

Heart Coach Mistress Mind - Annie 7\_22\_25

Hello. Hello. Hi, Kathy.

Hi, Denise.

Got Melissa here, Julia. Great. I know some people are missing.

Who's gone? Carla.

Michaeline's doing some fancy meeting, but we'll just see what's going on here.

Alright.

How are you doing, Denise?

How's the saga?

The extrication saga, the liberation saga?

Been challenging this week.

You're picking your way out of the shell. That's how I see you.

Yeah. I I would say that the enmeshment, like, it still exists, and I keep trying you know, I keep doing the process and extracting.

And when I get to, like, an eight to a ten emotionally, I know it's not mine, and I do the whole thing, and then it just comes back and goes Oh, are you filling yourself in with your own life force?

So I try, but maybe not adequately because it just keeps and then, you know, I try that, like, I have to go storage, and I'm separating things out. And I'm putting up protection, and I'm clearing the space, and I clear myself afterwards and boom. Or he sends a message. So I think I'm too porous.

There's something going on where, like, he'll send a message, and he's being really kinda cruel right now. And Ugh. It just keeps hitting me. And there's like yeah.

There's so much grief and pain around it. Like, I don't understand why someone's being so cruel. Like, it doesn't I mean, it it, like, makes sense it's who he's been. But just, you know, kind of finally do the the final, like, sort of discard in this moment, it's just a whole another level.

Okay. So cruel. I can be so cruel and mean.

I want you to I wanna pull you out of the Oh, the victim consciousness.

No.

No. No. Not victim. No. No. No. It's to see it as he's doing it's like an epileptic seizure.

It's not a good one.

And to to be cruel, you kinda have to know what's good and what's mean and then and then pick. I don't think he has the option. Like, I literally think his developmental technology is they're playing with my toy. Let me grab it back.

And we have more sophisticated technologies to get the toy back, leave everyone's emotions intact, not cause a kerfuffle. Like, we got more tools. Right. And it's a developmental he's arrested developmentally.

That's what I socially. Antisocial personality disorder is what they call these patterns. And they call it antisocial personality disorder because they don't know how to socialize. They're missing the tech.

And so you're right to be extricating yourself from it, but I'm curious. So the first piece is how could someone be so mean, has built into it somehow that he has a choice or that he's trying to be mean to you? I don't I think you could have been there's no version of you that once he's pulled his investment out, people are just like, well, how do I you know, when someone gets fired from a job that on their way out or the last two weeks, they don't care anymore. They'll steal, like, the pens.

They'll it's that it's what's happening, and it's very standard human game. You can't see long term the repercussions, which these people are famous for. They can't see long term impact of their behavior, which is why they struggle with really long term friendships, communities because they can only think short term.

So that's one piece. He's not being mean. He's just having his Tourette's.

And then the other piece is where you're porous.

There's some way in which there's a collaboration for him to bother you, and I wonder if it's not him. I wonder if there's something he does that hooks into a historic ancient wound with parent dynamics that is getting triggered. And then the reason we don't wanna let go of the energy and unenmesh is because it complicates our attachment umbilical belonging plex, which is very low on the muscle's hierarchy. So that's what I'm curious about.

Well, it's interesting because it one of the one that the there's the there's the perceived cruelty. Right? But then there's also, like, the deeper like, just keeps pinging on a deep deep level, which is which I can feel him doing, which is like, when somebody doesn't wanna acknowledge that they're being cruel, they don't wanna acknowledge, like, what's actual what they're actually doing because there's there's literally shame. Oh, yay.

Shame. They turn it. They distort reality. They create a fictional narrative, and then they use that they'd rather hate you, and they project all this hatred at you because it's easier to feel than Yeah.

Of the shame of what they're actually doing or did.

And that that is the wounding point that seems to keep getting in in.

And so I know that's probably an older a much older ask about that.

Is it that your PR in his mind is getting undermined? Are you still protecting that, or is it your PR in your own mind because you're second guessing yourself?

Or is it some public slander?

Well, I don't know. I I public? I'm sure he's telling our mutual friends new stories. Right?

So there was, like there was every time he's, like, with her, he creates a new narrative. Right? So when the last time he was with her, after we tried to get back together and we spent six and a half months traveling and living together nonstop, like, really try and then we'd spent, like, the whole summer before, like, doing two to three hour Gottman rapid pores and really, like, what does safety mean to you? And I I invested so much back in this because I didn't know what I was dealing with.

So after this was, like, last May, we broke up.

And by August, he calls me and he goes, yeah. We never really got back together. And I was like, what? He's like, yeah.

You know, we never really got back together. That wasn't really back together. We never even had sex. And I was like, what?

Like, we traveled for six we, like was a it was a almost a year long thing, right, of reengagement in this dance because he literally spent the summer with her, and so his his reality.

And I was like, how can you it was so I didn't know he was with her. Right? I didn't know there was another woman, so I didn't understand what was coming.

And it was so devastating and so painful.

Eventually, he's like, oh, I talked to my therapist. And, yeah, I do remember that we had sex. And I was like, we were having, like, so much sex that I had to, like, reduce my HRT because I started to have a period when I've been in menopause for years. Right? So that's the reality and the true like, it was just so crazy and painful and hurtful. Like, I invested this whole almost year back into our relationship, and then he just wiped it away as if it didn't exist.

And I didn't understand that's because he was with this other woman who didn't want that to be reality, who he'd been telling, like, he hadn't seen me in seventeen months. He never talked to me except for about the divorce when, literally, we've been living and traveling together. Right? So So hold on. Let me ask.

If he'd had hit by a head, he fell in a boat and hit his head, and he got amnesia. K? I'm just gonna take it totally into he got amnesia, and he's like, I don't remember.

I don't remember that at all.

I just wanna differentiate that scenario from this one because it's the same outcome. Yeah. And one is to protect his PR and his delusion about his girl and safe face and all that.

And and one is just like, I'm gonna hit my head, and I don't remember any of this. And he's arguing. I don't remember what you're talking about.

Compare and contrast for me the pain around both. I wanna understand what amount is that he's forgetting. And revisionist memory, the way humans work is we create our own self deception in order to be congruent. So he's already drunk the Kool Aid.

Maybe if someone's really delved, they can help him see that it's squinting at data. But, like, for all intents and purposes, when he sits in his chair at home, he's just like, no. That didn't happen because it's congruent.

But what's the difference between amnesia dude and revisionist history?

I think amnesia dude, it's like he actually had a brain trauma, like something happened, and it literally erased his memory. And, yes, it's painful, but it's not that somebody doesn't have a self, and he literally morphs to whoever's in front of him, and which means he never really was with me. Like, that was just a facade. All of that. Okay.

So that's it. It's the it's everything backwards being called into question that feels like the ground under your feet being pulled.

It's like I was having this whole experience.

And and who the fuck was he? Who was he? I don't even know.

Yeah. Exactly.

You know?

Like This is the narcissistic wound.

Twenty years. Right? I feel like and so I can feel like, every time he sends me a message, he's just doing shitty asshole things. Right?

So every time he sends me a message, I feel the hatred pouring through. So he's literally switched into hatred mode. When, like, three weeks ago, he's like or four yeah. Like, four weeks ago, he was like, I'm so confused.

I don't know what I wanna do. I miss you. You know, maybe we'll after all of this, we'll get back together, and I'm not buying any of it. I'm not buying any of it.

Right?

Okay. So that's good.

Plain.

What allows you to not buy any of it, to be just like, this is just pantomime theater?

I well, because I I see too much. I mean, it does hurt. I'm not I'm not gonna lie. Like, it hurts when he does that.

You know? But there's no fucking way. Right? There's there's, like but there's also, like, a little piece of me.

So there's, like I would say it's, like, eighty five percent is really clear and, like, forward focused, but there's some little piece of me that's still injured and caught up in this trauma.

And when he comes in like that, it's still, like it still feeds and connects to that wounded part of me that wanted to believe or still wants to believe that that was true or that, like, that he did love me for twenty years. You know? It's like it's just it's really hard, and I'm just having this big like so, yeah, it's it's both, like, the lies, the you know, he and he's just doing shitty stuff. Like, you know, by the way, I'm changing all these accounts tomorrow, so you have to get in there and, like, do and I'm like, that's twenty four hours notice.

No. You can't do that. And he's like, well, it's required by the MSA. And I'm like, the MSA hasn't even been approved by court yet.

Like, you need to give me more notice before you start pulling credit cards off of accounts that are essential for, like, health insurance and whatnot. And I'm closing up the storage unit in two days, and you can't by, you know, by Thursday, and you can't go Wednesday or Thursday to get the remainder of your stuff out. But he's just doing really shitty things.

And I know it's not huge, but it's enough.

Yep.

That it's and it's such a role reversal of where he was, like, even just three weeks ago where he's like, oh, I know it's not loving to you or me. So, like, disengage from you and not be able to talk to you, but I really need to give this relationship a chance.

And I'm like, whatever. You do you. Right? But it's there's so there's, like, there's still some enmeshment in it. It's, like, so fucked up.

It really is. It's it's real. What I want you to get is the man who you were in love with and who you had this relationship with. It's not that it wasn't true or he didn't exist. It's you you took what his raw material is, which is what you're seeing, a chaotic, confused set of isms.

And you with your imagination, your commitment, your visioning, danced it into the level of partnership that you were able to have, which is the most you could do with only one person participate. So I want you to see that as you danced it into being any moments of poetry, it's not that he didn't love you or he wasn't there. It's you created that on your own with almost no support on his side. And that's a testament to what you can do when you believe in something even with suboptimal raw material.

That's true. Yeah.

Yeah? So it's not that he's not well, he's definitely not trustable in the way that you need, but there's nobody that he loves. Even this lady, and in particular, because he doesn't have a self. So the narcissistic wound and, again, I don't know if he's a narcissist, but I'm getting into shape, and anyone on the spectrum has a version of this. The wound is do you guys know the story of narcissist? So narcissist was in the mythological story. He's looking in the water, and he fell in love with his reflection, not himself.

Narcissist fell in love with his reflection, so he needs someone to tell him he's good. He's handsome. Then then then I they need someone to say, this is who you are. Oh my god.

You're so kind. Yeah. That's who I am. So they stay around people who see them as something that they like, which means they have to stay around people who can manufacture and generate poetry from nothing.

They hang out there until they aren't able to generate lies in the face of evidence, And then they have to see themselves do you know the story of Dorian Gray? Everyone know Dorian Gray? K. It's a it's a famous story about a very handsome man who had a very dark soul, and so a portrait was made of him.

And he he somehow, there was a deal where he would never age.

But in exchange for that, the portrait would take on all of his ugliness, his soul's. So he's this handsome, charming guy that stretched to the world, but who he actually is is displayed by the photo. The photo changes over time, and it becomes ugly and decrepit. And it's hidden away in a room, and no one can ever see it. But that's his soul's portrait. And, I mean, this is a this whole story was about this kind of character.

And oh, why did I tell you that?

God.

They don't know who they are. He can't he doesn't have a way to see himself authentically. If he could, if he had a mirror in his own mind, we can iterate. We go, oh, that trespass my values, so I don't wanna do that so that I don't do the thing.

But because he has no core, they're missing the core self. They only have a very fragile fake identity that's dependent on the reflections. And if they don't like the identity, they have to change the reflections. They find a new river to look at.

So once you start to realize that, you realize it's hard there is nothing to love you back, and there was nothing to love.

I mean, you did the best you could for another human. It was all this magnificent choreographed poet poem that you created from heartbreak.

