

Leading with Love: Feminine Power, Boundaries & Growth

Hello.

Hi, Mikeleen. Hi, Lee. Can you guys hear me? Morning.

Good morning. Yeah. Alright.

Let me just make sure the microphone's on.

Chapter **Opening Reflections and Check-Ins**

Alright. We've all been through a lot since we were last together. At least I have.

Who shares about what's been transpiring in your life that feels alive that would love to be witnessed.

How you doing? Hi, Denise. Hi, Gloria.

See who else we have. Gloria Lee, Mike Lee, and Julia is here too. Okay. Great.

Anything pressing?

A success, a breakthrough, something you're working through? Let me just see what's alive. And I don't I did remember from last time that there was a distinct

request for how to help a client or a person let go of their death grip on the victim story, which we've all been that person, and we've all been on the other side of that person. And so I think that could be really juicy. I'm not sure I have all the answers, but I'll give you what I got.

I think it was also brought up how to say no to a situation with efficacy and dignity to yourself and to the other.

So let me know if those are still alive and that feels interesting. And then, yeah, if anything's wanting to be shared by one of you, I'd love to hear.

Hi, Gloria. Go ahead.

Hi, everyone.

I just wanna share a quick hear you.

Is there can everyone else hear her?

Oh, no. I can hear her. I hear you, Gloria. Hi. Good morning.

Hi, Lee. How are you?

I'm pretty good.

Good.

I have something going on, but yeah. I can't wait to hear how you are.

I know. I had such a good win with my daughter on Mother's Day.

Oh, yay. Yeah.

Annie, can you hear me yet?

And see if that help. Hello? Hello?

Can Can you hear me, Annie? I can hear you.

We can hear you, Annie. Can hear you.

Annie, can you hear me now?

You can hear me.

I can hear you. Alright. Can you hear anybody else?

Lee talk. Can she hear you?

I can Annie, can you hear me?

I don't think she can hear me either.

Sorry, guys. This is where my tech genius disappears.

Oh, now she's frozen.

Yeah, baby. Baby. We're waiting for Annie.

Say hi. Oh, hi, Simba.

Oh my gosh. She's so cute.

He's cute. Okay.

He? Is it he? Yep. Oh, he he is so cute, Gloria. Really cute.

And he's a pain in the butt.

I can hear you, Lauren. Thank you. You can hear us now? Yeah.

Oh, yay. Yes.

Alright. Tell us again.

I wanna tell you my win. So some of you know I've had something on and off with my daughter for years, and it's just been getting better and better. And so for Mother's Day, this is something I ultimately wanted. Right? So everything's happening.

So there was a time when we didn't get along and she's wanted to cut me off completely as a mother and all this kind of stuff. But now, as of Mother's Day, she wrote me a card. She came and she bought me flowers. And all day, we decorated sugar cookies, and we just played. But for Mother's Day, I don't like to go out because I don't like the weird energy in the restaurants because, like, you can tell some kids don't wanna be there with their mothers and, you know, it's just not comfortable and it's crowded. So I always make an activity. So this year's activity was making sugar cookies and decorating them.

But she gave me a card, and then she gave it to me and she goes, good luck, mom, reading it. And I was like, that's kinda weird to give someone a card like that. Right? And I opened it up, and she was just telling me that now that she's growing up, she goes, now I see all that sacrifice and all the things you did that I couldn't see before.

And all the other mothers I wanted because she went to Princeton, so she met a lot of other kids with mothers that, like, were very famous and wrote books and were, you know, very successful in a career, but I couldn't really I didn't feel like I could go that path. I felt like I had to take care of my son, Brandon. And so she just wrote this letter and saying, oh, I can see you and I see how somehow I chose you to be my mother, and she doesn't even believe in that stuff. So the fact that she said that was kind of weird.

And she said that I can see that you're the best mom for me that I need for me in this life. And that's what I've kind of always wanted her to say and to feel. And so that happened on Mother's Day, and that was, like, that was a big breakthrough for me because I didn't think that would ever happen. So big win.

Chapter

The Importance of Faith in Relationships

Oh, I guess it's not. Yeah. That's that's beautiful.

That's the best Mother's Day present ever.

Thank you.

Wow. You know, I think it really shows how important it is to hold faith even in the dark moments when all her behaviors indicate otherwise.

Not just as parents, but as partners.

Like, they come around.

But you have to faith it. Faith it till you make it.

I think it's when I just kinda let everything go is when things reorganized. Okay.

And what did you let go?

I let go of how I wanted it to be. I wanted it to be like how it was with my mother.

And my mother, we talked every day. And so all those things, like, I wanted, she said that she said it will never happen. Don't count on it. And now it's there.

So that's very interesting. So once I really released it, after a couple months of being of grieving, it's been transforming. And then we'll get in a fight, and I'll just say, we're good. Right?

And she was, yeah. We'll do work. We're working on this relationship. So it's really nice to just be on the same page, and we know our goal is to make it better and better.

And, that's really nice.

Yeah.

Yeah.

Look at that. I mean, we all have stories about when we wanted something so hard, we had a death grip on it.

And the the dream, the opportunity, it feels your death grip, and then it tries to run away because you're grabbing it too hard. But if you just hold a desire lightly, it feels safe, and then it starts to starts to take root. And so just noticing our death grips are actually squeezing out and scaring away the dream can be helpful.

Beautiful. That was great, Gloria. Thank you. Thank you. Done.

Good luck with that card because she knew she knew that it was gonna be I came out bawling.

I read it in the bathroom, and I came out bawling. So yeah.

I like that you called the shot too. What? You called the shot.

Yeah. Well, she knows I cry over things like that. You know? Yeah.

But big win for me. Thank you.

Beautiful. Anyone else anyone else have a yeah. Carla, go.

No. Actually, I just wanna Gloria, I just, be from a doc a daughter, like, from a daughter.

What you just said just gave me, gave me my the relationship I have with my parents is a relations a relationship, of yes. We'll always work it out, and we'll always make it better.

And I always saw it from the part of a daughter, and now I just saw it from a part of a parent. So thank you for right. Like, I just you know, just you just provided something for for me to have even more appreciation for my relationship with my parents that gives the space for us to disagree, gives the space for us to be at odds because we know the commitment is we'll always sort it out. Like, there's no, yeah, there's no other thing.

We don't know. You know? But we'll always sort it out. That's the commitment. I just thank you for presencing that because it's there's a certainty inside of it that allows, I think, me and them to be ourselves.

I don't know how to say this, but I'm just feeling the beauty of all of it. Yeah. Like, the freedom to be and the not fear of what may happen to the relationship because the relationship is the certainty because of all three of us commitment.

And now my husband, adding a fourth person to that commitment, it's really interesting.

So I just wanna say that.

Yeah. The fixed point. The relationship becomes the fixed point.

So, yeah, it's never at stake. So the relationship that's what I'm feeling. The relationship is never at stake.

We may disagree in the moment, and the moment is the moment. And then there is, like, a permanency to the other thing. Thank you.

That's a big bit for me because I'm in the midst of it right now.

I met my parents, and we are trying to create a situation that is a win win win for the four of us in two years when we move here.

So yeah. And we are doing it.

It's nice.

That's great. All these things will apply to you and the mother and the daughter role.

Beautiful.

Anything going on with you, Denise or Lee?

I could've forced you to share, but you're totally welcome. I'm curious, Denise, how your heart's doing.

Chapter

Navigating Personal Challenges

Hi.

I've been going through a lot lately. Yeah. Yeah. So that's been really intense over here.

So that's why I'm not really that engaged with social WhatsApp group or you know, I've just been just trying to, you know, really ground in and navigate everything that's in front of me.

And it's it's been feeling this way for a little while, but it it's just like I it's just like one thing after another. Like, I'm just going through this intense crucible that's shaping and transforming me and ask, can we step up? But it's it feels like it's rougher than it should be in a lot of ways or that it could be. So, I mean, there's beauty and grace and and a lot of healing going on and a lot of, stepping into new growth areas for me. And at the same time, it's been really challenging. I have to be honest.

Yeah. Well, I'm glad you're honest. Are you open to sharing if it's personal challenge, professional, family?

I would say it's it's on a lot of levels. I mean, the family I've I've dealt with, it is what it is. I don't have a fabulous relationship with my mom, and I just sort of expect that. My mom's, narcissistic and, yeah, she wants yeah.

And I'm and because I'm going through a struggle, she's sort of like, well, I just wanna notice you because I can't, like, boast about you at the moment in my world. Even though I think what I'm doing is amazing, she's like, I can't boast about

you, so it's not really relevant. And so even when I called her on Mother's Day, like, she left her phone in the car. So I had to call through my dad, and then he had to, like, hold the phone for my mom.

And she was just sort of disengaged and but that doesn't really faze me anymore because I've worked through a lot of my my mom issues.

I'm just curious now. Like, okay.

Whatever. You know? But it's it's the divorce.

It's career.

It's some health things flaring up all at once.

Yeah. Things that I thought were kinda dealt with or, you know, some things that have flared up again, because probably of the stress and then just some other things. I'm just on a lot of different levels being hit.

Yeah.

Is there any place that you have confusion or lack of clarity around the divorce that we could be useful for?

Like, the I'm not gonna force you into it. And when you're ready, the you know, part of the context of this group is to bring the genius and definitely my genius and anyone else's, to support you on any place that feels tangled because sometimes you just need to wear over your mirror.

Yeah. And you can sit on it.

The the divorce is so complicated. It's it's like it would take yeah. The divorce is incredible.

And it's not the divorce that I care as much about because I get there's details that are complicated. What I care about is the feeling plex in your heart and how we can support that feeling safer, resourced, more grounded so that you can dance with all the tangles.

Chapter **Strategizing Emotional Navigation**

Yeah. I think with that, it's there's just a lot of I it's it's interesting because there's a lot of strategy involved with this deal considering what I'm dealing with, and I'm not used to having to navigate my emotional realms with that much strategy and planning in in a sense of what I'm dealing with. You know? It's like it's it's not an ordinary situation on any level.

And so I'm I'm con and then I get tired and fatigued. And, and so it's it's really like making judgment calls. Like, okay. Should I hold back and wait?

Should I it's like it's really being just leaving the emotion out of it and just getting as strategic and focused as I can be. And, I'm not used to living that way. I'm very I still follow my heart, and I still follow my guidance and my body and my intuition. But it's like I feel like I'm living you know, like, you know, you watch these movies, and the the leads always outsmarting and outthinking the other, and you're like, wow.

