</p>

	<p>always an assumption that mom was sad.</p> <p>I had to step up to help her. Wake up my siblings, get to the bus on time. I felt very capable. It felt easy. An identity to wear. He would have been at work.</p> <p>Dad wore his emotions easily. He had no problem crying, in public. He cries with pride. He's very sentimental. Mom was lazy, mom was sad. Dad was happy, emotional. MOm was stern and closed off outside of her house. She forced herself to stop being expressive.</p>
<p>Gr. 3 – teacher that throws shit in the classroom and has a temper tantrum.</p> <ul style="list-style-type: none"> • I have to do more • I'm doing responsible thing – I'm smart – I have to go out of the classroom and do extra parts. • I look after my siblings in the morning – and then I tutor them at night and now I have extra work to do. 	<ul style="list-style-type: none"> • Recognized that I'm separating myself from my peers • Pulled out and put into an enrichment program. • Identity put on me.
<p>Age 11 - I'm lucky in life – I have to use that intelligence to serve other people</p> <ul style="list-style-type: none"> • Life is easy; money comes easy; school came easy • Optimist – I'm lucky • I manifested opportunity all the time • SHAME – why is life easy? Why do people around me have a hard time and I don't. • What's so special about me? • I don't deserve. • I'm smart; I can figure it out; I need to be responsible – I deserve. • Lack of drama in my life. Stabilized emotion – people really looked at that as a good thing. • I have to help them have less drama in their lives. I have something special – I need to use that. • SHAME – I wanted the attention (Age 4) • Holy shit was I ever lucky. • Something is wrong with mom – maybe she is sad about something. • I need to be responsible – I have to fill the VOID left by emotional people. • Sadness is something that needs to be hidden or buried. • I understood her need to heal and have attention • Kicked things up a notch 	<p>Sister is highly emotional – she is sexually molested by somebody</p> <ul style="list-style-type: none"> • She is confused sexually • She is obsessed with her looks • She is seeking male attention • She feels insecure • She is happy when she's talking to boys and she is sad when she doesn't have the attention of boys. • Sister is unpredictable – overly emotional • Dramatic <p>Mom is lazy – I was having to fulfil a morning role.</p> <p>Dad's special – cool – he's fun, he's active, he's responsible.</p> <ul style="list-style-type: none"> • He's charismatic and loving • Things don't come easy – dad is working a lot, he's making money • We're not wealthy • He's intuitive, joyful

<ul style="list-style-type: none"> ○ I fell into more responsibility at home ○ I felt like I had to keep my siblings emotionally stable – resolving any conflicts they had – I want them happy, homework done, free to enjoy. ○ Monitoring what they are doing, keeping them out of trouble, advising mom and what she could be doing. ○ Let’s get all the shit dealt with before dad comes home so that mom doesn’t feel angry when dad comes home. ○ We need to enjoy the time with him – he would engage us – sports. ○ Overcompensated – I let my intelligence ‘I got this’ – I did their homework for them, I help make sure they are fed, time in the kitchen helping mom. ○ Lunches – makes sure they are fed and their homework is done. ○ Listening and understanding – who they talked to, who they had problems with – reason my way through it. Coaching them on how they could resolve the scenario. <ul style="list-style-type: none"> ● Confusion 	
<p>Gr. 7 - teacher had a breakdown – all male teachers came in</p> <ul style="list-style-type: none"> ● Female teachers are emotional ● I trusted the male teachers – I trusted him ● Male teachers introduced me to college ● I was the tutor to my siblings ● Emotions are unpredictable – something to be contained ● Women are unpredictable ● Learning is bad ● Exploring is detrimental <p>Overly focused on containing family.</p>	<p>Mom felt stupid – I filled in the gaps</p>
<p>Age 14 – I was confirmed – uncomfortable with this – was now expressing my discomfort</p> <ul style="list-style-type: none"> ● I’ve had enough of mom’s religion, her feeling bad – a real rejection – mom’s preaching love but also preaching attitudes that aren’t loving. ● I joined this Global Club – had 20 exchange students – that became my world ● Let’s expand my world view. ● Told mom I didn’t want to be like you ● Mom was oppressive – I always felt I was doing things against my mother ● I’m excited about what I’m learning and exploring – mom is opposed ● I felt like I could go along by helping her. I was logical but 	<p>Mom’s emotions – lost – she is angry and frustrated</p> <ul style="list-style-type: none"> ● EXPLOSIVE ● SAD/Anger <p>Mom lazy, judgemental, bigoted</p> <p>She believes she’s dumb.</p> <p>Sister had been the one I was looking after – she gets married.</p> <p>Her love was overly focused on her family. She felt unloving towards</p>

not emotionally present – <ul style="list-style-type: none"> • Rebel – rejected mom’s belief systems. • Religion doesn’t make sense so I have to reject all of it. 	other people.
Age 16 – I got interested in Yoga – mom shuts it down <ul style="list-style-type: none"> • I need to be more masculine 	I grew up in the Siek culture

Beliefs:

- I need to be smart
- I need to be right
- Learning is survival and essential
- Emotions are unpredictable – something to be contained
- Emotions are private
- Women are unpredictable
- Learning is bad
- Exploring is detrimental
- Men are more intelligent
- Women don’t have confidence in themselves
- I can’t trust a woman’s knowledge
- Life is easy for me – it is easier to have logic, structures, left brain intelligence
- Men are effective communicators
- I perceive male language better.
- I don’t deserve
- Life is easy; money comes easy; school came easy
- I’m smart; I can resolve any scenario.
- I’m the smart one.