And to me, that's spectacular humaning to create poetry out of heartbreak. What's happening now is you're unwilling to invest in that kind of poetry if the ROI has lost its utility. And so now you're pulling your energy your investment out, which is smart. But it but the story that, oh, it's all been a dupe. It's all been a lie.

You can hold that, or you can be like, I'm fucking James Cameron. I made Pandora. Like, I literally check what I made out of some programs.

And I just I would love for you to use that in your self esteem. And, like, if I can make that with that, imagine what I make when I actually have a real human with a core and a soul who stands for something privately.

Yeah? Yeah.

It's a gift that you have this, but the gift wasn't on a dial.

Right. It was just full tilt running all the time. I'll supplement. I'll I'll reframe everything that didn't make sense as an act of love.

And now you're you've got a titrated dial where you can dial up or down how much feels appropriate to reframe without abandoning yourself, and this is the developmental upgrade.

So that's one piece. I actually see it as a feat, an accomplishment.

And then the hook part, I go for eighty percent these days, Pareto principle, eighty twenty rule. I don't even go for a hundred. If I'm eighty percent good enough wife, good enough mom, eighty percent good enough teacher, I've stopped harassing myself into must get rid of every last hygienic molecule of crazy.

And I'm just going for eighty, and you're already at eighty five.

You can refine it over time, but you've done it. Like, for the most part, you aren't gonna hang around people like this. You don't, for the most part, get hooked. And the places where you do get hooked, where something comes in what I want you to do I don't know what you're doing in here, but you do the unenmeshing.

You fill your body with your own life force. I literally imagine the earth sending up a ground accord to you. The earth is sending up life force into your body to support you in your favorite color, and you're occupying the spaces so nothing can come back in. But in that moment, after you do that, to turn towards little Denise just metaphorically and be like, I'm someone that you can rely on.

I hold a truth frame, and I'm gonna keep a fixed point for you to feel safe. And I'm only gonna let you around people that may help you feel safe, and that's what I commit to you. So that the part that gets getting spooked has a refuge because she can't get it from him. Parent figure is not around.

There's a it's a young part that's going, is anybody here trustable?

Is there any grown up in the room?

And then the part of you that would soothe a little girl crying on a corner if you walked by her, that part, I turn her in on this little part, and I just make some commitments that I can keep and that resonate with my new value set and even commitments about how I let her interact with the person. Look. I'm not gonna let you pick up text from him anymore, or for the rest of the day, we're not gonna expose you to that. It's like a protective mama vibe.

I think if you because in that moment, what you're doing is picking up from your guardians, your attachment figures, wherever they might have run this game with you.

And we have to take the responsibility off from our parents to nourish our little one because they were imperfect, and then we do it.

We run the baton of love to the center of their our little kid's heart.

That's the only thing I can think that will close that loop.

The only other thing is to trace that fifteen percent and see, is it linking to mom and dad, and is there something there that we could that wants to be transcended?

I don't think this has to do with him. You're too cogent. You're too onto him.

This thing is got his name on it, but he's just like the front facing label on some ancient heartbreak.

There's something about, like, being lied about, having the truth distorted about me, and then using that to garner anger and aggression from others. So there was a dynamic in my family where I believe my mom triangulated me and my brother, and he felt okay unleashing his rage at me in this dynamic. So my mom's like, whether it was conscious or unconscious, jealousy competition with me, which she had, and she has narcissistic tendencies. I don't know if she's a narcissist.

And her desire to triangulate, I often felt, like, create like like, unsafe with really knowing it. And then, like, he was physically violent with me for years, like, kind of unchecked. And when I asked her to help me, you know, she was like, well, you probably deserve it. And nothing nothing nothing intervened until one day, he punched me in the face in front of her, and she he normally did it behind like, when he went when she wasn't there, he would beat me up and threatened to kill me, and I locked myself in the bathroom for hours and, like, no one came to help. And this is when I was twelve. And then when he punched me in the face, it's like part of her and said, that's not okay because he didn't normally do that kind of extreme violence in front of her, just behind her back. He turned on her, and he started threatening her.

And so she that's when she, like, finally did something and took us all to family therapy.

But there's this wounding of lack of safety because of everybody's distortion, feeding lies and manipulate do you know what I mean? So that that that was, like, the core fan. And I've like I said, I've over I I get along okay with my parents now. Like, I've learned to love them. I've I've healed so much of my past. Right?

And and now we have a different kind of relationship, but there's that wounding. And so there's this like, it doesn't help that they literally live to like, he like, she lives two blocks away from me.

And when I walk down to the beach, I can see his car out front. Right? So that doesn't help either in my psyche because then it's like, oh, I have to deal with and most of the time, honestly, it doesn't bother me. I can walk by and I'd be like, whatever.

They they're doing them. But when he's escalating and he's doing this kind of crazy and it's getting in here, then everything kinda just hurts. And I know he's telling his family, his friends, our our some of our mutual friends that are on his side, right, and and her, all kinds of crazy stories. And that gets into that because it's not true.

And it and any like, that's wounding. Like, when someone has a misconception of me that's so inaccurate, there's a deep pain wounding there, yeah, and fear.

I'm I'm I'm just feel heartbroken that a twelve year old had to go through that. Yeah.

I don't know what's going on with your mother. I don't know her pattern. But if the mother who gave you life, who's supposed to be the most protective of you, is not guarding your physical safety, I I'm not making a judgment or a moral claim about her, but for you as a girl, if mother doesn't protect my life, how will you get a reference experience to protect your life, to really honor your narrative, your feelings, your truth as sacred?

And the imprint, you know, the dynamic with our mother governs the dynamic we have towards our life and ourself. Yeah. And I can see now that you've had to bootstrap a dignity out of nothing.

And I'm just in awe of you, Denise.

Really proud of you.

It just really hurts right now. It's just really painful.

But thank you. Yeah. It's been a it's been a long journey. I've worked my ass off for decades to get to where I am, And I'm proud of myself, and I've never given up on myself. I've never stopped seeking answers for everything, for healing.

And I get why I chose him. Right? And I get not only was that my youth, right, and my my foundation of what relationship is, I'd already gone through, like, seven years of therapy when I met him to get even to that level. And there was something else I was gonna say there.

I just lost it. So, yeah, it was like oh, there was a there's my astrology. My astrology literally says, you will not be able to see the person that you love for who they are. So I know I set myself up on a soul journey to have this experience, to set myself up with my family, to choose a partner.

And and so because of that, you people that are not kind Hold on.

Let's take that astrology statement and get all their permutations. You will not be able to see the person you love for who they are.

Yeah.

So make sure you apply that to you. I will not be able to see Denise, who I love and I'm fucking guarding now, for who they are until you do.

No. I never thought about it that way.

Until you do see her.

And when you see her, then you will see them.

And you're you are starting to see her. You're standing for her. You're protecting her. You're putting her in environments and communities where she's rubbing up against the right kind of sanity.

And I don't know much about astrology, but I do know that anyone who's deriving information from the cosmos needs to hold an empowering stance about how they interpret the information. Yeah. Never doom you.

And it has to always leave room for probable realities and free will to find its way. And so as you see yourself for who you are, the reverence, the dignity, the deserving, and the worthiness.

Where you put yourself is gonna the quality of environment that you put yourself in, which is just like where you live, your community, what masterminds you're in, but then friends, romantic partner, all of that, That's how it shifts, and you're in process with that already.

So I I would love for you to let go of I'm doomed to not see No.

I don't. People.

Yeah. And that was, like, my it says it will lessen as you get older because you'll learn through experience. So the astrology is like, this is what you say. So I'm just putting that this, like, I clearly set this up as a soul journey in this lifetime, and I get that.

And and I wanna also acknowledge, like, that Alex is very high functioning, and he's incredibly intelligent, and he's phenomenally creative, and he's also a pathological liar. So he weaves through like, I've helped facilitate where he is in the world hugely, But now he actually has all the terminology and the vernacular to sound incredibly conscious because I've taken him to like, I think within our first year, I took him to high workshops of dating. Like, I took him to the Hendrix

weekend down in, like, San die or, I mean, Santa Barbara. Like, mean, our whole that that the relationship was constantly this, and he was always like, yeah.

Yeah. Yeah. So he's garnered all these tools, and he's like a master manipulator now with, like, oh, I've worked on my parts, and I'm so healed and integrated. And he reads he writes poetry, and and there's this there is this beauty that comes out of him, which is so confusing.

Like, he's art so artistic and and, like so there's this and and we had fun. There were times of, like, beautiful, fun experiences, and then there was always this shadow that would come in, and I'd never understood it, never integrated it. So I'm not saying you do know what mean? It's like it's not like I just chose some really horribly abusive partner.

Oh, no. I can tell he's a comp complex multidimensional being.

Yeah.

And all that fun you had and all the poetry you guys had in the relationship, none of that was fake. That experience was real.

No one can take away the experience, and you made your experience. I don't know what he was feeling on the other end, but you could see from the outside whether he was having fun, that's not fake either.

I'm I'm I'm suggesting to put that last piece since you you're curious about how it hooks you. I think that when you do the unenmeshing, don't don't just do it with him. Do it with him and your mom and your brother.

Okay.

So do it in one fell swoop. I do it with the key people like my daughter, my husband, my mom. I just have them kind of lingering because I don't know what what my stuff comes from. And then I go and everybody else. Any students, any clients, and I just kind of have a swath in the background. And so I'm pulling in my energy back from them.

I'm giving back theirs, including anyone I don't know of, but I would include your brother and your mom's energy that might be stuck in your space that gets triggered when he texts you. So I think our mind corrals all similar energies and dance partners, energetic dance partners together.

Yeah. And so I I can feel your conscious mind is like, I don't trust him, But there's a young part of you that needs to trust mom.

We'll always need to trust mom. Yeah. She's still waiting to trust mom, except mom's at the highest level of her development probably right now that she can get to. So you have to step

between mom, your actual mom, and your little girl, and you take care of your little girl because moms drop the ball.

Yeah.

I also wanna own like, after I got the autoimmune illness and I ended up going through three years of USM, like, got getting my master's in spiritual psychology.

And then I did, like, a year and a half of neuro rewiring to kind of eliminate symptoms and redirect my life. It was during that process that I realized this is really not serve this relationship isn't. So there's so that's when I really started to get more conscious. So in, like, twenty nineteen, I find, like because we were just fighting, and I kept inviting him and asking him to show up in these ways, and and he just refused to do it.

He never took responsibility or accountability for anything ever.

And then I actually said once, I'm doing these visions of my future to embed them and integrate them in my physiology, my neurology. Like, for an hour every day, was doing this.

And I was like, I'm really scared because I don't see you in my futures. And I want I want you in my future, but you're not showing up. And I know that that's not how you do it, but I didn't know how else to do it.

Oh, I think that's great how you did it.

And and that's the year that he found her because he was like, oh, my source is so I I created it all. I mean, I created the invitation in, and then I created the beginning of the separation. I just didn't know when to give up.

So Well, you gave up exactly at the earliest time you could given your toolkit, your facility, your resource.

Like, there is not a moment sooner you could have done it.

I really want us all to get this wherever we are in our development.

I used to be like, oh, if only I'd done this, and I could have done this. And then I realized, oh, I'm fantasizing a parallel reality that doesn't exist. It only serves the purpose of beating me up like I shoulda, coulda, woulda.

So however long it takes me to learn how to do something, which is ten times longer than the next person you know, all my friends have written a book, and I'm like, I'm ten years in, can't write a book. I'm in everyone else's book, but I can't write my own book. I used to beat myself up, and now I'm just like, there's no faster way I could write the book.