How did they think of that? And and then they're like three steps ahead. That's sort of what it feels like. And I just that's not something I would have ever wanted in my emotional life.

And so having to step up and play that role has been challenging. And I still you know, I go to expansive love, my intention. I hold the container.

I do, you know, to release that which is in me that has invited this into my life, to release the frequencies within me that that would draw a negative outcome, to release anything within me that was a sole contract for this relationship.

Mhmm.

And forgive you know, it's like I I forgive him because I know he's playing out a role that my soul needed to experience.

Right?

And it's just kind of it's just a lot. It's a lot to carry. There's a lot of yeah. Like, I just, yeah. Does that make sense?

Like It does.

And I just wanna witness that you're carrying a lot, and it's complex and And maybe that's all we can offer is that we're witnessing it, and we're holding you in that. And we're eager and deeply wanting to offer any support that would be loving to resource you.

And and to know that this is a place to make use of that, like, even just putting in the WhatsApp chat, ten out of ten day, made it through.

Thanks for witnessing. Like, just to would you be like, you're doing the big work. We see you being witnessed for the private Herculean efforts that you do that we all do every day. I don't think I need it. I don't think I need it till I show up with my girlfriends, and I tell them the thing, and then they witness and honor my feelings. And they just acknowledge that must be really hard and exhausting, and they don't fix anything. And I feel better because I'm not alone in that reality.

Chapter

The Complexity of Seeking Support

Yeah. And we have that could might fix it better too.

That's true.

Yeah. And then a month and a half ago, my implant fell out, and so I've been dealing with that issue and trying to get it's and that is also an because of my health history and the complexity of that, and the sensitivity of my body. I have to be very careful with what I put in my mouth and who I work with and all of these things, which is it just seems like everything is, like, ten x. Like, why like, other people can just go, okay.

Done. Done. Done. Done. But I'm dealing with this complexity.

For whatever reason, that just makes things, you know, like, way more complicated, way more like, the the amount of research I have to do on everything, and it just yeah.

Living with a re I'm recovered, but I still have to manage a lot of my health. Right? And so that's that's a dance that I constantly do. And I think maybe partly it's like I I

don't know how to ask in a way that yeah. I think maybe that's where I need help. It's like, I don't know how to ask for support.

I'm just so used to, like, you know, burrowing down and doing it, and then, like, I reach out, like, as a lifeline to my girlfriends, and we have these, like who know everything and all the details, but I don't know how to reach out to a group who doesn't really know me for support, if that makes sense.

Yeah.

Yeah.

And I don't know if I know either.

It's not frequently that I come to you guys. No. Not a problem. So I think all of us might struggle with that, the edge, and I'm happy to crowdsource here how other people do it. But I've the one step I do have, and I don't know if this counts as reaching out for support, it's just sharing what's happening.

It's not a bid for support.

It's just I'm exhausted. I'm overwhelmed. Things aren't working with my health right now. I'm in a fight with my husband, like, all of which are true, and and just putting it into the space without and this is the key, without feeling like you're burdening the space.

And I'm not saying that's easy, but it's an energetic thing. I'm I don't wanna burden the space, but we so empathically don't wanna burden the space that we hide and withhold truths to keep the burden off.

And it ends up being more burdensome to the space. That's what I've learned, especially with my husband and my daughter, like, hiding something and keep the burden off them, but it's leaking out some other way. And it's now it's even worse and more confusing than if I'd said, I'm having a really hard day. I'm overwhelmed and tired, and I can't play the game right now. But maybe I can play it in a couple hours. That would have worked so much better than the thing I chose to do to not burden them.

Chapter

The Invitation to Share

And I don't know if you can see I don't know if you know if that applies to the situation, but, I I wanna invite you to just try sometime. Just just got out of the meeting, eight out of ten angry. Thank you for listening. Like, just a report.

Yeah. I I think that's I think I don't wanna be a burden.

Also, I feel like in a I just wanna show up and be sort of my best self, you know, as as I can be, especially in a space where I don't know people that well yet. And, yeah, I don't wanna come I don't wanna lean I don't need well, one, I don't need to lean on the group necessarily because I'm I am managing all of it, but it's just a lot. Also and it also it it also just makes it harder to reach out as well to to the group just because I'm also just so distracted and so consumed. And, yeah.

Yeah.

And I don't wanna give you another thing to do on your list.

I'm just saying it's an invitation to experiment with at some point.

And so we get to do a split test and see what happens when we just share it.

Carla's been playing with it.

Gloria's been playing with it. Well, there's a few of us have tried, and some of us haven't yet. And I'm, you know, I'm curious for the people who've tried how they found it because I think all of us most of I think everyone on this call let me just check.

Yes. Everyone on this call, I believe, has, an acute affliction called I shall not burden the space, and that, produces another imbalance in the way we interact.

Yeah. And I'm including me. I'm including me. I I'm in, like, some version of my own breakdown.

And I'm like, okay. I'm gonna go in the class today and try to hold space for everybody to lose kinda losing my shit.

And, like, probably half an hour ago, I was crying on the phone with my best friend.

I'm like, I didn't know what to do.

It's not it's not a thing about this. And I and and, of course, we just have to go on, and it's too complex for me to even try to enroll everyone in it. But I what I do when I come to this space is I'm just leaning in and going, okay. Here's my girls, and we love each other, and let's just see what unfurls.

That's it. Here's my girls. We love each other. Let's see what what unfurls. And the more I can offer that's honest, the more other people offer, and then maybe some magic can happen.

So that's really all I've got.

And, Carla, I know you've been quite vulnerable and, like, used the chat and in person to explore expression in a way that I think is new for you. I've been so in awe of it. Like, someday when I grow up, I'll be like Carla around daring conversations.

But if you have anything to say about that, because I think you might be more ahead about the rest of us.

Chapter

Exploring Personal Resources

Well, I have been really resourced. So I just wanna offer today, I am really resourced.

So I am so happy to just hold energetic space for anybody today. I just wanna say that. But, yes, I I once in a while, I've not been participating much because I'm here. But, yes, I've tried a couple of times just even just saying these sensations in my body because for me when I say I am feeling and I'm feeling this way, it's very revelatory for me.

It's almost like a ride is I'm and I feel revealing is an act of courage in a space I trust. So more than what I'm thinking about this, like which is like, you know, I'm feeling I'm trembling. I'm dead. That for me has been an a great when I have the courage to do it, it has been amazing.

People always hold it and hold the space. And even if they don't write to me, I feel the I feel the energetic support.

So I just wanted to say because it's almost when I don't know what to share because it is complex, I forget about the complexity of it, and I just go, here's how I'm feeling in my body.

And then suddenly, that's what matters the most. And the complexity, I was it a bit more anyway because I couldn't explain it.

But with the sensations in my body, people get me right away. Mhmm. I feel supported right away.

I feel loved right away. And then I deal with the complexity of the thing anyway with the new energy.

That's what I wanted to offer. And the times I've tried it, it was amazing. And I just wanna I just wanna continue trying more, but every time I tried, it was amazing.

You never regretted it?

No. Never regretted it.

And I wonder if it's just the act of communicating and transparency that forces your attention to be on your sensations in your body instead of the complexity, which is basically associating and reporting from the somatics.

And maybe just the act is its own therapy.

And, Annie, I think, connecting this with something you've said many times before, it is an unarguably true truth what I'm feeling. So nobody else I mean, like, who's gonna who's gonna defend it or attack it?

But there's no like, there's nothing to defend or attack when somebody's just saying, oh, my my tummy's clenched and my, you know, my my heart is is, like, gurgling.

People are like, oh, okay. That's what I've I think that's what I've noticed about it. When I have the courage to say what's so in my somatic, people meaning, they kind of oh, okay.

So there's no there's no invitation for judgment. That's what I've found even with my husband.

Definitely. I'll just go, like and he say, well, do we need to do something? I'm like, no. Not really.

And then, okay. But there was no, like, oh, you shouldn't you know? Or, oh, why are you feeling that way? There's not that.

That's what I've been learning is when I have the courage to go report at the somatic level, like you've invited us to do, I found it always very people very receptive because part of it, they don't know what to do with it, which is a good thing.

So then for then they are, like, curious. Like, oh, why are you saying that? Oh, because I'm feeling it, and I just wanted to share it. Oh, okay. And that's it.

Do you So then there's a cleanness there's a cleanness in the air, which I think it's all we need. What were you saying?

I was just saying and you receive from that when you share on that level?

I do because I actually told the truth about something that was inside of me that did not go through my head. So it's like I did not have to interpret it. My head did not have to interpret how I'm feeling to explain the complexity. The thing doesn't matter. Anyway, I have to deal with the thing anyway.

Right? But what I'm when I'm here with someone, I wanna I wanna connect. And it's not through the complex thing that I'm gonna connect with the person. It's through my feeling right now in this moment, my body sensations and theirs. And then after I connect, Denise, I'm more resourced and more intelligent, and I can strategize better. That's what I found.

But if I'm trying to explain a situation, I get tired explaining, then they don't they full they don't fully understand, or we run out of time, then I get frustrated, then I feel like a burden, all of that. But if I just report from how I'm feeling right now, I don't feel like a burden. It could just take thirty seconds or two minutes or whatever.

Does it make sense? Like, the complexity is not leading, the humongous of it.

And then I go deal with the complexity, but then it's less complex because I'm more resourced and I'm more connected. I'm happier.

Chapter

Navigating Emotional Complexity

Like that.

I think, yeah, I think it's it's it's hard to trust that my emotions will be received.

That's that's the challenge.

Yeah. It so, like, I can if I go straight to my emotions, it's there and, you know, there's a lot of grief. There's a lot of frustration, exhaustion. You know?

It's just hard for me to bring that into a space, especially with women I'm just getting to know. You know?

But it's also it's I've always I know they're they're not, but I often like, it feels like a burden when I bring that level of emotion. Like, people often prefer discussions of things and strategies, and they like to they like to get their heads around things like that. And sometimes it's just hard for people to receive just a pure emotion and not or or it's just programmed in my head that, even though I have space for other people's emotions, but you would think that maybe I don't as much because if I you know, if I'm not willing to share my own, then maybe I don't have as much space as I thought I did.

I don't know. It's interesting.

You do. I mean, you just did, and I noticed my heart broke open.

Yeah.

I think we all just need to cry today.

It's been a lot. Thank you, guys.