Manifests:

- I learn stuff to give it away – still playing the know-it-all
- Part rejects her because her beliefs cause her to reject others
- When people
- I am always looking to be challenged – I am trying to understand my mother’s wacky beliefs
- Working with women who are more emotional than I am make me uncomfortable
- If I receive the same piece of info from a woman or a man I will believe the man – he is trustworthy – a woman is not trustworthy
- Yoga training – Kundalini Yoga – its roots are in a cult.
- My mind is seeking ways to heal this relationship. What can I connect to so that I can return to a state that I don’t throw it all out.
- In business with females I help them to be more masculine. I must feel insecure about the feminine.
- I’m lucky in life – I have to use that intelligence to serve other people
 - If a client needs something, I will help rather than nurturing me.

- If I meet those like my mother I flee
- Quick to judge women who seem flaky – I’m so smart, I’m intuitive – but not displaying any kind of intelligence – life experience, bigger world views.
 - I separate myself from them
 - Unless it’s like a sister – who has a wound – I will try to help them.
- I need to hide my emotions
 - Mutes my joyful emotions
 - I can’t enjoy the moment
 - My life is one series of responsibilities
 - That list of responsibilities is never done. My work environment is never ending.
 - I need a long vacation in order to get out of the responsibility part.
 - I unfairly put the responsibility for fun on Dan.
 - I adjust my work schedule around him being home.
 - I hide sad emotions

Outcomes of Our Work

- Hammock in our yard
- Introduction – help her
- Curious – cool – you probably got some answers for me – you look the same.
- FS feels familiar to me – I feel like we’ve had conversations.
- Part has been listening – she has learned she intuitive and intuitive is intelligence. Intuition is knowing – feels like an answer – definitive – grounded – right. I use it all the time.
- I know how people are going to react. She knows that dad will be happy if everything is in order, if her siblings are going to be happy, they have worked everything out. It will be fun, free of drama.
- Feels alien – like I’m inhabiting a power that no one understands.
- Adult – it is simply a gut feeling. It doesn’t require an explanation – nobody needs to question it. A lot of people have this – you’ll learn to teach it and use it more. In the future there
- RELIEVED that it’s not a secret power to be contained.
- Intuition comes through the emotion – comfortable.
- Goes up inside the adult mind to check it out – feels EXCITING, normalized – other people understand it and use it. It’s not something you have to hide or explain to anybody or seek logical ways to explain it.
- Recognizes that when she can’t explain herself or why she knows what she knows or when she doesn’t understand other people’s beliefs or emotions she can listen and observe and use that intuition to connect to the parts she can accept without rejecting the whole person before her whose beliefs are counter to her beliefs.
- Part – COOL – invites an opportunity to explore unique and varied beliefs in her own backyard. She doesn’t need to challenge herself to go to other worldviews or religions or beliefs
- Goes inside the mind of Mom – why can she love family and not love everyone.
 - Mom is confused and mom is limited – she hasn’t been exposed to the world and cultures that would make her understand other people
 - Therefore she is naïve. It’s not her bad intention to not be loving to others; she hasn’t had the opportunity to be exposed to them.
 - RELIEF – she knows she is smart – I know they are smart – it’s passed on – that unloving way of being is not part of her.
- Update – to show the part who she became and the experiences she had that allowed her to become different than her mother
 - Not surprised