And I'm done shaming myself for a process that's organic, and it's it's a private relationship between me and the universe, all your projects, all your growth. And some parts grow fast and some parts take longer, and I don't I am not in the position to make it wrong.

Some flowers bloom once every five years.

Some flowers bloom every quarter, and they're not to be compared. They're a different game.

Yeah. It's hard sometimes. I'm pretty critical in that arena.

So you're pretty critical as in, like, you think it should have gone faster?

Oh, yeah. Oh, yeah.

I mean, I've softened on that because I know that's not part of the healing journey, and I I've been but there's times when I used to because it's not part of the healing journey, or you've softened it because you have shame about beating someone up for not running as fast as they should when they're running their fastest?

I think I've I've stopped it because I'm leaning more into really loving myself for who I am. So there's still a little, like, look at how old you are and look at how little you've accomplished in in this ex like, in certain arenas, which is not even accurate.

But I know that it's like that. I I just I've also just let it go, and and I keep turning to just loving me where I'm at.

And so it used to be really hard, and now it's like, I would say it's Okay.

Ten to twenty percent hard maybe. Is it so that softened a lot. Yeah. So I get it. The clearing things out, bringing my mom, my brother, and Alex, and doing that all at the same time. I because I'm not I didn't go back threading it back and then throwing myself with light.

From the earth, from some third source that is infinitely resourcing you.

Okay. There's no gap for anything to come back in.

And, also, because your mom is your mom, no matter how much you like it or not, you have to connect to her.

Another practice you can do is that we've done before is just find something that you got out of that relationship that you're proud of that you can wire in to replace the umbilical cord. I don't care if it's like she can cook or she know how to decorate it. It doesn't matter how trivial it is.

No. It's and it's also I'm I I look at my family right now, and I am so proud of myself because, like I said, I can't tell you how many therapists and people said, why haven't you cut them out? Like, why haven't you literally cut them out of your life? And I was like, there was something in me that wouldn't let me do that, and I've literally transformed that relationship.

And I feel like I'm in a different dimensional reality with them all, and I received the love that they do have for me. And those behavior dynamics have, like, softened and and changed so much.

So I know leading the dynamic now.

You're Yeah. Yeah. And I but that took, you know, a decade before.

Oh, yeah. You do reinvent a lot of physics, the family systems.

Yeah. But it's like now it's, like, actually very sweet and nourishing when we spend time together. And I but I always you know, I'm very conscious, and I leave when I need to.

And I but I take in what's there, and I'm very happy.

Take in what's there, the love from mom, maybe even brother, what you wanna do is grab that love that's current present time Yeah. And take it in and then give it to your little girl with their name footnoted.

Do you understand? So Yeah. Yeah. So She gets it, but in the format that is appropriate through you.

Okay.

You can footnote, you know, forty percent, fifty percent, what, sixty, whatever. You can footnote it. Hey. This is from mom, but I've massaged it and taken out all the poison and made it nice for you.

Yeah. Like, my mom literally two weeks ago was like, I am so proud of you, Denise. I can't believe you've been going through all of this and look at what you've created, and I'm and it was sincere. It came from, like, a really deep place in her.

And I was like, I was able to receive that and take it in. And I was like, wow. Because, literally, she said the same thing a year ago when we were back together, like, over a little over a year ago. And then afterwards, she literally stopped contact with me or very limited contact with me because we broke up.

She wasn't proud of me anymore. But now it's, like, come full circle again, and it's so yeah. And the brother, he does my brother's always deeply loved me, which just was always so confusing. He's always deeply, profoundly loved me.

We were best friends for years, and then he did this. And now he literally is, like, can't remember any of it. I was gonna take him to therapy. We I did go into joint therapy with him once in my twenties to try and, like, heal this, and he has no memory. And my therapist was like, just don't even go there. He's locked that off, and he won't access that. His who his who he sees himself is is not that.

Either that or some other being took him over. I don't know. It's like Do you know what I mean? Like, I I it's not accessible. Anyway, I've taken enough time.

Got it. Okay. So you got some new tricks. K?

Yeah. We'll check-in and see how that's moving along. But this piece about somehow would say something bad about you that this happened. I want you to flip it to look what I made. Look what I created out of, like, garbage.

Not garbage, but, like, you know It does.

Raw materials that were discarded.

I had to compost it really hard.

You're like one of those special diamonds that are made out of the ashes. I was dead by.

Alright. Thanks for that, Caitlin.

I see a JC. Good to see you, love.

You wanna take us into your life and give us a little update on what's happening with you?

Sure.

Yeah. I think a lot of what's been, like, in my mental real estate has been, like, my relationship to capacity. I think it's kind of, like, the theme the past season.

I think it's, like, when you when I'm transitioning into this more dharmic call, there's a lot of, like, excitement and energy around being a yes person and just wanting to, like, stack all the resources and all the events and all the connections and all the things. Uh-huh.

And, yeah, I think it's just been a bit of a a whirlwind literally creating space, and also space for processing and relationship nurturing, and it's just kind of the I I'm a deep end jumper. So, like, as soon as I'm, like, in, I'm all in, and I think I'm I'm learning a little bit about self compassion with the speed of which I'm I'm committing to things.

And so So your own upper limit to capacity in terms of when you're getting tired, burned out, overwhelmed, that's becoming a more and more important part of the equation of what works.

Totally. And it's I think it's, like, practically in terms of, like, where is my time and energy going? And it's also, like, it's because it feels so personal, there's even a higher level of perfectionism. Like, I usually have an incredibly high bar for myself, but I think that there's, like, an additional, like, layer of expectation around myself when I, like, launch new things or, you know, as I'm getting as I'm really fully letting some of this, like, move through the world, there's there are some additional, like, unseen elements that I'm not used to working with.

So in terms of, like, emotional capacity as well.

And, yeah, I think I'm trying to, like, metabolize, like, my experience in real time so that I can implement the learnings when I'm planning and, like, making commitments and deciding, like, launch timelines, and there's, like, a new program and a podcast. And so I'm I get really excited and, like, eager, and then then it's like it's like then the then the calendar, it's like you're you're watching the calendar go, and then you're living in the weeks of the like, you're stepping into the weeks of those commitments. And I'm like, oh, no. Like, I this doesn't feel easeful or, like, it's almost like I'm like, my my younger and ambitious self had had, I guess, divinely made decisions, but then it's it comes up to those weeks and I feel, like, pretty maxed.

And so I think I'm just like I feel kinda like a baby deer, you know, like, learning. Like, where's my strength? Like, what muscles do I need to condition? How do we, like, move through this new reality with grace? And also, like, use this, like, contraction that I'm feeling so that my future self next month, you know, as an example, doesn't feel the same level of weight.

And I think it's it's even more so important to me because, like, this is this is, like, a lifelong relationship that I want with this particular business and this particular contribution.

And so I'm also kind of, like, in it, but I'm also trying to zoom out and be like, how do I protect the relationship that I have with this With this project?

Yeah. Okay. So I just wanna make sure the relationship with the project is subordinate always to the relationship with you honoring your future self. Yep.

And I think that's what you're saying is your future self wants to be handed a set of, engagements, curriculum, calendar schedules that bring a systematized ease.

Yes. Yeah.

Yeah. Because there is your life is every day. There is no other part. This is this is your life.

So how are you handing life to your future self? Is your future self dreading and contracting or, like, flowing into it? Mhmm. And whenever the project or the goal or the outcome and the

relationship to that supersedes the primary relationship with your future self, it's almost like she gets envious of, like, jealous, envious of that other attention usurper, and it can undermine at some point, it undermines your efficacy.

Mhmm.

It's like a she has first dibs on your brain, and she can, like, look it up.

Mhmm.

So and I know I'm not doing this metaphorically. I literally mean we'll start dropping the ball and all these things that screw with the project.

And it's some part of our mind going, yeah. Who's important?

It's me.

Mhmm.

So I'm really glad you're attuned to your capacity.

And is there anything else you wanna share with us that's happening in your personal life? I know it's just a professional, but how are things in your heart?

Things are good. I think I just had, like, a I did, like, an IFS. I'm potentially collaborating with someone, so I did, like, an IFS session this morning, and it was mostly just around, like, visibility and kind of the same things that we chatted about when I first enrolled in this mastermind and kind of, like, the role that self judgment plays and, like I don't know. I think I'm I think I'm still kind of, like, marinating in that session.

And none of it was particularly new, but I think what I'm craving is, like, to no surprise, like, spaciousness. You know?

Like Even in your home life with your partner?

Oh, I would say, no. I think I think that's what I'm noticing in, like, my romantic relationship is the chemistry that we have when we're around different people.

Yeah.

We're very much, like, coliving. We're, like, gatherers. We love bringing people around. And, yeah, I'm just, like, enjoying different parts that gets that get, like, coaxed out, like, when we're in different friend groups. We're in Boulder right now staying with some friends.

And, yeah, I'm just noticing the different, like, layers and qualities that that come out of him. And so it's kind of it's kind of fun because it's like, I've you know, we've been together for four years, but then there'll be, like, little like, his humor will come out in a different way or even, like, his his ideas for, like, adventures are a little bit different. Like, he's very much a creature of his, like, environment, and I'm, like, a creature of, like, the humans around me.

And so it's it's been really You could see new parts of him in new context.

Yeah. Yeah. So it's really fun. I mean and the people that we're with here are very, like, nourishing in general and, like, intellectually stimulating.

I think I'm noticing maybe, like not that people in San Francisco aren't intellectually stimulating, but I don't think I have that, like, soul family there just yet or, like, the people that I've identified as being that. We don't have the repetition. So I'm just noticing that, like, when we're staying in close proximity with people, how, like, nourishing that feels, like, intellectually and Yeah. Energy like, I have more energy.

So, yeah, we always thrive when we're in Boulder. So it's Yeah.

Boulder, everyone tells I I've lived there for a little while, and I remember people saying, once you lose Boulder, you'll never leave. But a question, you said something about self judgment, and I just wanna remind you in all this that self judgment there's no such thing as self judgment from de novo.

So self judgment is internalized judgment of others. No child starts ever with any nothing's wrong until someone tells them. They can be a finger. Nothing's wrong. And so if you see self judgment as internalized judgment from other, it's useful to trace it down and just see, like, where its early imprints come from. And that is their energy in your space as a kind of enmeshment.

Mhmm.

So to the extent to which you can kinda do what Denise was talking about, unenmesh from that and get clear that someone else's program in your space. And not that they're wrong or bad, but it's it's a collaboration. They the program went into the air.

You picked it up to stay in rapport and communion. Mhmm. It took up space squatting in your psychic real estate, and then you forgot it was a squat.

Mhmm.

You think it's native to the land now, and I'm just reminding you that it isn't. And it's not that it's bad and wrong. It's just like someone else's suitcase that you picked up at the airport, and it's just not got your stuff in it.

So Mhmm.

Yeah.

That's helpful. Thank you. Yeah. I think the perfectionism in me is just, like, I think coming out in a lot of different layers this year, and I think sometimes I attach it to, like, why do I care about perfectionism? It's like, oh, because I judge myself. But I think that reminder is helpful.

Yeah. We judge ourselves, but also, I have a theory that perfectionism is an a way to infinitely mine a drug from all circumstances, the drug of shame.

So because nothing's perfect, and there's always, like, one here out of place, or you can infinitely you can clean Totally.

Floorboards with Q tips if you wanna go full tip OCD.

And so there's no end to the mining of little hits of shame, and it's the feeling of shame, like a hit, that keeps that is what we're dancing rapport with the family member, yep, in the family of origin.