Yeah. Sometimes when it's so much, you go like, a lot sometimes sounds like too much for even me, and it's important to know when it's too much because a lot means it can mean I'm doing it I'm doing a lot of work, and I I'm okay.

But I don't know if I'm okay sometimes.

Sometimes I think a lot is too much, and that's when I need to ask for help.

Kinda like I can't carry all the boxes when we're moving. Some I can carry, but some I can't.

And I literally need to have someone lift it with me.

And it's really important for my own well-being to know which one of those boxes are.

And I'm learning. I'm learning what subjects I is too much, and then I need to call coach or get help or talk to my girlfriends, and I honor that it's a lot.

Yeah. And I think I I stay you know, I do dip into the emotions, but not as not that often because I am just trying to navigate as clearly as I can. And so I know that sounds odd, but, yeah. And and a lot of the times, I'm just just doing like, I'm just moving through it and and making it happen and raising my frequency and doing what I need to do and, going into my heart and things like that.

Chapter

The Weight of Expectations

Yeah. But it is heavy. It's it's been a lot. I mean, it's just yeah.

And maybe that's my my growth too is is, it's, like, really demanding me to show up in a way that I haven't been pressed to show up before emotionally, perhaps.

Sometimes it's so heavy. We just crack under the weight, and then we crack open, but it took the heaviest, most intense load to do it.

I I don't know if this is true, but I read somewhere on a quote that reality never gives you more than you can handle.

I've heard that.

I don't know. I don't know if it's true.

I want something you wanted to do.

It's a it's a first God never it's a Christian thing. I think it comes from that. And it's from someone probably switched it to reality.

God never gives you more than you can handle. I'm so used to hearing that from my past years growing up in the Catholic church.

And as we get more sophisticated in our psyche psychic ability and our emotional prowess, I have noticed in my life more complexity and heaviness and weight and vastness that I have to hold. So I'm like, oh, more is coming, and my capacity to hold is increasing.

Mhmm.

Yeah.

And at the Yeah.

At the same time, I'm having, like, really powerful breakthroughs. I'm having amazing transformations. Like, I'm not you know, with the with these waves, there's really incredible you know, it's just been like this, one after another after another. And so, I mean, I could sit down and list my wins as well.

I could sit down and list, you know, the incredible awarenesses and new skills and capacities I've been developing and how cool it really is and how I've been showing up for myself in ways that I, you know, in every way that I need, which is pretty cool. Like, I keep just finding the resources. I find the support. I figure it out.

I make my way through, and there's a lot of celebration in that. And, you know, given everything, it could, you know, knock on wood.

I'm sailing it as best I can, and that feels really good. And no matter what the outcome is, it's like I know I'm gonna make it through one way or another. Right?

So, yeah, I can't tell you the number of, like, ahas, epiphanies, and then I, like, call my friend. I'm like, oh my gosh. And then the next day I'm calling and I'm crying, and then it's like the next day I'm like, wow. Like, what you know? It's like it's just been this really interesting and the universe is supporting me. I feel very supported and very guided and very led.

Chapter

Journey of Trust and Support

And as I've just been learning to open more and trust more, the whole, like, last two and a half years has been, like, complete journey of trust.

Trust. Trust. Trust.

Trust in yourself. Trust that you're supported. It's like, you know, that that scene over and over again in Indiana Jones where he steps off the cliff. And it's like, is there gonna be a step there? I sure hope so. Or there's a huge canyon, and it's been, like, one after another after another after another after another like that for about two and a half years.

So yeah. Falling off the cliff yet.

Now I'm here.

It keeps another stuff keeps coming up and meets me. Yeah. Some of the steps some of the canyons are really, really, really deep and others are shorter, but I've just been learning to trust.

So yeah. But it you know, sometimes it gets scary. And you're like, I don't know if I wanna do this again. Like, I don't know.

I wanna I don't wanna step off another cliff. Why am I being asked to do that again? That kind of thing. And that's the I think the there's a level of exhaustion there.

Right?

But I trust that it's all here for me and that this is what I signed up for on another level. So, yeah.

Yeah. I love that frame, and I'm starting to honor that exhaustion is also a sign that something needs to shift, some systemic pattern. I used to just ignore my exhaustion. Like, yeah.

I'll sleep when I'm dead. Like, it's tired is a conversation is what I used to say. Sleep is a conversation. But I, I've learned now, and I don't know if this is true for you.

I've learned that I've been prostituting my body.

Mhmm.

Making it do more and more and not treating it with reverence, like would be like enslaving my child to carry wood for the fireplace all day long.

And somehow I can see it when I do it to my child or the people, but I didn't realize I was exhaustion exhaustion, not tiredness. Exhaustion is an indication that I'm a chicken trying to hit a wall somewhere, and then I have to try something sideways or different now for me.

So I just wanna make sure your exhaustion, that signal isn't getting ignored.

Ignored. Yeah.

Part of it just comes from stress. There's a huge level of stress in general.

Yeah. And so I think that's part of it. And then sometimes it's just I don't sleep very well, and other times, I do sleep well. You know? But I do push my body, so there's that as well. Yeah.

I think once this divorce is final, and that's behind me, which is coming up hopefully in the next month or so, once we submit it, that you know?

Yeah.

But then there's the next and yeah. I mean I mean, stepping into your authentic voice and trying to show up in the world at the same time and stepping you know, overcoming your fears and doing what you wanna be doing here, that's that's a big stretch too.

Yeah. But this is the work. What you're doing right now, just being with the sensations and trying something new.

You said something just now that I wanted to pick up on.

Chapter **Understanding Parts Conflict**

Exhaustion after the divorce.

I just felt like there's, a thing you're waiting for. And then when that's here, then you'll be oh, stress. So stress comes my in my experience, stress comes from parts conflicts.

One thing's pushing, one thing's pulling, and it puts tension on the system.

So you don't have to we don't have to, like you have to tell us, like, well, I have stress over this issue this issue.

But everything you learned about parts conflict and resolution, we'll talk about it again here.

If you look underneath stress, it's two parts that are fighting.

And if they were to find collaboration and allyship, which takes, tracking of transcendent what are the values that are common to both?

Literally, like, putting your foot on the gas and the brake, and then I think it burns the car or something burns something out in the car. You keep doing that? Yeah. Maybe.

And then the other thing I learned from Brad Blanton in Radical Honesty is he said most stress comes from a piece of reality or truth that you are not expressing.

So he says lying. That's why he calls the book Radical Honesty. But he literally thinks that every time something's true and you don't share it, it gets retained in body, produces this tension of parts conflict, and turns into cancer and heart disease and back pain and whatever, all the things.

So scanning for the unspoken, the withholds, which is kinda what we just did with you here.

It's like, okay. Scanning for the unspoken, the withholds, which is kinda what we just did with you here. It's like, okay. Crawl a little bit. Like, you don't have to tell us

everything, but just a little bit. And I don't know if you feel any softer now from just having loving attention on your feelings.

Yours for starters, but also ours.

Yeah. No. Definitely. I feel I feel softer just by the allowance of the space to have me have a an authentic moment or two or three.

And and the invitation for truth, it's like, that actually makes me wanna cry because, you know, so much of the world doesn't wanna hear your truth, period. And that's something that's been, like, instilled in me since childhood. Right?

Like, nobody wants to hear the truth. Nobody wants to hear the truth because I I am a truth seer.

I see truth often, not always, clearly not in my in certain areas, but in others.

And I was just programmed to turn to to not to to not see what I saw, especially in relationship.

And so having a space where people actually want the truth and really want it. I can't tell you how many times in containers I've been, like, invited to be truthful and shared, like, like, something, and people were like, oh, that's just too much. That's too much emotion. That's just that's overwhelming. Or, you know, like, you're you know what I mean? Like, they they invite something, and then they're like, oh, but you are too much.

You're like, oh, I see. So you want it this much, but not the whole and so, yeah, that's a learning curve for me to be, you know, to find the spaces where where that's actually received and wanted, like that level of truth and honesty.

Yeah.

Yeah.

Chapter **Navigating Personal Truths**

And we know it's not the truth. It's your truth. And every time anyone here shares a piece of their own personal truth, it gives permission for everyone else to do so. So it's like who starts.

We can just, like, each inch it up, and, hopefully, your experience was more please. I don't wanna pressure. I definitely never wanna drag someone into it, so I'm very sensitive to that. And sometimes people need to be invited.

But I feel like the space we have right now has a a more crystalline beauty.

It feels more useful, feels more feminine, feels more alive, and, like, more magic can happen in it for all of us, including you, and I hope you feel that.

I do. I do feel that. There's definitely a change, especially well, I I don't know. I wasn't sure if it was a space or if it was just me, but I assume it's commingled.

Yeah.

But we're all empaths here. I kinda in the in the interview. So, we're cocreating the field. And so anything you're bringing to the field can be felt whether you know it or not. And and so when we say it, you know, when someone has to go to the

bathroom, but they're not saying they have to go to the bathroom, but then they're trying to pressure you to stop the car or to stop at the restaurant, and they're manipulating.

What's wrong? And then you realize, oh, they need to go pee, and that's why they're doing this crazy dance. And then it all makes sense, and it would work it works better when you just say the truth, and then they were like, okay. Stop.

Next stops. Or we pull to the side of the road, and you pee on the side of the road. Like, I I can feel that something's in the space. We can all feel it, and we can feel it in congruence.

And I I I love being able to have that congruence get congruent and congruence get congruent.

So Yeah. Thank you, Denise. Thanks for leading us there. And I get that it's been a lot, and we're gonna continuously hold each other through our a lot, whatever it is.

Thank you.

How are you doing, Kathy? Saw you popped in.

Hello.

I'm I'm doing well.

And, I had a I'll I'll do a share of an experience I had with Chris this weekend.

And it was it was just it was really supportive and and and so wow. Like, I I was left just to sort of explain to myself over and over, like, wow. What what an amazing experience to have in in the space of of our, intimate relationship. And I've I've just never experienced before. And so I I had a I was having a parts concert.

Chapter

Confronting Judgment and Acceptance

And, so it it's it's a it's about addictions.

And I I realized that I'm I'm attracting so many people who have substance addictions into their their life, and they're sharing a lot with me. And I'm I'm struggling with I still am, with judgment. I I'm I'm okay when I'm holding space for people, but I I know in my heart that I'm still being judgmental against substance addiction.

And I don't I don't wanna be there. I I would like to to get to the root of that.

And so I was having this like, the part of me that wanted to be open and accepting, and then the the more conditioned part that goes back such a long way being judgmental.