- It makes sense that she would move from her town, travel, work in environment and social justice work for a while – the part that felt there was something to be made up for – there was family ancestry to atone for.
- In the update she sees the good – she sees where the limitations came to. In that atonement and responsibility and feeling like she had to make up for mom – she saw the lack of fun – the overly-responsible actions.
- It was more than the religious bigotry she was making for
- A lot of it came without joy
- Mom felt stupid
- The role I played – making up for mom – having to be overly smart so that mom could feel good. She wouldn't do it for herself – as long as my daughter can do it.
- GUILT – with that expansion – there was a separation from mom. If mom can't come out of this that is holding her back, why should I. That's unfair.
- Her FS – she speaks through her emotions – a quiet voice, a wise voice. It's the voice when everyone stops talking. Age 7 – we moved and I spent a lot of time in that hammock, in nature, a lot of quiet – a lot of time to be in my Mind. She was the teacher who taught me what I could expect in the future. That she could understand people's actions and predict their behavior.
- Mom is limited – that mom taught me love but there is more to it than that. You're not going to learn it here. She regularly visited that part of the mind, to dialogue with the FS would help her predict what comes next.
- Trusting – it was always right – it knew what was going to happen.
- She needs to continue being loving...
- Called on the FS – when there is a problem. An answer always comes.
- Mom was depressed – not intentionally absent to the responsibilities of mothering – mom feels overwhelmed, mom feels stupid, confused. Mom doesn't know why she doesn't have answers. How to resolve the ways she feels about her parents and grandparents and the way she feels about her children. Her children are smart – too smart – they're going to open up to the world – it may be a fearful place. It is going to present things – new teachings and beliefs that she can't connect to and believe in. Children will misbehave. Explore other people outside the family. They could be harmed in some way. They can't be trusted. They can't love you like family or blood relatives would.
- She digs in, becomes stubborn, argue, reference the Bible as the only answer.
- I reject her. This explanation feels right. GUILTY – it broke from family. But it knows that LOVE is different than what she is being taught.
 - Love is unbiased – it is something you should give to anybody. Expansive – a bit scary – it's overwhelming – the world is my family – there are more people that need to be loved or taken care of.
 - Adult is here to relieve her of responsibility.
 - Mom's energy feels disgusting/shameful – it doesn't feel like love.
 - That's not present in her – her energy is EXPANSIVE – it is so expansive – she feels unhuman from another world – it's a strong power.
 - A GIFT of intuition – divine LOVE.
 - FREEDOM – no responsibility, solid, grounded, always there. It comes with responsibility – using the power for good.
 - Helping other people, using the ability to predict the future to benefit somebody else
 - It makes me feel good and loving...
 - Divine love trained on me – to enjoy just how easy life is. It's a power – the ease is just flowing with the situation, not having to explain the knowingness to anyone. Everyone around me is resolved and happy.
 - Life was easy because divine love was within me – RELIEF – it's a time traveling ability. The ability to see the future and be wiser than my years. I can talk to someone in the Mind that knows.

- I don't have to feel GUILTY – normalized – It is normal to expect to have ease in my life. I'm not different.
- Those that have all this drama – they have the power in themselves to resolve their emotions themselves. They're OK – they fluctuate – they have the power she has. It's not her job to use this. She doesn't need to accelerate and get them to any sort of resolution or acknowledgement or intuition. She can just be the teacher.
- RELIEVING.
- In order to put this to bed – she's not unloving – mom's expression of love to family – just because she doesn't share it with the world – that's cool.
 - Young self understands things that mom doesn't yet understand
 - Feels happy and privileged.
 - Grateful – mom planted the seed – someone else had to take over.
 - From that age that's how I lived – open to more love
 - Acceptance and love of mom. RELIEF.
 - Used divine love to be connected to love. She doesn't judge mom. She sees the existing love and the potential in mom without feeling the responsibility to change it or to grow it.
 - There is no fear – there is acceptance.
- RELIEVED & curious
 - So interesting to have a dialogue outside of my own normal dialogue with FS.
- Introduction to Tricia's life today
 - Thinks it's very cool
 - Balanced
 - It feels FUN – a lot of freedom to be active – mountain biking, canoe camping, skiing, hiking, climbing
 - Introduction to business – cool how there is an exploration – CREATIVE – very autonomous
 - She is working with a lot of black women – totally worldly. Women who are super intelligent and loving and in service to the world. People who have great intuition and a desire to teach intuition and coach people and help people. She feels very connected to a lot of people making a lot of change – spreading joy and love through their work.
 - Staying here is cool – very exciting. She is curious – can't wait to see the future of where all this work goes. She can already see the success in it.
 - EXCITED – it's going to be fun.
- Adult Tricia is in charge of life – she doesn't need to be responsibility. She is a reminder of the power – using her intuition to make amazing things happen.
 - Balance service to others with more financial success, more freedom, less responsibility to clients.
 - Enjoy the recreation more.
 - This part that felt alien and special – others have it to. She doesn't have to make up for it, she doesn't have to over-compensate for anyone else's lack.
 - I would be having a whole lot more fun.
 - She can import fun into my work as well – the Mind isn't focused on the tasks and feeling overly responsible for other people's lack – she could be more 'in the moment' – more emotional in the work, revealing more of her true self
 - She can joke around, be more fun.
 - The ME I am with family can be expressed with other people.
- Connection to adult self – it feels complete.
- Book – a curiosity – seems more alien. She understands the story.
- Light easy.

Big insight – intuition piece – I accept that other people use it but I feel like the tears and the confusion – surprised by how alien that felt. And there is still this part – despite the acceptance – a societal non-acceptance of the power of the Mind.