So someone in the family might have run their shame over perfectionism or or some other thing, but you could feel the marination of their shame plex. And then in order to stay connected, you have to generate shame.

You could do it from overeating. You could do it from drinking alcohol. You could do it from being addicted, or you can do it from being a perfectionist. Like, you can find your brand, but it's the shame that's keeping you connected to someone in the family of origin.

That's a theory. And so you could just feel into, like, who ran shame, and can I connect in a way that's more designer? Like, at both they and you, what's another thing you could run? Like, I'm good at finances, or I'm a great writer, or I'm an funny extrovert in social spaces, and I learned that from my mom or my dad.

Just finding another way to be like them that isn't replicating, you have shame, I have shame. You wear a purple sweater, I wear a purple sweater. We're the same, which all kids do, and they all wanna be the same as a parent unconsciously. So we're trying to just make it conscious.

What's a way you could and if you wanna run shame, which, you know, that's one of my favorite drugs, I've learned to be ashamed of not noticing the eighty percent how good I did. So I was shaming myself for the twenty percent of nonperfect. Mhmm. That was great.

Gave me a lot of hits.

Oh, I speak that fluently. Yeah.

But if you've ever yeah. But you've but shaming yourself for not noticing how goddamn good that thing was. Yeah. There was a spelling error, and, yeah, you forgot to say something in front of the classroom. That was, like, an eighty five percent nailed it talk or whatever.

Mhmm.

That's what I've been practicing is feeling a shame of not giving props to the offering I did make.

Mhmm.

Is it just another way to get the shame, but ultimately does good for you instead of bad if you have to get a hit. Let's just get it from a new dealer.

Mhmm. Mhmm. Thank you. Could I ask, it's, a little it's detached from that kind of thread, but I I've just had a lot of conversations recently specifically with the masculine.

So the program that I'm launching is for men who who aren't necessarily feeling, like, urgency to find their partner for matchmaking, but they're Are or aren't. They're not feeling urgency. But the question is kind of around that because I've noticed a lot of conversations I've been in where men have been really, like, open and available to find their person, and they're like, I'm ready for my queen. You know?

But they're more but they're more or less a fair about it, where they're like, I'm just open for divine timing. And there's there's a part of me that wants to become more skillful at excavating if that is their truth or if there's fear.

Because, ultimately, I want I want everyone's internal truth and their judgment to to set their course. You know? And I don't wanna convince anybody that, like, they're they should put more attention or more focus on their romantic life. But I guess I haven't quite, like, fine tuned my ability to coach to see if there's something underneath it or if it's just, like, not their time yet. You know? Like, I I never wanna override someone else's truth, but I keep hearing it so much so that I'm like, I think there's either something, like, from a social perspective or there's there there's something I don't know.

My pattern recognition is, like, there's something here, but I'm not quite sure what my trust that.

I would trust the the pattern intuition is astute pattern recognition.

Mhmm.

And so what you wanna look for, a good first heuristic is thou doth protest too much. Like, anytime hi. My name's Annie, and I'm not looking for a partner. Hi.

Mhmm. That any anything that feels okay. Calm down. I hear you. That you don't have to tell them that, but that's your indicator that they're covering over a desire or need that they haven't gotten congruent yet with.

So that's the first thing.

Let me see how I do this.

Okay. So so I come from a a sort of evolutionary background, evolutionary biology. So I I know evolution is running for our brains or bodies. Like, literally, every time a man ejaculates, whether he's masturbating or making love, life is trying to persist.

Now it may end up in a condom, but evolution doesn't know that. Evolution is like, come on. Let's go. So I'm very clear that human beings have a propensity to mate and make children.

Now we're more sophisticated so we can co op that and create art and do all the other things, but it still is the creative evolutionary impulse to try and keep species going. And if this if these I'm saying this to you. This is not what you have to say to them, but I want you to load it up. Mhmm.

If they have a sex drive, something in them wants to make life.

And if they have a sex drive towards a romantic partner, say a woman, there's two ways men do the woman make dance. There's the short term mating dance.

Oh, I just met a girl while I was in Arizona for a conference, and she was hot, and we had a thing. And it's like, it is a different quality. It's like eating pizza in Times Square. It's it's one hit, one time.

It's a they're calibrating on something different. It's convenience and quickness, and it's, like, two dollars for pizza. And then there's the artisan restaurant in Brooklyn that builds its patronage, and that's long term dating style. Short term and long term, and I'm saying one's better than the other. That pizza in New York Times Square could just hit the spot, but it's a different game. And you wanna get the man to be differentiating between these two and being in an inquiry about whether he wants the long term dating experience, which, by the way, is his access to immortality.

So that let's just be clear about what a man is looking for in a mate. It's, yeah, I wanna be married and have a wife and have kids. He wants immortality.

And very powerful men who might contract you want to be big, want to live across space and time and beyond their death, whether it's in the form of art or children or both, legacy.

And if a man is going to have a legacy, you have to ask, do you want a legacy that you're proud of? So work legacy and then children legacy, and a child that doesn't have a focused devoted father, in collaborative dance with the mother and caring about the child produces a less effective child, which is less likely to create the kind of legacy that they can sign their name to. So all of that I tie together. So, it's not, are you open to finding a partner?

You can say that, but what you're meaning is, do you want to find the most extraordinary crucible for your own development and the incubator for your time capsule of immortality into the future, which is a mate?

So that is how you might start to ask questions to find out, do they want a legacy? Is part of their legacy to have created life, which is kind of the most extraordinary magic trick going in the universe, far cooler than building a company.

But, you know, they get their choice around that. And there's no way he's gonna reach for a mate if he hasn't got clearer that his life gets better, not not just for the progeny, but, like, your ability to make more money increases when you're in a loving, clever relationship, your longevity increases, your trustability and culture, your leadership skills, like, of it. Yep. So it's not, hey.

Come over here to the find a mate land. It's holding that in your system while you're inquiring about what they want in their future. If some point in the future, they wanna mate, they're like, yeah. Ten years from Great.

As soon as you know, yes. I want it. You know, I don't. And it's just off in the future.

Then what you're doing is preparing them for the Olympics.

And they can't prepare unless they're practicing mating dating and mating, the mating dance. And practice for that long game is long term mating, not short term mating. Because you never have to deal with your attachment issues or work through any of your shadow in the short term dating, which is why people stay there.

But who you become as a human is less triumphant if you're not honing it in relationships. So that's how I would offer, like, a buffet, all these developmental opportunities in service of their mortality and their legacy and longevity and more money, all the lined up agendas that they already have. And then since that's something you offer is the opportunity for them to find that long term partner. Look. You're not helping people find one hit one night stands. So that's what I'd have loaded up in my portfolio as I go into a conversation, and I'm listening for excessive I don't, you know, I don't need to find anyone or I'm it's it's not the time.

I would start digging in, like, when would be the time? What would have to be in place? What structures need to be in place? And you're helping them see what stories they have Because when's the best time to quit smoking? Right?

A year ago. And if you can't do that today, it's never better to quit smoking a year in the future. And so this is the most important decision they will ever make in their life, and that be really clear about it. You're helping them develop themselves into making the most important decision they will ever make in their entire life.

So let's practice making better and better decisions. And how do you practice that game unless you're engaged in it? But if you're only engaged in it as short term dating, you're not pulling your full developmental access point into it. So I don't know.

It's a big long machinery that I'm trying to describe, but they're talking to you. If someone's even talking to you, it's on their mind. For you to be in their life like, if someone calls me up, I'm playing with my wife. I want a divorce.

I'm like, they're calling me. They're not calling a lawyer.

I don't care what they say. Some part of them wants love, and some part of them wants true love because they wouldn't be calling me.

So the fact that someone's talking to you at all, I would hold as it's important to them. They're allocating time, energy, and resource. They're terrified of admitting that because then they have to, like, wallow around in their incompetence or their suboptimality in their own mind. And your job is help them feel safe as they on ramp them into feeling comfortable admitting that that's a dream.

And even if it's in the due future, we can still start practicing now, and let me show you how to do that. That's Mhmm. That making sense?

Yeah. Beautiful. Thank you.

Okay.

How are you doing, Kathy?

I I have a question.

Oh, Alexia. Go for it.

I didn't I just have a question to follow-up just to what you just said.

What if there's so much movement now not to have children? I I understand what you're saying about biological urges. I get that, that your subconscious, whatever your body is wanting to pro pro create. But what if they, like, really set on not wanting to procreate and that can care less about children and then the whole legacy was having a woman together with her doing stuff?

Yeah. So the creative force. So whether it's a child or a project or some kind of value create, that's what we're talking about. It's the creative force. And a relationship is a value manufacturing machine.

That's the point of coming together. They create more value for each other, more value for the world. And so, I mean, you're in the wrong class if you want me to look. I'm never gonna argue for going off on your own. I'm sure that's right for some people. It's just they don't end up in my circle because I'm I'm standing for relationship and true love.

And so I'm I'm talking about, like, the man that j Jacqueline would meet, for example, and he's like, I don't wanna have any children.

You go away from me with all these ideas.

But you're you're saying creative The last time I'm saying maybe, and then great.

But then do you wanna have a transformational crucible to actualize to your highest potential? And if he doesn't want any of that, then he can just be a playboy harem collector of women, which I don't I don't know I don't think JC's in that game.

So what I was giving her is a way to help the man see.

I don't know if most men even realize that the that immortality is what this game is about. As a lot of them are just running like mom and dad got married and had kids. People get married and have kids. I should have a girlfriend. I should have because it looks good at the party. I don't even know what they're thinking.

Mhmm.

Most women when they're dating are not going, alright. I am interviewing for the most valuable context for my family system to grow in, for my self esteem to flourish, a portal for my like, most people are just like, oh, he's cute and but that's what's happening.

So I'm just trying to take what's happening and bring it up to the conscious minds where you're you're you're running all the things that evolution is running unconsciously.

So for the man I don't know if I'm answering your question, Alexia, but I'm not trying to get them to have children, but I'm trying to ask them questions to see if immortality is important and what kind.

And then I'm trying to ask them questions about do they want a trampoline for their own growth and development? Do they want a sanctuary, which is what a partner is supposed to be?

So I'm gonna offer all these things in the brightest light because I'm combating a culture that talks about marriage and children like it's fucking burden.

Like, most people don't do good PR for relationships, marriage, and kids because they don't realize that when they're at the barbecue with their single friends, they are a role model that is doing a commercial for their life. And if they're bitching about their wife or their husband, how hard it is with the kids, then they're literally sending out a message that's inaccurate usually, that it's more work. The ROI isn't worth it, and they're not talking about all the delight and the moments of ecstasy and because people don't bitch about that. Most people in our culture, we don't have a culture that talks about how good things are. So it is a skewed commercial. So I'm trying to do counterbalance that.

But I'm not sure if I'm ask answering your question, Alexia. Ask it again if I'm missing it.

No. I I think I think that that that's helpful because that's not like, my experience has never been that it's cultural programming that man if anything, it talk about men and children and they're like, oh, or, like, getting married or being tied down. I've met mostly men who want to have legacy and they talk about like that, legacy. They talk about legacy, which which is echoing what you're saying. And I I think those men are emotionally mature. They have they have a concept of why they wanna marry somebody, but not everybody is.

No. But our job is to get them mature.

I mean, coaches, as leaders, as influencers, don't you wanna leave every person you interact with more conscious than you found them?

Yes. I do.

Yes. I'm not gonna go out of my way for it. Like, if it's I'm in Starbucks, maybe it's just one comment.