And and I was I was a little bit prickly, and uncomfortable to be around. And he was he's like he just asked. He was like, what's what's going on?

I'm I'm seeing this. And, oh, gosh. It was just, like, so pathetic to to just be witnessed and accepted and and not he didn't snipe at me. He he was he really wanted to help me see that I was I was a bit in a state.

And it, it it totally changed the whole tone, and I was, like, able to sort of come more into presence and and and own it. And, yeah. And so it just set me in a state of contemplation the next day, and I thanked him when I saw him again. I would thank you for for that interaction.

And and, yeah, I just I just feel like so grateful to be at this stage in my own personal development to to to have that experience, and to have drawn attracted a person like him who who could cocreate that, developmental opportunity with me.

And, were you surprised? Like, delighted and surprised or surprised because he's never done that before, and you're like, wow. There's a whole new level of support?

No. No. No. He's he's he has he's been good about that. I mean, and part of part of it is, like, he has addictions, and and so and he is wonderful, and they don't like, for for him, his habits are are, to help he he finds them helpful to him at this point.

Chapter

The Dance of Intimacy and Understanding

I mean, you know, it's nicotine. And and so we're doing the a dance. And, like, I'm like, I think I think I have attracted this to help me on my on being judgmental about what what does that addiction mean.

And and it's it's a real and so, you know, this this this is the the dance of of intimacy and getting to know someone very, very well and choosing and that because I am saying yes. I mean, this guy is the most self aware and grounded person man that I've met, romantically in my life. And and I I think that's the opportunity for me is to is to to really drill down on on on that judgmentalism.

Do you feel judgmental around his nicotine, or is it just for these other people that come to you?

No. It is it is it is his. Yeah. Yeah.

No. In fact, with other people who are a step away, I'm much more I'm much more, soft.

Yeah.

And judgmental yeah. Judgmental, it's a strange term, but it bothers you, you're saying. Because I dance on a crutch, which is a form of giving away your power.

Yep.

Because he had to ask the neighbor every time he made a decision. Neighbor, should I buy this car? Neighbors, he'd be like, man, get your power back. What are you asking the neighbor for? And we don't let our partners give their power away to a pattern or a habit or a compulsion or an addiction.

That's actually the only thing that triggers us is when they've stopped being a raw, unfurling, dynamic, magnificent human that you love, and they've been abducted by a habit, a pattern, a compulsion. Yeah. Now they're not our partner. They're like some puppet marionette on the top of some strings that are ancient moons.

And at the same time, I I yes. And but when I look at evidence, I'm like, do I see him be puppeted, and is his essence really changed?

And and it's not. Like, I I'm not getting any sort of negative feedback from it. And and I also like, my ex husband also was alcoholic and and addicted to cannabis.

And and so I've I've got that kind of still happening, but I I don't see any negative repercussions for me through his use of his vape.

So Okay.

So maybe it's you being a little bit at some event being puppeted by a wound driven pattern.

Chapter **Patterns of Judgment and Compassion**

Yes.

And every pattern you can see is an addiction. Like, you can call it a pattern. You can call it an addiction. They're the same thing. It's when you're no longer running the steering wheel of your life and you're being abducted by a habit or a wound driven mechanism from the past, and you're being puppeted.

The the pattern has you rather than you have it.

And so it's perfect to have the judgment come up. So here's what I would ask.

If someone, like your partner, but if some human being were to bump into your compulsion, whatever the compulsion is, the propensity to judge someone or a particular habit that you do that is has a beautiful innocent story that originated with some protective, I guess. Okay? So if someone in the world was to bump into your compulsive pattern, whatever it is, what would be your ideal magic wand dream framework feeling response that you'd want them to have in their mind in response?

Like, the worst would be, oh my god. That Kathy cute. I can't believe she bother. So big judgment, shamey thing. That's the worst. And what's the best?

Well, I suppose, like, what what he he did for me was that he, allowed me to have my thing, but also to to sort of just bring awareness to the to the transaction.

And it's yeah. And then, I guess, through because, ultimately, if I'm if I'm judging externally, then that's something I judge internally, and and therefore, it's an opportunity for more self awareness on that.

And Yeah.

But you're you're getting too acceptance. You're getting too advanced. I'm actually going way back. I'm saying, like, if someone saw Annie picking her finger, uh-uh.

I have a habit. I pick my nervous tic. So if someone sees Annie picking her fingers, they could go look at that nervous bitch. She don't know what she's doing.

Look at her. Like, they can have a whole judgment thing. But But if I can put my magic wand and my dream thing, the most loving thing they would say, it would be something like, oh, look at her. She's so committed to everyone having a great time, and she really wants things to go well for everyone.

She has some nervous, anxious energy because she feels like she's holding the space. And, like, she's got this little crazy where she dissipates where she, like, picks her fingers. Isn't that cute? She just needs a nice big hug.

That would be something like I don't know if it would be exactly that, but it'd be something like that where they that's their response to me. And I would be like,

yeah. That's all it is. Okay. So then what I do is I figure it out what would I most want someone to feel and think about me if they saw me doing a crazy.

So I load it up in my brain. I go, okay. So I copy back copy paste that to a clipboard in the sky once I load it up, and then I paste it down into me. So when I see someone, smoking, by the way, is one of my the one of the things that most I get because I smoking I'm allergic to smoking, and it makes it hard for me to breathe, and I have all the story about it.

But if I see someone smoking, if I can go, well, what would I want someone to do when they see me doing my little finger bitey crazy thing? And I grab that loving, benevolent story, and then I paste it into my heart. And then I go, oh, there's a person who's pulling out a cigarette and sound upwind from me, and I'm gonna be suffocating. And then I'm going into my judgment, and then I paste the, oh, that guy's suffering.

He's nervous.

Yeah. Yeah.

He had just got a phone call or text that's really stressful.

And he doesn't know how to cope, and he doesn't have any tools. And all he's got is a little cigarette crutch, and maybe I can move tables or ask him to move to another table because I'm allergic to smoke. I can do something, but it'll be laced with compassion and Yeah. Kind of caring. And I'm still gonna take care of myself, but I don't have to be like, fucker.

Why are you smoking?

Which is kinda what I used to do.

Yeah.

Yeah. So this is one of the tools I use, which is a heuristic for generating the ideal based on my own value set. So first, I go, what would I want them to meet my crazy with?

Then I grab that. If it's passed all the tests of it passes my values because it wouldn't have arrived as the solution. So when I have that, I go, Annie, do you wanna do your pattern and bitch about smoker, or do you wanna live into your values? If you wanna live into your values, here's what your dream solution would be, and then I paste it in.

And, usually, my relationship to the situation changes, and then we get to show up as a person that we like more. So I'm not trying to get rid of my judgment. I'm not even talking about my judgment. I'm not even thinking about my judgment. I'm just modeling what would be the dream service I would get if someone bumped into my crutch leaning behavior, and then I take it for myself.

Chapter

Cultivating Compassionate Responses

You can get a cleaner read on what's the appropriate thing to do if you do this thought experiment.

And that makes sense. I like it. And I think I actually do that. I mean, most of the time, I am kind of I'm looking at it with compassion.

In fact, at the time, I was in more of an internal situational tension.

Tension. Yeah. And it kind of you know, something squirted out sideways and and which is not my I I seldom do that, which I think is sort of and I loved how he like, he didn't just let it go. He's like, what what was that?

And, yeah. So I hear you, and I I love I love the idea of the doing as as you'd like done for you.

Yeah.

Yeah. Thank you. And the real compassion that I think is upstream from all of it is when you have to think, well, what I want per some person to do if they saw me doing my crazy, my brain's watching while I do that thought experiment. And then I can have less shame about my crazy, which is really the ninja spot. Yeah. We have a better behavior upgrade towards the other person, but to me, the magic of that is it forces my brain into seeing myself through compassionate eyes.

And that is what's upstream from all judgment.

So it's a form of self love smuggled in to how do I be compassionate for another person.

But that's beautiful.

I love that he's celebrating how much he he cares about the tiniest little flutter of discomfort that's going on and roots it out and hold space for you to have the epiphany.

I'm basically letting you brag on how much he loves you.

Yeah. Yeah.

Thank you, everyone.

Alright. Hi, Melissa. Good to see you, Shining. You look like you're summer beautiful.

It's my backyard.

There you go. That's the pool behind me?

It's a pool. Yeah. This is the one spot that has the lowest EMF in my entire, like, outdoor space.

So I'm, like, in the middle.

Right.

Yeah.

And, I'm first off, like, Kathy, that's just so beautiful how you're, like, so minutely just double clicking on on the details of your life. I just love it, and I just really appreciate everyone.

Gloria, I'm so happy for you.

And, Denise, thank you for sharing.

So yeah.

I am, like, like, on fire implementing as fast as I can, and I'm having a freaking fun, wonderful time. You know? And it's, it just feels like a hundred percent me. You know?

It's like me generated. You know? Like, like, I just know what the next thing to do is. I'm not I'm not, like, really, you know, I don't know.

I'm not even, like, asking opinion. That's kinda like, I just know, like, okay. This is the next thing that needs to be done. You know?

And it's just it's just fun.

I'm really like, I I just feel, what I'm working on is just so emergent and so important and, aligned, and, and it feels really, really great.

The life's work is culminating.

I'm sorry? Their life's work is culminating on the back of all that goddamn suffering.

I know.

I know. I know.

It feels really, really, really good.

Really, really, really fine.

And I wanna highlight for everyone just because it might sound like, okay. She's in action, and she knows exactly what to do, and the rest of us might not be there right now.

Chapter

Navigating Health Challenges and Boundaries

And that Melissa just to remind them, like, you weren't here for a long time where you were in the alchemy. And maybe if you could share, like, some key pivots or shifts or things that happened that allowed the shift to go from I'm not able to produce, I'm not able to produce to you can so that we can be on the lookout for them for ourselves.

Well, for me, so much of it like, Denise and I share a similar path. So much of it has been health related.

It's just been, like, a lack of capacity.

And also to I had a tremendous amount of hardship on, like, multiple different fronts happen all at once.

And I just overgave, and I just tanked myself out. And, and so, like, through being in Annie's world, I really you know?

In doing all my work, I really learned how to how to create healthy boundaries and how to shift dynamics, and how to stand for, like, my health and my life as being just as important as everybody else's.

And, and so I've I have been working on my health, as much as possible.

And, I mean, it's not perfect. You know?

I'm still, you know, I still have, you know, a lot, you know, I still have a lot of child health challenges, but, I know that there's a light at the end of the tunnel, and I know that this is just temporary. And, and, and my my vision is just really clear on what I wanna be doing. And, and I feel like the progression of how I wanna do it. And so now it's like it's more just like, okay.

How fast can I implement it? You know? And it's I mean, just, like, I'm just doing everything because I can. You know?

It's like like, I'm I'm coding. You know? I'm like I'm like doing all kinds of stuff where it's like, you know, oh, what fun, like, that I can, like, do all this back end. I mean, god bless, artificial intelligence, you know, that is like, okay.

I can just ask and I can just do it, and I don't have to, you know, ask for support on all these things that can, you know, really just do things, you know, pretty much on my own.

And so, yeah, it's just it's just fun.

It's something you said earlier. My life's as important as everyone else's, and I like, that to me is the pivot.

That was a huge moment, and I think you you remembered that that moment of, like, like, you know, declaration for me when that happened. And that was

absolutely huge because I literally, as a caregiver, had multiple people dying and or died at the same time.

Chapter

The Journey of Self-Sacrifice and Realization

And and, along with the move and along with a a a career dissolution and all kinds of crazy awful things happening all at once. And, and at that time, I mean, I really was in such a place of self sacrifice that I really didn't even blink an eye in thinking that your life matters more than mine, and it doesn't matter that I'm dying. It doesn't matter that I'm hurting. It doesn't matter that I have all my health issues. You know?

I was just, like, in pure self sacrifice mode and and loving it. I was, like, entranced by the by what it means to be an other. You know? I mean, there is a a beauty and a intoxication in in in, caring for other people.

But, Which is the avoidance of responsibility for your own dharmic community.

Yeah. Which is, like, the hardest thing ever to fulfill on your dharma, so I totally get it.

Yeah. Well, that's part of my dharma too. I mean, I I I am glad that I was able to do the things that I did for these other people.

But now I know that I can do it in a different way where I'm I'm not I'm not depleting my own resources.

So I'm still reclaiming my resources, you know, my my life force.

I know I still have limitations, but that's that's, you know, repairing itself as quickly as possible.

Yeah.

Thank you.

Who who else feels like my life matters as much as anyone else's has happened as a revelation or or aren't there yet. I just want like, who's got it? My life's as important as anyone else's. Okay. Denise is half there.

Who else? Okay. Lexia.

So, Denise, who's like I could I could use an upgrade on my life is as important as everyone else's. Okay. Lee, Denise. And okay. Laura, sort of. Maureen.

Okay.

Maureen, you do you wanna speak, or are you just saying yes?

Okay. Great. Okay. Okay. Okay. Well, that perfectly leads into, we're gonna talk about how to say no.

Well, let me just check. Is there anyone else who has something that's wanting to share it? Yeah. Yeah.

Lee, go for it.

When you're ready, you're able to unmute.

Can you hear me?

Yeah. Okay. Great.

I have two things. One kind of related to the group and then one related to my own life.

And in the group, and you're kind of talking about this towards the beginning.

I feel like like I want to get more and give more, to the group and to this experience and to, like, be implementing and growing, examining, those sort of things kind of as much as possible. And I feel both excited to to do that and a little bit hesitant and also kind of overwhelmed with other busyness in my other life. Like, I've often thought I've often gone and, like, started to write it as note in the in the WhatsApp and then just, like, I can't I just can't do it right now. I just something else pulls me away.

Or I maybe I feel like it's not quite right or something, and I'm like, oh, I'll work on it later. Or, so I would just be happy to do that. And at moments, I feel, like, quite resourced. Like, I could, like, help lead that charge.

And then other moments, I feel less, like, I have the kind of bandwidth to to be doing as much as I would like.

So, yeah. I just wanted to say that. I remember, you know, in just a number of things that we've talked about so far, and I'd love to explore some of them more.

What would that look like?

Yeah.

Yeah. That's a good question. Like, what what would that look like?

You can hold it and call it forward and have the vision.

Say say that again, Annie.

Just give us some examples of what would it look like if you were succeeding in doing that.

Like Oh, yeah.

Vision. I mean, it might be like something like, oh, I had a difficult situation, and I put it in the WhatsApp group, and then you guys were there for me. Or, like, I don't it could be I just put a text in the WhatsApp group, or I I put my hand up and I shared an issue.

Could we articulate it?

It goes from the abstract to the specific, and reality only happens in the specific.

Right. Yes. Well, I'm I'm gonna share something in a minute, so I'll do that part. And, I can sometimes I'm not sure exactly how to share in the WhatsApp group, and, like, I've been happy to support other people, in their sharing, and that's all their sharing has seemed good.

But and I've shared, like, a little, but not, like, very much. So, maybe I could just play around with that.

Yeah. I I you. What? Sometimes typing is laborious.

And so sometimes just, like, click on voice mail and be like, boy. Hey. I miss this client.

Nothing needs to fix, guys. I just wanted to share it with you. Like, believe it or not, we feel intimacy when you let us in on a moment of your life, whether it was, like, a yay or a what the fuck. We feel all I mean, hands up if you feel when people Yeah.

Share it. I I don't care if it's a yay or a what the fuck. I feel like, oh my god. In love, they care, and they they're bothering to make it transparent, and that breeds intimacy.

Yeah.

So it's And it could be a picture of a weird plant that you walked by on the way to work that you're like, what the hell is this?

Yeah. Okay. Well, I will practice various doing that in the WhatsApp group. And I also had the thought that it would be nice to, like, meet and practice or talk more about practicing or putting into practice some of the things, you know, if if this is kind of like the lead class, like a practice group.

Although then I look at my calendar, I'm like, I don't know when that would happen.

But, Same way. Maybe we can create that, a practice group where we'll practice that.

Where we, like, talk about the topics of the week and how we are implementing them or struggling to implement them or, or practice them, you know, what this would sound like from our own voices, kind of the the concept, that sort of thing.

Great.

Yeah. That's what I'm thinking. Or, you know, I had more reflections on like, for me, sometimes in the middle of the meeting like, the first meeting, I felt super embarrassed because we you had this question of, like, oh, what are you looking for in the group, and what are you most afraid of in groups of women? And I feel like I did, like, didn't even answer the thing at all. And, like, coming back to a topic and and, you know, just like, oh, I had more reflection on this, and I thought this or I thought that, and seeing what that spurs for ourselves or for others in the group.

And maybe there's something someone wants to work on in particular, but I'm I'm kind of thinking in that way, like, you know, workshopping Okay.

Things.

I was looking for more about that and see if there's desire for that in the group.

And, also, that's perfect for by the way, there's no statute of limitations on a question.

Like, right now, if Maureen was like, I have to talk about mother wound. Can we talk about mother wound?

It's not like it's done. I brought all those things up so we could continue to talk about them for the entire program. If someone's like, I just realized I have this issue with sisterhood. I know we already did that three classes ago, but, like, I'm having this gripe or this situation.

The reason I bring those up is because it's gonna be here the whole time.

Sister wound, mother wound. And if I don't talk about it, then we don't have any lingo about it, but nothing's done from the past. It's all open loops with an infinite invitation to continue questions around it.

So I just wanna give you permission. It's not like, oh, we already talked about motherhood.

Yeah. Yeah. It would be great to be able to do that. And I also know, like, this time, there's some openness, but you also probably like, you have a plan in some ways. And so, partially, like, I wanna explore kind of what's on my heart or in my mind or having con parts conflict about at this moment. But, you know, not having the insight that you have, I don't know if it's actually the best moment for that.

So Oh, no. Here here's how you know it's guys. Here's how you know.

It's coming up, and if it comes up twice, it's probably like, the first time, this is my way of doing it. If something I'm like, I should say this. I wait, especially if it's not got a moment. Like, there's no pregnant pause.

It has to haunt me three times for sure I'm gonna say it. Three times means the universe is banging on your door going talk, talk, talk. Twice, I'm like, okay. I think I should say it.

So I I'm offering that as, like, a heuristic.

Whatever the curriculum of this program is each of you having technology tools, emotional, internal, inner work, and external behavioral be work to actualize in your relational life, relation to self, relation to life, relation to partner or family, and your relationship to your work, your and your success financially in your dharma.

Chapter

Prioritizing Personal Experiences Over Curriculum

I don't have anything else to teach. Of course, I have shit I can talk about. And I'm I'm I've got fourteen million topics lined up that I could talk about.

But it's always second to what's alive in the space.

And I will drop all of that at the dime if someone's like, I'm having a breakdown with my child. My husband's driving me crazy. Like, that's how I think of it. So I never feel like I'm being interrupted because you feeling supported is way more important than some stock thing I gotta teach.

That's what I think makes Okay. Program different than other programs. Like, we've got a course material, and I gotta get through the material. And I've got that for when everyone's like, everything's hunky dory. I get what do you wanna talk about, Annie? And I'm like, alright. Let's talk about how to say no, how to transcend your victim patterns.

I have a million things that I can always bring in, and I always come with something.

But I surrender to the space. And so just I want you to know Lee and her whatever interrupting a class.

K.

Yeah.

Okay. Can can I bring up my thing then? Oh, can you hear me?

Mhmm.

Okay. I hear you.

So I I'm really stressed today because, I I put an offer on a house, and it got accepted in, like, a really short amount of time. I feel like I'm gonna cry right now.

And, like, I'm soup you guys are all excited. I'm, like, super scared and bothered, and I feel like the house is really beautiful, but it's gonna be, like, a big stretch. And I have, like, thoughts about, like, deserving having a beautiful house or being too, like, obnoxious having this beautiful house, or it's, like, on this, like, man made lake, It's smaller than my current house. So, like, oh, maybe it's too small or maybe it's, like, too nice or maybe it's, like, not nice enough or taken care of enough, and it's gonna be too much money.

And should I like, I already feel, like, kind of taxed and, like, trying to have all the time for all the things I wanna do now. So I'm trying to figure out, like, like, do I should I just, like I I don't actually feel like, oh, I get to rest so much. I'm just gonna ignore that. Like, I don't feel like, oh, I get to rest so much right now, but I feel like, like, buying another house would be so taxing.

I'm kind of scared. But I'm like, well, if I'm gonna be stressed at any house, I might as well be stressed at the house and look at the lake.

So, yeah. And I will rent. I, like, wanna rent my current house, and my girls, like, don't want to leave our house unless we can rent. Like, they're like, we don't wanna sell our current house. Like, and I feel that way too, and I have to fill out some form that, like, says some fake person's gonna rent it. I don't like that kind of whole vibe.