Depends on how much energy I have, but I'd rather leave them better than worse. And so I I wouldn't shame someone, but I might invite them into an inquiry.

So what is legacy? Guys, what is power? You've got these men, gotta make money, got the car, got the job, I look cool. What do you think all these peacock feathers are for?

The men have forgotten. It's to attract the highest goddamn quality female.

And once and if you can get that, the that is the reason power money status is being pursued by men. But they sometimes get not just men, women too, but, like, we get so stuck on the must get more power money status that we forgot the whole reason.

It's to create a context for our life that's actualized, to become immortal, to to explore and experience the highest game the human condition offers, which is intimacy between you and another person. So I just have to kind of lovingly bitch slap them, the men, to wake them up to why they want riches. Why do you want a bank account so you can afford a queen?

I mean, afford to create a life fit for a queen.

And you're never gonna feel like a king until there's a queen across from you, I don't think.

Maybe you'll feel like a monk.

I think they'd rather be a king.

Yeah?

Okay.

Melissa, you have some think of. Yeah.

Just a quiet time, this is a good time for me to speak.

I and I'm just having a difficult time with his ups and downs. You know?

It's partner?

Yeah. He can just it's like like I I just I you know, I I always have to pay attention to the moon cycle. I have to pay attention to, you know, if he's, like, a you know, it's like I'm I I always have to be on this high alert that I never know when he's just gonna go into kind of like a crazy. And and and it's hard because he'll do he'll just go into these, you know, making accusations that just are so, like, ridiculous.

And you you're not falling for them. They're just inconvenient.

Calling me names, you know, giving me ultimatums.

You know? And and it's and it's exhausting because, you know, it's like, I I just like, I have to ride the wave every time. And and and, you know, I'm doing everything on my and I know that this is how he's wired, and I know exactly why I chose him and all of that. I get it.

But, you know, even fifteen years ago, you know, I said, like, you know, we can't do it this way. Like, you know, if ever we were to break up, I you know, it's like, I just wanna have calm conversations about how we do that, you know, and do it with love and and all of that, not this, like, you know, this kind of crazy spiral that he goes into. And I I know it's who he is, and I I I know it's his wiring.

And I'm doing my best on my end to help him learn how to regulate so he doesn't do this, and he is. He's getting better.

You know, he's coming back to center quicker and quicker, but still You're just going through a tough spot right now.

You know? And I and I just don't have the time and the bandwidth for it. I've got I've got, like, such a full plate. I'm I'm I am the leader of the system.

I'm the one that needs to get all this stuff done, and I need to get it done, like, like, smoothly. And and then to just keep getting this wrench put in that just makes it, like, that much harder.

I think, to me, it's that that betrayal of, you know, one minute to be so, like, with me and then the next minute to completely turn on me. And I just and it's like, I never know when that's gonna happen, and it's fucking exhausting.

Is he in it today in particular?

Yeah. Are you able to take your own space, take your attention away from the dynamic?

You know, I mean, again, I I ride through it and stuff.

It's just But I don't mean ride through it. I mean, can you actually read correctly?

You know? And and with, like, clear communication and with grace and, you know, and, again, his ups and downs are just so extreme. And I I know it's it's it's his wiring. It's I can't blame him for for that. He's doing the best he can.

And, you know, when he gets scared and other other factors, he you know, it's like his mind just goes nuts.

And I know you can't I know you're not blaming him, and I know you understand it's part of this package you're in.

And I wanna make sure that you scoop up Melissa and put her somewhere like a good caretaker physically and emotionally while he does his seizure.

Whatever the seizure is, your attention the reason it's exhausting is because you keep you putting your attention. He probably wants it too.

That's part of what the seizure is about is getting attention.

Right.

And it's not that you are punishing, but you have to take your attention back and put it on her, and it can feel like abandoning, betrayal. It might make him rise up and get more angry.

But that is the developmental move is to keep to make sure she is cared for, however that means. Physical separation, going for a walk, leaving for a day. I don't know what it looks like, but I just wanna give you permission.

It might not look like that would make it better, and it's counterintuitive, and it might make it worse at the beginning. But once they lose attention completely, not that you're punishing them, you're just taking your attention putting on yourself, they are forced to do a different dance move because that one's not working. So, like, training the animal in them by removing the currency. So they have to find another way to go find it.

And anything is better than the one they're doing. So self care ends up being a carving mechanism for them to have to become more behaviorally flexible. Does that make sense?

Yeah. Yeah.

And I again, I'm I'm doing it, and at the same time, it's still this, you know, banging noise that is it's hard to What would you want right now if you could just magic wand it?

Let's just fantasize together so we can see.

To live in the forest, the same thing I've been saying for five years.

To live in the forest on your own in a place that's EMF free. It's got everything that you need.

Yeah.

I wouldn't even mind him being there, but he's just so metro That I I you know, I I can't see him living that kind of a life.

We're just different.

And he's coping with the fact that I'm I'm individuated, and I'm training him to be individuated, and that scares the pants off of him. He doesn't want that.

His so he's a some part of him doesn't want that. Some part of him does, though. And even if it's a little tendrill, it's one place to be in a pore with that. It's like, oh.

It's that narcissist in it that wants, you know, something to be with him when he's hanging out with his family. And I'm like, you know, I've got, know, you guys are my family.

He's got his family, and and that works well for me. So anyway.

What would be most supportive today in whatever dance pattern you are with him? Like, do you want us to remind you that this is ephemeral and temporary, and you're gonna find your footing soon?

Do you want us to support you in holding a vision of your forest home?

Do you want us to remind you that you've taken chaos and turned it into poetry in this relationship?

And he's such a wonderful human as a result of our relationship, And I really proud of that.

Proud of what I what I've accomplished.

How long do these fits last? Is this, like, an all day thing? It's been going for two days. Does he come out in a couple days?

It happened in the middle of the night, and it can it's usually a day to three days. It, it used to be sometimes longer, but, he's a lot better now.

So a day to three days, do you take your space, or do you have to interact with him all through the day?

Yeah. I take my space, and I I communicate at appropriate times.

I I I did learn, like, you know, definitely don't try to cuddle when he's, you know, in that kind of space. Give him lots of space so that he, you know, can kind of let off his team on his own.

Is there any move that you wish you could do different but you feel terrified to do? Just trying to see if there's, like, a new move.

There's just a a lot that I can't do right now. You know, the thing is that we've got a lot of different steps that we need to do. I'm I'm working on a lot of different transition things right now.

And and so I'm, you know, I'm trying to coordinate everything and just hold the fort and manage everything the best that I can. And and it's hard. I I mean, like, right now, I feel like, health wise, I have to financially spend a lot to try to get myself better, and I just have to wait.

And and that feels helpless.

And he doesn't really comprehend the severity of my health. And so I've got that struggle going on.

Did they give you pushback on spending on your health? Is there tension around that?

Yeah. The way they know the severity is by how much you stand in a grounded, tenacious way. I've realized that's the only way they learn it. They'll never understand it.

My husband still doesn't understand why some things some particular things are important to me. He's just learned, oh, that's just something that she really needs. And I've stood for it long enough now that he just has coped, but I don't know if they'll ever understand it. They just like, I don't understand why he does certain things and needs to buy certain things.

And I've just gone, oh, nine out of ten important for him. No fucking clue why. He stands for it. Like, his life depends on it, and so I'm just gonna honor it.

So just making sure you're let go of being understood. I know that sounds kinda depressing to everyone, but I become so free when I let go of being needed to be understood by others. But what I haven't let go of is really deeply trying to understand myself. And as I've done that, I need less from my partner.

So do you feel guilt, shame, and discomfort for taking resource to support your well-being? Do you have any?

Yeah. Why?

What should the money be spent on?

What's the more important thing in the system?

And that's where all of this hurts so much is, you know, I literally gave him all my life for so for the last ten years, And now he's health wise doing better than ever, and the one suffering. And his didn't really I mean, it cost my my life force, but as far as finances, it wasn't so expensive. You know, Medicare covered it.

Mine's different. You know, there's no health insurance that covers the the treatments that I need.

And and so And it might feel painful to think that he's seeing it as a waste of money or not necessary or frivolous.

Well, when he gets scared, he gets angry. So as opposed to, like, when I share with him you know, and I didn't even share with him my health stuff because I realized he doesn't understand it. But when I finally do share it with him, his response is to get angry because he's scared.

And it's like, that's kinda, like, the last thing that I need is to be defending myself and dealing with an angry person, you know, as I'm sharing bad news with them.

So, you know, just that that lack of, support.

But I wanna know privately, do you think allocating the family resources, and it belongs to both of you, towards your health and well-being that there's some other place that would be better put?

You don't want to serve it. Of course, you do.

And he even knows that. He just doesn't know how to cope with the fear of, like, you're sick and, oh, some story about maybe the money's maybe he has a quiver around his financial state, but he's gonna pick up from you the congruence or non congruence.

He picks up. He if he can hear a wobble, Like, oh, I have to buy this thing. Any kind of wobble, that wobble turns from a tiny millimeter into a big reverberation. And then he's like, well, why are we spending this? Or why are like, angry or scared.

And so I wanna help get that wobble congrewed in you privately.

There is nothing else more important than your health, absolutely nothing. And if you believe a particular treatment is what's gonna help you, then it's the it's what's gonna help even if it's placebo.

I'm not saying it's placebo, but I'm saying even if it was.

And I believe there is a part of his spirit that cannot know what you need to feel healthy and safe unless you stand for it without a wobble.

He's checking.

And I'm just trying to remind you that there's nothing more important to him or to you, but he's just forgotten how to be aligned with that.

So I'm just trying to remind you that he wants you to be healthy and alive and safe and flourishing. He really wants that.

He doesn't know what it takes. He thinks it should take less because he doesn't understand what it takes for you, but you know what it takes.

And this is the last bit of you standing for yourself because you've mapped so much of it. But doing things that nourish you that are physically, emotionally, and financially inconvenient for him is the next bastion of mapping. Like, that's the next place to map without guilt.

You're not buying Prada dresses.

Yeah. So I just wanna remind you, like, fine if that's what he was bitching about. Right.

There's no purses. There's no nothing. Right? I know.

I don't think I there I don't know what better thing his financial resource could go towards, the system's resource. I just don't can't think of anything. And he'd know that's true if it was his. If he was feeling what you were feeling health wise, privately, and he needed those things, you know he wouldn't bat an eyelid to get that done.

Exactly.

So just segue that over. He just can't see it.

I can't tell that it's so important that my daughter get this one swimsuit to go with her friends to the point where I had to go to order something overnight so it could be there. And my I'm like, why is she bothering with all this? I don't get it. But I just saw in her resoluteness.

She was just like, mom, I have to have it. It's the only bathing suit that I can wear. And I was just like, okay. She's fucking not wobbling on that one, and I could see.

Like, it didn't that was so important, and I was just like, I do not understand why this bathing suit issue is a thing, but I'm taking a hit off of her congruence, and I'm gonna do whatever it takes to get that bathing suit.

But if she was, like, wiffly, okay. Well, we don't have to, but I kinda and I'm just like, well, fuck it. Don't can't be bothered. And why are you bothering me?

And so we get what we stand for, and that's how we communicate to the world what's not important to us.

And I'm just here. We're all here reminding you that there there's zero incongruence around this being the most important thing to invest in, whatever it is.

So just know we're standing beside you when you speak about it. You don't need to have his, yeah. Yeah. You're right. You won't get that.

You just have to have it in here, and then he's gonna smell. It's not flexing.