And, like, there are a lot of, like, things that, are stressing me a lot about it. Like that.

Well, one that's always been a complex inquiry. It sounds like you have a part that wants the house because you put an offer on it. So some part of you want the house, and some part of you is terrified and uncomfortable because it is something new. It is some kind of upper limits getting moved through.

It's also extra financial requirement.

So I can hear I'm hearing a few pieces on both sides. It's gorgeous. It's on a lake. It's much more beautiful.

Chapter

Exploring Internal Conflicts

It's decadent, fancier, it sounds like. And then there's some strain. It's not the house that your family's used to. And it's just new, and the unfamiliar code is unsafe.

So we can do a little parts conflict, but I think what I wanna hear first is like, it wasn't clear in your speaking. Is it, oh my god. I got the offer. I'm gonna take it, but I'm scared.

Or is it, oh my god. I got the offer. Maybe I should rescind. I might have made a mistake, and I'm unclear.

Or maybe you don't even know.

Or both.

Yeah. Like, sometimes I feel sometimes I feel one way, and sometimes I feel another. You know, I've had, like, five days.

Like, I didn't even know about this house ten days ago. I just found out about it.

So what made you put the offer? Something had you act very swiftly that I wanna trust. Tell me about the part of you that went, this house, money down offer.

Yeah. I haven't put the money down. I think, like, gathering the money because I have, like, multiple different accounts. Now I'm like, oh, I gotta get in the right account.

You gotta do all the blah blah blah. Right? And, well, I really love this area. It's right next to this, like, tennis club and has little, you know, you know, it's it's on the little lake.

It's like a little man made lake, but it have paddle boats and, you know, swimming couple swimming pools and tennis court and a gym, and we'd be like, right, like, we my kids can walk by themselves to it because it's so close.

You know?

And I've been looking I like this community that I lived there, I don't know, fifteen years ago, and so I always thought it would be great to live in that community where I could go to that clubhouse. I love that clubhouse.

And, so I've been looking kind of just casually. Whenever there's a house oh, is there any are there any houses over that area? Are there any houses over that area? And I've seen some, and I've been like, yeah.

No. I don't want that one. I don't want that one. And then this one came on the market.

And I went in, and I was like like, you walk in and it's open, and it's, like, not a huge house. It's, like, twenty two hundred square feet, but it's, like, open and you have beams and you see the water. And you go into the kitchen and the kitchen table's, like, right looking at the water.

And it's, like, it's called Sunset Villas. It's got this kind of, like, white with the tile roof look in the place, which I think is super cute.

And it's got, like, three bedrooms as opposed to my house. It's, like, five or six, and I don't even look in three of the bedrooms normally. You know? But it's like and my house is, like, kind of so it's hard to say. Like, it's kind of, like, nice ish style, fancy ish style, but it's, like, my husband's ex husband's style more than my style.

And I think it's super cool, but I'm also super scared. I feel like I have to make the decision, like, all alone. It is a big decision to be making, like, all alone. And, like, when I feel resourced, I feel like, yeah. I can do anything.

But, like, then I get sick, and I'm like, there's nobody other adult living here. And then I feel weak and not capable.

Yeah.

You know? Or, like, reliant on other people and feel scared. I feel scary.

Yeah. Thank you so much for bringing this up. Did anyone notice how Lee looked when she was talking about the house?

Like, her body so I just wanna reflect back to you that all of the sad and the scared literally evaporated when you started talking about the house.

Chapter

Emotional Reactions to the House Decision

And I'm, like, so sad right now.

I don't know.

Yeah. No one's gonna make you buy the house or not. We don't have an answer for you. We're gonna support you in getting more clarity. So I'm just gonna give you feedback data so you have the data in your configuration.

And you may not get the house. It's okay.

I just there's something about living around the lake that lit you so up that I think anything is possible if you live near a lake. And it might not be this house. It might be another house near a lake, but you definitely don't wanna live near a lake.

Okay. And, there's another piece.

The kids.

So you said the kids really like this house, but remember, you're the adult, and kids always want the same thing. Kids want familiarity and comfort. My daughter did not wanna go to school for the life of her. She she wanted to, and then she begged not to. And then literally, a week before he sent her to school, she begged me not to. And I was just like, okay. Let's just try it for a week, and if you don't like it, we'll leave.

I cannot get her out of the school. She wants to leave the last minute. She wants to be there ten minutes early. I've never seen her love anything more than the school. And if I'd listened to her, I woulda just gone with her whim rather than, like, some higher knowing. So, anyway, I just wanna remember that you're the decision maker, and your the kids are feeling into whatever you're congruent around, they're gonna get congruent around. They're very adaptable.

And I know you, in particular, but most women can't make a decision that isn't an edification for the entire system.

Women's desires upgrade not just their lives, but anyone who's in their system automatically. We we're almost incapable of making a decision that isn't making everyone else's life better.

So I just want you to remember that and trust that. And contrary, you don't have to micromanage that. The the hack for helping everyone in your family system get upgraded is to actually feel your desire.

Your desire is what the system wants. It comes through your desire when it's congruent.

We're not we're not quite congruent yet. So that's why I'm not, you know, I'm not attached to you getting this house.

But you mentioned that the kids could just walk down to the lake. I'm curious. Does that idea delight you, and does it delight them Them having access to the lake and whatever's available?

Yeah. It delights me. Like, I can imagine them, like, just walking over there, and they have, you know, like, pool and foosball, and they have, like, all these tennis courts, and they have the boats. They could go out on the, you know, with paddle boats with their friends. And that seems like could be something really great to do when you're, like, in junior high and high school and maybe sixth grade too.

And they could like have freedom while also being like you have to you have to check-in to go into this club. You can't just freely go in and out. So they could I could like let them go over there and they'd feel all free and away from me, you know, we get to do our own thing.

And they'd be, like, totally protected because they'd be in this, like, you know, club that is has the entrance monitored.

Tracking them.

Pardon?

I was tracking them that the boat is out and there's kids in it.

Yeah. Yeah.

Yeah. Yeah. But it is a little further from town, and, like, my older daughter especially has two friends in our neighborhood. And my my girls apparently really love the next door neighbor because they've been like, we're gonna have to move away from Cindy.

No. And she, like, has tea parties with them sometimes, and she, like, invites them to tea with little sandwiches, and it's very cute.

But we don't know what the other the new neighbors will be like. Like, it's not possible to get all of the information ahead of time.

Of what might come over with tea.

Pardon? Cindy might come over with her sandwiches for tea?

Yeah. Yeah. Yeah. How far is it from the current house? Are we talking ten minutes, fifteen minutes, half an hour?

Oh, yeah. Yeah. It's to drive is maybe five minutes.

Oh.

I think to bike is like, both the girls were like, this is gonna be further to bike to school because now they can bike to school.

And they could bike to school from there, but they would, like, have to be on more roads. Like, they can bike to school with very little roads from my current house. Like, I live I mean, where I live right now is pretty good. Like, it's next to a green belt and and parks, and, you know, like, I go for my walk there every day. You know, I

just walk out my house, and there's, like, you know, redwood trees and grass and paths. So it's pretty good.

Thank you.

Chapter

Reflections on Current Living Situation

I mean, the house feels like in my current house, like, I I feel like I didn't choose it for me, and I feel like there are, like, some memories in there that are, I mean, both wonderful because it's with my girls. And my girls are like, this is our house ever since we were born. We wanna stay.

But there's also, like, other memories for me in the house So this is a kind of reclamation of your autonomy and your independence and your unique individual life.

Yeah.

So there's something poignant and poetic about that proclamation. But your girls will not be able to track consciously, but energetically, the reinvention vibe is gonna be in the space. So just track that.

So instead of having to pick this house or that house, I think what I'd love for you to do, just close your eyes for a minute and just have a kind of meditative moment of breath and just ground your body, feel your feet on the ground, just soften your jaw.

And you have a lot of dreams that are coming through in your life.

You're a professional, you know, support of other people. You're building your business.

You have dreams that you're taking action around. This program is one of them. So I just want you to imagine yourself two years from now, highly functioning professional succeeding as a healer, a helper of human beings getting the freedom and the power that they want, however that looks. Just insert your successful profession in business there.

And in that state, I want you to look at what house she lives in.

It's like, just what house does she live in.

And it's okay whichever one it is or whatever it feels like. It's a feeling we're looking for.

What comes up?

I don't know why I'm, like, crying so much.

Okay.

I think you're you're I think you're differentiating right now. This isn't even about the house. I think you're graduating and differentiating from one part of your life to another.

You're pupating, like, in a chrysalis.

And when we're caterpillar soup, our identity is melted.

It's not just if I pick a house. Moving, death of a loved one, and, terminal illness.

Three biggest transformational vortexes that humans ever go through. Moving is up there.

So it's no small deal. It's up there with diagnosis and loss of a loved one. So I just wanna give you grace around grieving and mourning and the transformation. You're an a little mammal that's entertaining being ousted from her cubby hole that she's built life in.

Chapter **Navigating Change and Transformation**

It's very discombobulating to the body. And so let's give your permission to the tiers. And this isn't just enough moving. You are graduating into a new level of autonomy, and we're just honoring that process.

And I think it's developmentally useful for the girls to watch you do that.

Yeah.

Yeah. I feel like the lake house is, like, my future house.

I just don't know, like, I'm ready for it yet. I'm like, can I just stay home a little bit more and get some more sleep and get to study more and, like, finish this program and finish some other trainings I'm doing? And, like, I wanna have my, like,

nurturing time, and I feel like if I jump into that house, I'm, like, ahead of me, you know, kind of.

Like, I want to be there, but I'm like, can I, like, rejuvenate a little bit and and resource and do some of that first?

What I'm hearing can't that house.

Yeah.

But you'll you have a stress you have a narrative that's gonna be stressful and discombobulating to move.

I'm curious. Have you ever entertained? And I'm not saying you have to move into the house, but has it has have you ever entertained that the move could be easeful and fluid?

No.

Okay.

I know. I haven't moved a lot in my life, but there was, one time we moved while we were traveling in Europe.

And we were in Europe, and our assistant luckily, it was the same exact apartment. It was just ten floors up because our our lease had ran out. And so we had to hit the same apartment ten floors up, and they she moved us while we were gone. Everything just got moved.