And that's when someone it goes from ninety nine percent to a hundred, and they just go, oh, okay. Well, I have to accommodate now. There's, like, some part in the person that can smell. My daughter can smell when there's a wobble, and then she'll harass me. But if there's a resoluteness, she's just like, oh, I'm not gonna bother mom right now. She has to do something.

So I I am standing for your resoluteness.

Give him two days to shutter out his terrors, and it's not your job to make him feel safe.

It is your job to make you feel safe, though.

Is there any single thing that would make you feel safe that we could give you or we could support you in getting for yourself that doesn't involve him?

I'm just happy to share this, and I'm I'm I'm grateful for Denise to share because, you know, there's just a lot of parallels in our upbringing. And I mean, of course, it's different, but the same. And so that felt nourishing, that conversation as well. Just wanted to know that to me.

And and, yeah, I I appreciate you guys. I and I, you know, I know another thing for him is he's just he's just feeling so vulnerable, you know, in in so many ways. I mean, I really am the leader of the family system. I am the one that needs to make all these decisions and do all these different things.

And and he, you know, he feels, you know, terror.

You know? It's just terror that's he's shuddering out that I'm just tired.

Yeah. I get that you're tired. It makes sense that you're exhausted.

I'm glad you're giving space for Melissa to have a reprieve from being around his shutters.

Take as much space as you need.

Weekend.

What?

I'm gonna have a great weekend.

Oh, yeah. You're coming to Omega.

Gloria and Melissa are gonna be at Omega Institute.

We're gonna hug you.

Milton Erickson once was trying to help a woman who was this is an old story I heard who's afraid of penises. Like, she just had a terror. Mhmm. And he and she couldn't have sexual relationships. She couldn't find a partnership.

And he helped I think she'd had some sexual abuse. He helped her flip her terror into finding a vicious pleasure in controlling and taming the the penis. He's big and small. And he was able to I just when you were talking, I was thinking, like, how could we get Melissa to take a vicious pleasure in implementing her health regime with his resource because he's just fucking angry and shuttering his crazy all out. And the only way to rebalance the system is for you to shuttle resources into your aliveness. Just there's some cosmic symmetry about it.

And the more he grumbles, the more you get what you need. That's I was just seeing a kind of machine if you could switch it into I know typical wives be like, oh, you're gonna yell at me? I'm buy I'm going shopping. Right?

But yours is different. You're not shopping for clothes. But I like the idea of you taking resource from the system to nourish your aliveness to compensate for the lack of aliveness that happens in your interactions. I feel like there's some cosmic symmetry there.

So take a vicious pleasure in getting what you need.

Yeah. Don't be too kind.

Well, I but but we all have and I'm just giving her a a place. I'm not saying to go do some crazy. I'm just saying Right. Go get that fucking EMF, Matt. Just go get the red light thing or whatever. Like, just do it with if you have to channel Kali, that's what better place to do it than I'm gonna go take care of myself?

I am. Nothing's gonna stop me from that. Good. Yeah. Good.

Nothing's gonna stop me stop you. And if we could throw off the guilt and shame now, then she could run.

Yeah. It's his anyway. It's his discomfort. It's not even your guilt and shame. I don't sense any guilt and shame. I feel like you're completely congruent with your aliveness.

So Yeah. Yeah.

So just give me a is, like, it's very congruent and and very big picture, very aligned.

You know, I'm making the best decisions that I can just like we all are, but, you know, it does feel my decision making does feel good even with his trying to tug and pull me in different directions.

I I do keep moving forward.

Good.

Good. Well, we're all clapping for that, keeping this the ship on track despite the wind. Yeah.

Alright, Gedel. It's good to see you smile.

Yeah. Thank you.

For taking us in.

Thank you so much.

Alright. Well, everyone's sending you love in the chat. What's happening, Lee? Is this resonating?

Yes. All of it.

Thank you. I was it's really helpful and inspiring, both the work with with Denise and Melissa. I I missed a little bit, but I I always feel like I have a million things I could ask. But I I did wake up with upset in the middle of the night sometime last week.

I don't know. And then I was did you know, I did the separating exercise and something else. And then I was like, okay. What does my little one need or want?

And it felt kind of, like, foreign, and I didn't really know what to do exactly.

I mean, sometimes I'm like, you know, oh, I'm cold.

I need to sit for the heater right there, and I'll do it.

You know? Or I need to take a shower or something. I mean so, anyway, I had that experience of, like, not knowing what to do.

And then, yeah, still sometimes getting pulled into that kind of, like, maybe questioning of reality in the way that Denise was mentioning this morning. I was relating a lot to what she was saying about a lot to what she was saying. And there was a moment, Annie, when you asked her, like, what if he just, like, had amnesia entirely? And what came up for me is that I found, like, when I'm struggling with that, for me, there's about intentionality.

Like, was like, what was the original? Like, what was the intention?

And From who?

From the like, from the other person, from the him.

Like And why?

Because I feel like I'm struggling with where should I land in my orientation towards the person.

And I feel like knowing their intentionality matters. Like, if they you know, if if the person was just amnesic, then well, I guess I don't know what they're still we still don't know what their intentionality was originally.

That's just it. That's where I'm going.

Right? Yeah.

Okay. Want you to climb out of the intentionality for a moment. And if the neighbor's dog's always barking, but they're so kind and they make you pies, And they have all the best intentions, but their dogs are always yapping. Like, I've learned sleep at night.

Yeah. You just can't sleep. So I let go of intentionality. I'm like, does it work for me or not?

And then how do I create a circumstance that works for me? And I just assume because it's easier for me. Everybody's trying to do the best they can. No one's trying to hurt me.

No one's trying to kill me. They're just off doing their wound dance. And while they're doing their wound dance and their epileptic seizure, shit flies off them and hits me in the face. I just assume that for everybody.

But then I don't wanna be around them because I keep getting hit in the face.

I don't even have them as bad or wrong. I'm just like, oh, they're a whirlwind of chaos. I think I'll move over here.

So I'm just wondering what happens if we deconflate intentionality because I used to hang on intentionality. It was like, oh, me and the dynamic would live or die based on the intention.

And then I realized almost nobody is sitting there going, how can I do everything to fuck that person's life up the most?

Almost nobody. They can't be bothered.

So I wonder if you could get some attention back, life force back, we unhook and just look at what in this situation needs to change for it to work for me, how do I use my intelligence and power to create the circumstance that I want, and no one has to be bad or good. I'm just working the machinery.

What happens if you just entertain it for a second? We can go back to intentionality later.

I a resistance about it comes up Yes. Or a or a snag.

Yes. Good. You like tracking.

Yeah.

A snag.

But what happens if we if we take intentionality out of the equation, suddenly, we can't do something anymore?

Suddenly, we're like, what do I create my vision upon? Like, what am I what do I try to create if I can't if I can't figure out if you know, like, sometimes we talk about, like, kind of teaching someone something.

Let's see.

So let me go to, like, my ex husband. Like Are you I I don't try to have visions of positive things with him because I was like I feel like not good intentions.

And so not that I'm saying things are going well with him, but I'm not struggling with kind of where to put that relationship. I mean, there are parts that I struggle with, but I'm not struggling with, like, what do I want for the future vision of that relationship?

Yeah.

Like But Maybe get along better, but I don't wanna be closer.

Oh, sorry.

Maybe you could take the intention out with your husband. Just let's play with it. Okay. Instead of not good intention, let's just change it to, interactions with him, not useful for me and my delight.

Not you know, pragmatic.

I go to that shopping grocery store, and I don't get the things I need. So I'm not gonna shop at the grocery store anymore. It's not even bad intention. It's just like, I always want organic heirloom tomatoes.

They never have organic heirloom tomatoes. That's part of my diet every day, and so I'm gonna go to this grocery store. So it's I'm saying you can take attentionality out. You'll still get the same behaviors.

But what happens when we take the intentionality out secretly, and I don't know if this is what's plaguing you, but you can't blame anyone anymore.

We can't blame anyone.

And that can be a good or a bad thing. It has two edges to the sword. Uh-huh. Sometimes see, if I take my narcissistic mom with the intentionality out.

K? Let's just say I don't have a narcissistic mom. Let's say I did. And then I read a book about narcissism that teaches me, oh, narcissists are missing the wiring for guilt, shame, and empathy.

She's not bad. She's not evil. She just don't got it. No wonder I had chat GPT as a mom.

I had a robot. Oh, so now there's no intentionality. She's not bad. She's not evil.

I'm still in pain. I still feel hurt, and I'm still not gonna come home for Christmas and Thanksgiving.

So nothing changes, but I can't leak my life force into shoulda, coulda, what is anymore. I now have to I'm forced now to go, what can I create that works? I'll see my mom at family funerals, and that'll be enough.

And I'm not gonna proactively interact with her any other times because that's what suits my maximal aliveness and delight. And I don't even need to make her wrong. It's just me taking care of me.

Now I don't know if this applies to you in the situation with your ex, but I'm trying to see what we lose. Like, what what are the things we lose by taking out the intentionality? Because we get a lot to gain.

Yeah.

What came up for me was two things. One, feeling like then it just feels, like, very transactional. Like, you're not giving me what I want. I go. Or, you know, just so one that like, it feels a little transactional or superficial, and so something something in that realm. I'm not sure that there might be a way to flush it up, but it was something that realm.

Oh, great.

And maybe transactionality is exactly what's needed with x and did he Oh, yes.

I mean, yes, with my ex. Yes.

But I don't, like, like to think about I think in part that that is related to kind of, like, the story that I tell myself about my life and important people in my life. And I don't really wanna think like, oh, I had, a, you know, fourteen year relationship with this man, and it was, like, just fake or something, you know, which I I think that was a piece that maybe Denise was having too. Like and I'm not really struggling with him as much as I'm struggling with that person I was telling you last time. But it is kind of weird, like, when I tell myself my story of my life. I'm like, what do I tell myself about that, dude? I tell myself, like what do I tell myself about that?

And I think that's where the like like, for kind of going forward and what actions to take with him now, I'm learning, like, what works, what doesn't work, when do I need to blah blah blah. And and I'm still learning it, and I'm getting better. But I still have more to get better. But in terms of it how I think of the past and then, like, what I hope for for the future, if if the person was, like, bad is was bad intentioned, whatever, like, intentionally misled you or intentionally blah blah blah. Well, then I don't wanna be hoping and visioning you know, because visioning for a future and creating that future, you know, is something we might wanna do. But if the person was bad intention, I don't wanna be visioning for that with that person.

But if the person was not bad intention and just, you know, like I I mean, in a way, kind of like, I think how Melissa was just describing her command. You know? Like, she wants to keep holding this vision because she's visioning him is not bad intention. Right? So I think it has to do with how I frame the past and how I'm visioning the future or deciding deciding to vision that future.

And I think having a struggle about having to vision how to vision the future is a challenge that I'm I have.

Well, we can tackle visioning the future Mhmm.

As a sole enterprise. Okay. But I would love to give you permission to climb out of intention tracking at all.

Okay. That's why I'm trying to see what is the payoff we're getting.

Well, because I have feel like then it's clearer for me to say, like, if I'm like, have no idea what to tell myself about this story of blah blah blah, like, my ex husband. I have no idea what to tell myself about.

So let's take this gentleman that you you care about him. You you would want wouldn't want him to walk on a landmine and blow up. You care about him. Whether he's with you or not, you care. Yeah?

Okay. Uh-huh. Yes.

You love him. Mhmm. K?

So I'm gonna be defense lawyer for him. Okay. Because his mom and dad love him. People around him love him, and this girl named Lee loves him.

So I'm gonna go climb over next to him and go, I'm gonna protect you. And one of the first things I wanna do for him is to take away any belief that he has bad intentions because I think my sense is that he is just a human trying to make his life work with all these conflicting forces with his family and lineage and cultural shit, and I wanna be free, and he's in a dilemma. And I want his intention to be seen as the best they could be. So that's what I'm gonna I'm gonna go call up all his people, mom, dad Yeah.

People. And I'm gonna whisper in their brain when they're sleeping. He has the best intentions. He's doing the best he can.

He's never trying to hurt you. He's sorry that he made you bleed. That's what I'm gonna whisper into all their ears. Then I come to your ears, and I'm whispering in at night.

Do you want me to stop?

That's where I'm challenged.

Yeah. But no. Just I'm not there's no right or wrong answer. I'm just saying, tell me, do you want me to stop, or do you want me to whisper that? And is there a cost? Like, if I'm defending his good intention, does that mean yours are bad? Do you lose something?

Because then see, if his intentions are good, then you just get to love some guy in India who has good intentions but can't execute on his desires because he's hooked into his family of origin. I mean, that's really what's happening, I think.

I kind of feel more sad then. Well, I feel sad in different ways. Like, if I say, oh, he has good intentions, then I, like, wanna be with him. I wanna, like, try to vision for us to be together.

I wanna Okay. So you need to And then that's like You need to give him bad intentions in order to alienate yourself and cleave.

That's what Yeah.

So I think, well, if I say he had bad intentions, then it can Got it. Make me yes.

Although, I also don't like that. I also don't like that.

So this is the dance people do to graduate from a relationship is they have to deem you're not quite demonizing him, but I'm just gonna exaggerate it. If we demonize our ex with the person

who can't be with, sour grapes it, but demonize it, then we think, oh, it's gonna be easier to cleave. And maybe we can run off in a huff.

But because we love that person and we always will, you never stop loving someone once you start even if you don't wanna see them again. Because we love them, then the part of us that loves them, we're demonizing that part.

So it ends up undermining you to demonize them.

Right. Like, I'm having that whole thing, and then I end up, like, running in circles or stepping around.

So what I'm suggesting is because I've played this game out, is if you remove the demonizing, which you're calling bad intention Yeah. You know, linking to bad intention. If you take out the demonizing and you let me whisper into your ear at night, he he has good intentions. He's trying to please everybody, probably too many people and not himself. And you're a casualty in that, and it's unfortunate and heartbreaking. And all the things you loved about him, they're still true. He has good intentions, and the dogs are barking, and you can't keep living there.

Even though no one's bad, you can't sleep at night. The dogs are too loud. They're shitting on your lawn. They're eating your garden. Whatever you need to pile on to get that the dogs aren't bad, the neighbors aren't bad.

It's just an unworkable situation, so you graduate because it's not working for you. And what the only intentions you need to worry about is what are your intentions, not for someone else, but how you take care of Lee. Your only job on this planet well, you have several. It's first to take care of Lee because she's a mama.

She's a dignified woman who needs to have a life that works. And then she's a mama that has these kids, and they're watching how you take care of yourself. So you're a model. So we need to even more be on TV in a way that you can be proud of.

And what are her intentions for herself? Like, what is Lee's intentions for herself? I want Lee to move to another Airbnb if the dogs are barking too loud at that one because that's an act of self care.

And then your kids watching go, oh, mom really values her sleep and her well-being, and she will move to another Airbnb. Next time we're uncomfortable in someone's car at a party after a party, we're gonna leave the car. We're not gonna stay in a situation that's not workable. So they're watching.

So you're demonstrating, and you don't need to appoint bad intention to extricate. You just need to appoint good intention in your self care.

It'll accomplish the same thing without deriding anyone's self esteem.

So instead of making my daughter's teacher wrong for mistreating her in class, I'm just gonna take her out of that class and see if I can find another teacher. I don't need to make them wrong. I'm just, like, literally pragmatically creating the nourishing thing for my daughter without having to demonize anyone.

Is that Yeah.

Isn't there a risk of, like, jumping around and dismissing kinda everyone too quickly because everyone's got a dog or something.

I mean Well, I'm the last person to tell you to move Airbnb.

Like, I'm the last person to say leave, so I'm gonna have you try everything. And, I mean, at some point, you go, oh, this person's not available in relationship right now.

Mhmm. Mhmm.

At at some point, you just have like, if you've tried everything, and I don't know. Last time we talked, I had given you some homework, and I don't know where you are on that. And transparent about your truth without it being a bid to get.

Yeah. I'm working on that. Okay.

Yeah. And and the reason I want you to do this is not because I think it's gonna get him necessarily. It's because I want you to have the practice of being that version of Lee because that's really why this is happening.

Yeah. And I'm remembering that at some point, we talked he and I talked, I said, like, you know, if we ever break up, like, I need some space and time between, you know, like, when we break up and us, like, becoming friends. Because I feel like I need to, like, convert that love to, like, this friendship love.

And I have, like, exes. Like, one of one of a really close friend of mine is an ex of mine. And I don't wanna ever be with him romantically, but I have, like one of my dearest friends.

And I don't feel the same way about the person we are talking about as I do about my, like, friend.

And I'm I'm think I'm scared about, like, just I think I'm also scared about, like, when you were saying, like, you know, like, bringing the flowers to the door. I'm afraid of, like, giving all my love away to everyone and, like, just not having, you know, like And running out. Or not or getting, like, taken or consumed.

You know? Like Well, that's why I don't want you to give you anything that's not surplus. That's why it's the extra flowers in the garden. You've already filled your vases. You got forty bushels of flowers left because the garden was very and now you're just handing it out to the neighbors. It's always on surplus.

And love is like light. If I have a candle and you all have a candle and I light yours, I lose nothing.

Knowledge is like that. If I teach you something, I don't lose anything. Now you have it. You would go teach it.

Twenty people, yay. That's it's a new frame to look at love, but we start with zero sum frames because if I have three apples and I give away two, I only have one for me. But that's different than knowledge or enthusiasm or love. It's different.

But we take that metaphor of zero sum in the physical world and we drag it up and put it onto more abstract things, and then we get confused. Oh, if I give away all my love, I've got less left. And it makes sense, but it's an inappropriate abstraction.

Because just like if I'm lighting someone's candle, I lose nothing.

And I wanna offer that your love isn't zero sum, and I don't want you to just be off pandering to everybody. That's not what I'm saying. I'm saying instead of worrying about everybody else and if they have bad intentions and then changing your behavior based on the bad intentions, just find the best intention for taking care of Lee. If you were the only caretaker of Lee Harrington on the planet, which you are, if you're the only one tuned in to her needs and wants, and you're only one checking on what makes her heart quiver and feel safe and nourished, and it's your job to do that because your kids are watching. If that was your job, what would you do in this circumstance that has nothing to do with his intentions? Just to do with herself? Right.

So let's think about it in your daughter. Your daughter has Yeah. Friend at school that is mistreating her, and you wanna get her to walk a different way home or be on a different team so she's not around that kid. You want your daughter taken care of.

You don't need to know the kid's intent. You just need to know your your daughter comes home and is frustrated and hurt, whether the kid has good intentions or they're having their parents going through a breakup or they're beastly. It doesn't even matter.

It's just remove child from that experience.

And if I were gonna whisk if you were gonna whisper to your daughter after she's changed to another team as isn't around the mean girl anymore, if you could whisper into her ear, what would be the most useful thing to whisper? I'm gonna give you two extremes.

She had bad intentions. She's demonic. She's evil. I'd never stay around those people. Or I know that wasn't very comfortable being around her. I know it must have been really hard on you, and I'm so glad we got you out of it. She's probably going through something in her own life that we'll never understand.

And all we all I'm glad is that you're out of that. Like, which do you want her to feel?

Yeah.

I mean, that's just it goes on to models humans.

You want her to think people are possessed by demon, and they're evil, and they're always looking for ways like, what is the No. Propaganda we wanna send out to the world? And I talk about sociopaths and narcissists. I'm very clear that they're around.

I always put them in. And if I were gonna educate my children and myself and people, I want them to go Everyone's got the best intentions, and everyone's broken to the extent to which they can fulfill on their intentions. And when we step on someone's foot on a bus, we had good intentions, but we were on a rush, and we didn't leave on time, and then we stepped on someone's foot. And are we bad?

Are we good? Are we neglectful? Well, all of it.

Yeah. And so I just opted out of moral assessment.

It's something that maybe I'm lucky because I didn't grow up with religion, so I didn't grow up with, like, something's morally right or wrong. I just literally go, is this useful?

Is it useful for me to do this thing or be around this person? And if not, I'll remove myself, and I don't need to make them no. Don't need to demonize them in order to do it.

Or my or myself for, like, being judgmental or for Yeah. Not being patient or not being, like, enough to have taught them the thing or Yeah.

Or to like, in my case, like, have given enough love or had a clear enough vision at the right time or You had good intentions.

Can you, like, hand on heart, say, between you and the universe, I'm doing the best I can to, like, be a good mother, human, lover. Okay. Good. So that's all you need to worry about. And if there's any little, gap between, yeah, I have good intentions, and you feel that, no.

I kinda want I tripped the girl on the way up the aisle and I if you ever have that Uh-huh.

Listen to your own conscience. You don't beat yourself up. You just go, okay. What's in there that I could process so I can alchemize that?

Because that's not what I'm committed to doing. You don't even have to beat yourself up then. It's just feedback. Oh, I was envious.

Oh, poor little girl in me. She's envious, and she wanted to snatch the ball out of the friend's hand because she wanted a ball. That's pretty normal.

I don't work with sociopaths. I don't work with psychopaths. Maybe I'd say something different. But I bet if someone crawled along the inner landscape of that psychopath's history and saw what the fuck happened to lead them to do the crazy thing, I think they'd be like, it makes sense why you're doing this thing.

And it's weird that murdering a bunch of people, somehow, you think you'll get your mom's love. Like, I don't understand the logic, but I can see, even them. I'm like, their intentions in some wonky ways, like, some kid just trying to get love because they didn't get hugged enough and they were four. I I don't know.

I I cannot believe in demon possession, and, like, people are just evil. Evil is a term that they invented to make sense of psychopaths and sociopaths. I actually think that.

It don't make because they don't have guilt, shame, empathy. So, like, to us empaths, we're like I mean, what else is evil? Like, that's the definition of evil. Yeah.

So I think evil is it's what a gerbil would make up about an eagle.

Oh, the eagle is evil. The eagles are trying to eat. Eagles are just like a I just wanna feed my little eagle rabies.

And so I think of sociopaths as predator and predator apex predators. And we gotta learn how to hide in our hole if we're a gerbil when the eagle comes around. And if you can't hide in your hole fast enough, they're gonna gobble you up.

And that's what happens to codependent empaths. They don't have their wits about them around the Narnars until they get their wits about them, and then they extricate from the claws of the eagle.

Thank Oh, dude.

There's a lot there.

Yeah. So I've literally just turned it into apex predator. No one's got bad intentions. Does an eagle have a bad intention? No. He's just hungry.

Yeah.

I'm wondering if, last time you gave me some homework and you said, oh, if you wanna focus on the tactics part, we can do that. And I think maybe I'm thinking feeling, like, able to think more clearly and less, like, emotionally overwhelmed than last time.

And I would like to I would love to hear hear again or clarify it or reinforce or So I would I would start with a letter.

You never need to send the letter. It's just for you to do what you thought. Okay. So so the letter would be something like, you know, dare his name, and no one's gonna see this, so you can be completely honest.