And I know that's a simplistic it's not as big a deal, but the idea that we could come back and everything's moved in slightly different apartment, but that it could be useful and that actually someone could if you have enough support and you have the mindset around it that it could be useful, I think, really upgraded my schemata, and I just wanna offer it as a possibility that that that a move could be useful and that if you get support and you might have to hire some support, but it's a new experience than all the past moves you had before.

Just leaving an opening for it.

How does that feel? Like, if it could be an easeful I mean, obviously, there's gonna be some newness. But if you had support and it could be easeful and you have a short time frame while things are in boxes, like, within the first week, you have things recreated in your house.

How does that feel as a possibility?

That feels good. I mean, I like the idea of having help. I like the idea not even that scared of the boxes or the things, like, not that great of an interior decorator. So, you know, I just, but I'm scared of, like, the long term finances and running my house and, like, will I be able to make it work? And sometimes I'm, like, believing in me, and sometimes I'm believing in other things happening that will make it that possible.

One of the things my husband said years ago is he's there was two apartments we were gonna get, and I wanted the cheaper one because I'm Indian, and I why would you spend money on rent?

And he looked at me and he said, don't don't ever stop desiring things because your desire is the only reason I wanna work.

Like, if you want less, I'll produce less, and I'll make more less money. I'll be less ambitious. It's almost like he was sneaking the data to me.

The same situation, but I've also realized that's true for me. If if when I want more, I notice my capacity to produce, create value, and make money increases.

And that's how humans work. We're motivated by desire. So it's interesting, but to keep your desires always just beyond the edge of what you've conquered is what keeps you fulfilled in life.

Chapter **Creating an Inspired Life**

It's work. It's a small, tiny, little house that you don't have to worry about paying rent, but that life isn't one that's inspired.

I wanna remember, we're not just getting a house. We're trying to create a life that has Lee Harrington inspired, motivated, and harnessing her genius to create value so that she can create this life for her and her family. And that that mechanism is called triumphant humanity.

Just wanna remind you of that and that you've always found a way through. You're very good at problem solving.

We don't actually think of new ways to create value and money until a a desire comes up and go, shit. I wanna buy that car. I wanna buy that house, and then you get creative.

I'm surprised.

Oh, no.

It was a lot of trouble. I do too. Yeah.

If anyone else is not speaking.

So I also wanna point out that it's not just you chose you you put some money down on the house.

You your offer got accepted, which I'm gonna go woo woo here, but it means that the house wants to be with you too. There's it's a two way relationship.

Like, I have friends who is in Austin, and I just go court the house.

Dream and vision and romance the house that you want in your mind, and it will find you. And so whether you realize it or not, like, this house wants to marry you. So you don't have to marry it, but it does want you. And probably some kind of magic is being called for that can only be alchemized in that space. I'm not saying you have to pick it, but new space, new possibilities, new mindset, new thoughts, new epiphanies that then lead to new life, and just make sure you're weighing all that. It's not like you're gonna transfer this life into that house and have the same life. You're gonna be a new human.

And, really, what I wanna know is the version of human that could be in that house. Do you like her? Do you ins are you inspired by her?

Yeah. And you don't have to answer it, but that's the question.

So I'm just checking in. And, again, I'm not trying to force you into the house or out of the house, but I want you to be weighing all the different repercussions. I trust you're gonna make the right decision, but here's how I know the right decision will be true.

You you'll feel stretched somehow, and you'll feel relief, and you'll love your life and yourself more. That's how you know.

You like your life and yourself.

And and in any transition, there's always a transition where, like, it's awkward.

Chapter Navigating Transitions

That's why I want you to go through the transition all the way to the future and see is that future inspiring. The way I know what to do listen, guys. I buy clothes and things that I don't have the guts to wear. That's one of the things I do.

I buy something. I'm like, I would never wear this. That's too crazy. And then a year into it, I'm like, oh, fuck.

This is the moment.

And I think we should all buy clothes, situations, opportunities, friends, houses that are three to five years ahead of where we are because then they pull us in.

One of the ways you throw your hat over the fence, and I think you're just you know, you're grieving the transformational opportunity to grow up into who you're wanting to be, and it's it's bittersweet.

Anything coming up?

Yeah.

It feels go ahead.

Yeah.

I was saying anything you wanna say.

I related to a number of things you were saying, And I do feel scared, and I feel like it's who I wanna be, but I also feel, like, self conscious.

Like, what if I wanna have people over? And I'm like, oh, I don't want them to know I live in a lake because maybe they'll think I'm think I'm all that and obnoxious. And so I feel like there's these blinds on the outside you could, like, close. I'm like, maybe I had people over the first time I, like, close the blinds who can't see that I'm there's a lake there.

You know? I just and I feel scared. Am I gonna be able to pay for it? Is it gonna cause more some issue with my ex husband?

Because he'll be like, you have money. Give me some of your money. And and I'm super stressed if I'm even gonna be able to pay for it. So it's not that I have, like, too much money.

It's just so I feel stressed, and I was the worry about being out of rapport with other people, and I get that one.

When I were I Evan and I lived in the Gehry building in New York, which is such a fantastically beautiful architectural thing. People just wanna look at it. And that was the apartment that he took me aside, and I and I didn't want I I took a tour of it, and he and he said, what was wrong with it? Because he wasn't in town at the time.

And I go, it's it's this many thousand dollars a month. And he goes, okay. So who should be living in the apartment? Like, is there some lady that's living in Florida that's prettier than you, that's smarter than you, that she deserves it?

Like, who just tell me who you think should live in.

He made me think. He's like, is there some other person who's gonna do something better with it for her community, for her family, use it to have better breakthroughs and save the world better? And he's he literally gave me that to sit with it, and I I I racked my brain, And I thought of all the things that I could do in that place with family and my friend, and I I couldn't think of anyone else.

Chapter

Claiming Your Space

I wanna put it to you. You got these two girls that you love. You have a community. You have friends who got Cindy with her tea parties. Is there anyone that you can think of genuinely that will fucking milk the magic of that Lakeview more than you?

And and appreciate it and alchemize that into productive value for the people in your life, family, but also your clients, everyone you support.

Having a view out of your window, I don't I I didn't know it till I had one. It it revolutionizes your come from every single day.

And you are literally holding the hearts, and I don't know how many people and their families and their friends and your work.

And every single one of them is gonna feel that Lakeview through your upgrade.

And it's not about deserving.

What I realized is, oh, I'm gonna fucking share this. I'm gonna throw parties. It's gonna be at my place, and this is everyone's Lakeview. And I had someone discomfort when I first had my family over because no one in my family had ever lived in a place like this, and I could feel the dissonance.

But then I watched how much delight people they would run-in and go straight to the window because you could see the whole of New York. It was the best view in New York. Yeah. And their whole body lit up, and I was like, I'm the I am conveying delight.

There is nobody going, oh, who does she think she is? Because the energetic vibe I had is, like, welcome to your apartment.

Let's all play her. Look what I got for us. That's the vibe. Look what I got for us.

Yeah. Yeah.

And if you Yeah.

I felt that.

Mhmm. You could take that stance. Like, look what I got for all the people I love. Come over anytime. Sit on the Miranda.

This this space is for my community and the people I love. And when you say it and think it that way, they just want they they want you to have it even more because they get a piece of it. And so try on that you can flip it to who am I to have it to this was made for me because it's going to the repercussions will go the widest.

That's good.

And where you wanna come over.

Well, it's not that fancy. It's like a small man made lake, but it's still really nice when the sun goes down.

Water at your window is deeply, deeply serene.

Yeah.

So My other when you I loved everything you said in a lot of those things. I thought, like, like, I have a house that's actually bigger than this house, but, like, I don't feel like having people over to it. And I'm like, when with this house, I think, oh, like, I feel like I could I feel like entertaining again, which I used to, and I haven't for a while.

Entertaining means community and building a hub of sisters and having life force flowing through the house and having your daughters watch my mom be happy, my mom be alive, my mom be a community hub. Like, there's all kinds of imprints going through that that is priceless.

Chapter

Trusting Your Future Self

And, really, what I wanna say is the version of you that put that offer in, I wanna make sure she is well interviewed because I think she's from the future. She could be a Frady, Frady person. She could be a scared version of you that was being driven by a moment of fear. I don't know.

You check. But I trust the version of Lee that is motivated. If she's motivated by fear, I don't trust her. If she's channeled from the future and her intent is grounded, I trust her.

So that's what we're looking for.

And you might come back and say, you know what?

I put I put the offer down on the house because I was contracted and afraid and here and we'll all go, thank god you didn't get the house.

So it's really about what's the state of the nervous system, the version of you that put the offer at. Is it a clairvoyant wisdom from the future saying this is the place where you have your next upgrade chapter in life.

You reinvent your professional game, your motherhood game, your social community game. Or it could be, I'm afraid of something, and I'm clutching onto something to escape. I don't know.

But that's the inquiry. And we're gonna love you whichever one you come back with. I just wanna make sure you don't do it with a cerebral pro cons thing. That's not gonna give you the answer. You wanna try the version of Lee that lives in that house. What's the version of Lee that made the gesture to put the offer in?

Is she afraid or is she congruent and open and trust the one that has the most open branded nervous system?

Yeah?

Yeah. I think she was excited.

Excited.

But also Terrified.

Yes. And when you were like, is there anyone who's gonna, like, use a space more? Is there someone who, like, has more money or more beautiful or blah blah blah? Like, I I felt like I could say, like, yes.

Like, I could I I do feel like a a vibe with the house, like, when you said, like, the house wants you. Yes. Also, I felt like it's kind of embarrassing. Like, I felt like I used to be, like, attractive, and I feel like, well, I'm not attractive now.

I might as, like, live in an attractive place.

So there's, like, something attractive in my life.

Oh, so you find the house beautiful?

Yeah. Well, girl, if you're hanging around people and places that are beautiful, your relationship to yourself changes.

That house helps you feel more beautiful about yourself, which I think it might, instead of it supplementing. That's priceless in and of itself because I want your daughters to grow up feeling like their mom thinks she's beautiful.

And that's that's really important as a woman. And we're not just talking about looks. We're talking about, I feel like a beautiful human moving through space, how I think, how I feel, the choices I make. What would the most beautiful, extraordinary, emotionally brave woman in the world do around this house?

Figure out what that is for you. What would the most beautiful, courageous, emotionally brave woman in the world do? And then do that because that's who you wanna be so your daughters can be that woman. And they're watching.

Yeah.

So I know we didn't given you any answers, but, hopefully, you have some things to help you get to more clarity.

Thank you.

Yeah. Bringing it, Lee.

Thank you for taking the space for us to we all have a version of the house. Okay? All of us have something like the house. So I guarantee you, everybody got something from us. Dancing with the specific. You always get a universal.

And I'm proud of you. I'm proud of you for just being willing to shake your life up in this inquiry.

It shows that you're committed to growth.

Yeah.

Thank you.

Alright. Let's see.

Melissa says great movers are worth their weight in gold. Yes. Indeed.

Indeed.

Chapter **Addressing Victim Mentality**

Alright. We got ten minutes. Maybe I'll just do a quick, you know, what did we talk about? How to help a person let go of their victim story?

Well, their death grip. That was it. How do you let help a person who's got a death grip on a victim story?

Let me try and see the fastest I can do this one.

Who's unmuted? Is it me?

Oh, Julianne. I'm just gonna mute her. Okay.

So everyone who's got a victim story, if they're not holding their death grip on the victim story going, hi. I'm a victim, and I'm holding a victim story. That is not how it feels. What it feels like when you're holding on to a victim story is, hi.

I'm scared or angry, and this is my life jacket.

That's what it feels like. So when someone tries to pry that out of your hand or say, what's wrong with you? You're a victim. We just it's just completely confusing.

So I don't use the word victim. I don't use the word victim story. I don't even tell people that. When someone's victiming or what you might call victiming, what I see is a terrified human who's clutching for their life to something, And then I go, how do I help them feel safe? Because no one's gonna let go of the death grip on their life jacket if they think they're drowning. No human, not even you because we're not supposed to.

We're supposed to stay alive. And so there's something really sacred in that death grip on the victim story.

So I don't make it you know, this is obviously on a good day. Get me on a bad day with my husband, and believe me, I'm not doing any of this. This is all in theory.

Victim stories can come in two fashions. One is scaredy, anxious, poor me, you hurt me, which is kind of the classic one, and everyone notices that one. But victim story also addresses up as, hey, mofo. You screwed things up.

You have to fix it. It's blame, shame, anger, or, oh, I didn't do it. It wasn't me. How come everyone's hurting?

Why didn't do anything wrong? Innocent.

But I see the victim and the perpetrator as two sides of the same coin. They're just two facets of the same thing, and the same thing that's common to both is I'm not responsible for the situation. I did not cause it. I have no causal power in it.

It either happened to me or you out there made this thing happen. So anger is also giving power away to someone else to cause their anger. No one ever says, I'm angry. I caused it.

No one's to blame.

I'm just an angry person. No. Angry goes, I'm angry, finger pointy, shame, blame, usually. Sometimes people can do clean anger, but most people can't.

So anytime you see anger accompanied with a shame, blame, it means blame literally means you caused my anger. This is why the worst thing to say, well, I've heard I've heard it said that if you said that say this to a very angry person, the worst thing you can say to them to trigger them is to say, I'm not responsible for your anger because they really want you to be responsible for their anger. They can't take responsibility for the experience that they're having in their body, their state, so it has to go to blame cause out external. Does that make sense?

Chapter

Victim and Perpetrator Dynamics

So and then there's, I was just sitting here with myself, like, minding my business, drinking my tea, and then this person came in and did all these things, and then, of course, I defended myself. So there's that version. I'm screaming it. And sometimes you can't the flip flops, you can't even tell.

It goes victim, perpetrator.

But they're both it's like space time. They're just two facets of the same thing. And so what do you do when someone so I see them as the same. So I think it's very useful to understand that whatever you mean by victim or perpetrator, you start calling it. You trade in the word victim perpetrator for security human who doesn't know how to take back their power and be with their sensations. Like, that's what it actually is.

Does that make sense?

That why that is a better frame if you want power? I'm not saying it's more moral or altruistic. I don't even care about that. It's just more useful because the ideas that will occur to you of how to dance with that, what more will come if you have that frame.

Oh my god. There's a victim. There's a perpetrator. Oh, those are security people who are so terrified, and they've forgotten that they have technology.

And they don't know what to do, and they think they're drowning, and they're trying to clutch onto a life jacket.

Oh, they're being human. So what do we do in that moment to help them relax? We have to help shuttle safety to them. How do I shuttle some safety? Like a little raft under their feet so they can let go of the death grip on the life jacket.

So what's the fastest way to shuttle safety to someone else who's got a death grip on some victim perpetrator narrative?

Find a place in you that is tight, contracted, tense, ungrounded, and soften that.

The fastest way to get them to feel safe is to find where in you is not safe and bring safety to it, which I'm not saying is easy, but there is no faster way to get them to feel safe.

They won't trust anything you hand them unless you seem grounded and calm and safe.

They they will distrust it.

So you wouldn't take health advice from someone who's got zits all over their face. They're overweight, and they're eating potato chips and coughing of blood. Like, you you need congruence.

So that's the first thing. Hey, Michaeline. Did you wanna ask a question?

Hey.

Wait. I can't hear you, and we only got five more minutes.

Let's bring it.

Just a because it work in all situations. Even if you're dealing with, like, you know, somebody in the group has a parent that's a narcissist or people that are mentally ill or I know that the the opening up. Yeah.

You're talking to someone who's a narcissist or someone who's violent or criminal.

Chapter

Prioritizing Personal Safety

So what did I say? The first thing, the most important thing is to get yourself safe. And guess what? That might include getting your ass out of the conversation, getting your ass out of the room, leaving that job.

Your job, your I've been saying this forever. Your highest priority as a human being is to track your nervous system and go, what do you need to feel safe and go give it to your to yourself, which might mean food. You need to pee. You need to take a break.

You need to get out of time out out of this conversation.

And you won't know you need to leave the conversation to give yourself a breather if you're not tracking your nervous system. If you're only tracking they're upset, they're sad, they're angry, let me fix them, Elvis has left your building. You you don't even know what's going on in here. So you're definitely not tracking. So you're getting more and more unsafe.

Yep.

You left your tackles in arms with the crazy people.

So that's that's the piece. It includes removing yourself.

Your your highest priority is to shepherd this mammal creature into situations and out of situations in a way that helps them feel grounded and thriving. And I wanna give you two. You can't leave every conversation. Sorry. I feel unsafe. You'll never have a you can't even talk to the dentist office assistant because the credit card declined. You so I wanna build as you know, I wanna help you build technology for creating safety in your nervous system even when shit is hectic around you so that you can hold a wider and wider range of sensations.

Like, you can handle it when the plane cancels your flight, and you're not one of those crazy banshee people that are like, get me on the plane. My you know? You don't wanna be that person, and you need to know when you're hitting your limit, and that's the time where you leave the counter or leave the conversation because the lizard has taken over, and you're no longer a functioning adult human. So we gotta know while we're stretching our capacity to create safety, we're also keeping ourselves out of situations where we don't behave in ways that we're proud of. So that's the first thing.

And I got another call in two minutes here. So I'm gonna try and say, so okay. Great. Say say you've made yourself feel safe. Now what do I do with the other person?

Well, first of all, eighty percent of the time, they lose the death grip.

Eighty percent of the time, they will lose their death grip if you soften and congruentize your body.

And I know you think you're doing it, but if you have any, they should be doing something different going on inside of you. They should be saying, doing, acting,

feeling something different. You haven't fully done it, which is fine. I can't always do it.

Sometimes I have to leave the house for an hour before I can get back to you. Evan doesn't have to be any different. He can just be himself, and then I can be around it or not be around it or take care of myself. Like, until I get to, you don't need to be any different.

They can feel it, and they won't change. So as soon as you get to and I'm not saying it's easy. But as soon as you it took me took me twelve years, really, to get here. As soon as you get to, you're allowed to have your feelings and express them how you want, and I can remove myself from the situation, and I cannot be in the house, and and I can stop the conversation because I need to go take care of myself.

You're always allowed to do that. What happens is they start to, they loosen their death grip, but even if they keep the death grip. So now there's no one around to brandish their death grip.

Chapter

Attention and Coping Mechanisms

The death grip is usually an attempt to is a bid or an attempt to get something from you.

And what I do, it's usually an attempt to get my attention, the victim stance, or the you bad, wrong, and shame perpetrator stance. If someone's doing that to me, it's an attempt to get my attention.

And what I do when I see that everything I'm doing is not producing the results I want is I remove my attention. Now it's not to punish them. It's not fuck you. It's very different.

It's just, oh, my attention needs to go on me. I'm gonna go take care of me. I happen to be taking care of myself, and by taking care of myself, guess what happens? The attention leaves on them.

Guess what happens then? They have to cope.

They have to cope now with no one to hear their story about why it's someone else's fault that they're having a feeling. And over time, people learn to cope.

And when we don't give them the opportunity to cope, they never get better because we're enabling. Saving, rescuing. Yes. You're right. It was me. We're breeding the whole pattern.

In fact, if it's relational and your partner is constantly blaming or playing victim, you cocreated it with them. It's not about blame. It's just you cocreated with them, so you have to notice where you're collaborating with that pattern and then desist from that because you're playing a victim perpetrator. Usually, you know, if my husband's doing perpetrator move, I mean, I go into defensive.

So I literally play into the victim. But if I can breathe and regulate and come out of my victim and just own what's actually true, I notice his perpetrator comes down and he's like, it just changes the dynamic. It's a tango is what I'm saying. And maybe you're talking more in the theoretical out in the world with a client.

We could tackle that next time, but that's the initial moves I would give you around the. Hold on one sec. I'm just gonna check on my next call where they are at.

Okay. Is that making sense?

I don't wanna dive into any filigrees on that, but we can bring it put it in the WhatsApp chat, actually, if something feels like it's uncertain or doesn't make sense. But that question itself, how do I get that person to less lessen their death grip on their victim or perpetrator story? The question itself is an indicator of a place in us where we've got a death grip, and so you lead by example.

Now I have to go and do a lot of shit sometimes to get out of my death grip, my righteousness, my it should be this way, my you're wrong, my and I still have ones for ten years I haven't been able to let go of. Okay? I still have them.

So we take what we can handle in every moment. And, as always, the external reality is a holographic representation of what's happening in here.

Chapter **The Internal Journey of Change**

And so it's always an inside job, but you can't fix it by trying to change that piece of external reality.

It's kinda like the neo. There is no spoon. There is yeah. Spoon's in here.

So start start with your death grips. Where are your death grips? And can you just loosen them for a second?

Just for a second. See what happens.

You lead by example. Alright, my lovelies. I will see you next time.