And you write out as direct and clear your truth without the truth being a bid for something. The purpose of the letter is to be maximally transparent about what's actually going on with you that does not require him to do anything to save you, that doesn't need him to change his behavior, that is intended to create the kind of intimacy that is just transparent. It would be like me saying, hey, guys. This morning, I went for for doctor's appointment, and I had to do a needle and just gave you some data.

But, like, you're not I don't need you to do anything. I'm just kinda telling you so you know what's happening for me. That's it.

That's not easy to do because most of our communication as humans is a elaborate hidden bid for something.

So we're not used to just describing what's going on without it being some kind of underhanded get get my reality done for me. Like, get get something out of reality. So that is the place I would start.

I'm noticing I'm feeling another piece coming now that maybe you need to do this before you write him is Okay. Write a note to to Lee.

Okay.

And, like, the tender, brokenhearted part of Lee, the young tender hearted, brokenhearted part of Lee, and say, hey. I haven't been paying attention to you, but I'm gonna start.

And here's the kind of relationship I wanna build with you. And here's my good intentions. And here's what I wanna create for you and sell her on this caring container that you're gonna craft for her that are is preoccupied with her needs and wants and not contingent on other people.

So you're building rapport with this Lee. So she's like, oh, someone's listening to me. Someone cares about me and my needs. And the more you commune with her, the letters of start, the less you're contingent or entangled with him or an ex or anybody. You you can still have all those possibilities, but the way you're gonna lean on them will be different because your little one gets to lean on you. Because right now, I sense that the little one in Lee leans on men or at least this guy and maybe your ex still, I don't know, for some kind of meaning or value or purpose.

And it's okay if you get value and purpose from someone else, but the minute you lean on them, when they move, you fall.

So I'm trying to get us on our two feet so we're not leaning on someone else for value, purpose, and meaning, and dignity.

And I can't think of a better way for you to reclaim that value, purpose, meaning, and dignity than for Lily, your brokenhearted part, to know that someone's got her back and is watching out for her.

And it doesn't matter what other people's intentions are. Your intentions are good, and you're making sure you're gonna put her environments that work for her.

So I would write the letter to Lee first, then write the letter to him without ever needing to send either.

That make sense?

Mhmm. Yeah.

Yeah.

And the purpose of the letter right now is you don't even care what it reads like. The the you know, when you go to the gym and you're on the treadmill, the purpose is to get somewhere on the treadmill. You're just in the same spot. So the letter the benefit is the experience you're having that comes from writing the letter.

It will upgrade something that I don't know how else to upgrade in you. Mhmm. You don't even have to read the letter. Yeah.

Yeah. I will I will do that. And then your suggestion that it's, like, separated from what your future visioning is good and also what I I wanna work on.

What separates from future visioning?

You're like, you can, you know, take care of you and focus on kind of what you need, and you can have someone's innocence and you can communicate that. And that's separate from you can still decide to envision in the future what other other you you can go in any direction in the vision in the future. They could, like, separate those two things.

Yeah. Yeah.

Yeah.

Because I don't know that they're always there are probably times when they're separate, but not always times they're separate. Yeah.

Yeah. So they're not always separate. If I want my daughter to walk down the hallway and not run, I could say, don't run down the hallway, or I could say, I want you to walk down the hallway.

They feel set not separate. Right? They're the same thing, but I'm only saying what I want. I want you to walk down the hallway.

I'm not saying at all the thing I don't want, but they're tangled. But I'm focusing only on the future, not on what I don't want or the past. And that movement to pretend that everything you're saying is about to be cast into spells, it's a training. I'm not very good at it.

I'm still very learning it. I'm still learning it. But if I can catch my thinking, in my thinking. Forget my speaking.

Just in my thinking. Oh, I don't want this thing to happen. I don't want Evan to what do I do want? I would like to feel easeful and relaxed this afternoon instead of, I don't want Evan to be in a grumpy mood.

I just cast the vision of the thing I want. It might turn out that if he's in a grumpy mood, he has to go out because someone called him for something. And he's still in a grumpy mood, but I got my ease full, relaxed evening. So there's many ways you can get the thing you want that might not require this other piece.

Yeah.

Just requires me deciding, figuring out what I want, but maybe going back to other piece first is most what you want.

This is the hardest thing there is to do as a human being, so I just don't wanna steam all over it. I it it's it's invoking your imagination with your magic wand in your mind just to see what happens when you take off feasibility.

That's why I want you to have the magic wand. Because you in particular, if I don't give you the magic wand, my suspicion is that what you'll dream is, like, whatever is feasible.

And I think there's another layer for you, so I want to arm you with the magic wand so you get a little more height.

Mhmm.

And then it's not because we're gonna manifest that future. It's because I want you to meet what your imagination offers when we take the lid off. That's why. And that's how you learn what you want is you start far, and you know, well, this is definitely not what I want, but I will this is my dream.

And then the wider the space is, the more room you have to dance with.

So I just wanna create those two edges.

The wider the spaces between where you are in in your dream?

The the wider the space between what I definitely don't want Oh, uh-huh.

And what I oh my god. Dreamy, dreamy, dream, magic wand, Aladdin in the lamp Mhmm. Reality. Mhmm.

The wider that is, the bigger space you can do your choreography. And so if I was gonna do a dance routine, I could do it here or I could do it in a giant gymnasium. Which one's gonna where am I gonna find my expression best? So I'm just trying to widen it.

K.

Okay.

Yeah. Thank you. Yeah. And we'll we can keep talking about how to figure out what you want because I'm not saying I have I know.

Mostly, we know what we don't want. But the way you know what you want is things that make you go yay. So you just notice.

Like, oh, this made me go yay. The walk by the beach, the smell, this food, and you start collecting. What are the things that make my body go?

And you collect them, and you string them together like pearls, and you wear it. And you're like, when so you you I might not know what I want, like, for five years from now, but I know what things delight me. I know what environments pleasure me. Like, start tiny.

Like, what do you want? Bagel.

Yeah. That's really good. Like, this because and you were saying, like I mean, I know this in when I talk to my kids, I focus on telling them behavior that I want, not the behavior I don't want, and don't tell them not. And I'm positively reframe things. There's somehow I still like, when you said it, it hit this moment of when I, like sometimes I'll wake up in the middle of the night, I'm, like, angry at him and grumbly.

You know, I'm, grumble, blah, blah, blah. And I'm just kind of, like, having a unpleasant argument in my mind, angry with him about blah blah blah. And so now I feel like maybe that would be a moment to apply this, like, to. I don't know if know the answer to the what do I want, so that's kind of the struggle that I get in, and then I just grumble.

An inquiry. It's an inquiry that you have to practice. And Yeah. I wonder if you're angry with him.

I wonder if and just play with it. If you're angry at yourself for putting yourself in a dynamic that is suffocating or heartbreaking or Yes. Like, keeping if I kept put myself in a job where my fingernails keep being pulled off, and I'm I'm angry at the job. I'm angry at my husband because he making me work or whatever.

But I'm angry at myself for putting myself in this circumstance. And so most anger is a surrogate for a place where we've abandoned ourself. And I'm saying that not to blame, but if we could recoup our power. And then we can be like, oh, if I'm if I'm not angry at him and it is something I'm frustrated about my past self handed me a future that's kind of manky.

Like, goddamn it.

So then what how would what would you say to your past self? Girlfriend, let's do something different together.

And you can have a conversation with the parts of yourself to collaborate on a future that feels better than this one without having to get anyone else involved because he's not even here. So it's very easy to get angry with him because it's a kind of intimacy. Oh, I can be angry with him. We're intimate. I'm yelling at him in my mind.

Yeah.

It feels embarrassing, but, yeah, it feels like a bright eye.

Yeah.

But it's still a way to entangle. If you right. If you can't be with the person, then you can be with their image and their vision and their it's still a dalliance with their thought plex.

Yes. Still texting the married man who said he's never leaving his family.

And it's I don't say it's right or wrong. I'm just saying how do you feel after the text? I'm only interested in you yourself in circumstances that feel better and better. That's, like, the pragmatics of it.

Yeah.

And I don't need to make you wrong with bad intentions or him bad intentions. It's about pulling your energy back out of that space.

And the only way I know how to smuggle your energy back is to protect get you to believe that it's gonna help you with your children. If you had to take food off your children's table to feed him, I don't think you'd do it.

But you're doing it with your life force and your attention.

Yeah. Yeah. I sometimes notice this. Like, you know, like, I don't sleep enough and then blah blah blah.

You know what I mean?

Right? Yeah.

I think there's a collaboration.

Gonna go woo woo here. I think there's a way in which his spirit kind of likes having you thinking about him all the time. Otherwise, it wouldn't happen. Some part of his spirit is like, yeah.

Yeah. Feed the vampire. Not not even in a bad way. Just who who doesn't want all their exes thinking, oh, I still wanna be with Annie.

There's a part of us that wants to be the one, and it's not all of us. It's not all of him. And he probably still has love and affection and fantasy about you. So I'm not making him wrong.

I'm just saying it's a collaboration, and you're collaborating with it. So you're having an energetic affair. And I get it better than nothing else. But is it?

How's it feeling?

At some point, you realize it's not enough for you. It doesn't work for you, and then you'll take Lee, who you're responsible for, out of it and take care of her. And that's really what I'm trying to point you towards. Mhmm.

Let's bookmark that there, and we'll see how you go with your work. And, again, take as long as you need to do it. I'm not rushing you. But I do think we need to build that dynamic with Lee and then the dynamic with him in Ideas Space, an upgraded dynamic.

Thank you so much. Okay.

So we didn't really get to talk about next Tuesday.

I'm actually on a flight during this class, and so I wanted to do something useful. I was gonna find a really good guest teacher, but I'm not there's no one that I think is good enough right now. So I'm wondering, how do you guys feel about using that class to do your deep dive into the how to be in love course? Does it feel right?

How many people are involved in that?

I know Melissa is. I know Lee is. Denise, Gloria. Because it's a time that you're all got free. Is there anyone who's, like, against it or doesn't feel good about that?

There's ten people in that group.

Okay. So Yeah. It's basically most of this class. So I would say just take that this slot and make use of it that way.

Cool?

Okay.

I'm just gonna say I won't be here because I'll be helping my son move out of Philly. So yeah.

Aw. Good mom. We'll miss you, Gloria.

Yeah. I don't know if that's good, but I'm doing something.

I might be missing it because I'm, yeah, I'm having trouble. But I will join for an hour, but not two.

Okay. Annie, should we, like, in terms of recording it?

It'll be recording. Kim will have it all recorded.

Okay. So will we just you'll, like, you'll send a normal link. We'll join it.

Everything's gonna be exactly like this except I won't be here.

Okay.

You're gonna self organize. I'm gonna nominate me and Melissa, whoever can make it, to be the leader.

And you're already self organized, but I thought the slot's open instead of canceling the client.

Okay. Yeah. And Denise and I are gonna do Melissa's, like, got her hands very full.

Denise and I will leave. Yeah.

Andy, I have a quick question regarding this weekend, The Love People Dough. So there were two books recommended. I'm not gonna be able to read both of them, but I went through Conscious Loving. Is that enough?

Because there's another They just asked us to put the books down.

I don't expect anyone to read them.

I just thought they wanted books, like, that are kind of around the the genre of what we're teaching.

Is loving books very good, so I'm really glad I'm listening to it.

Great. Yeah. Okay. The bible, and you don't need to read it beforehand.

Okay. Well, I am, so too bad.

I can't wait to hug you both.

I know. It's gonna be so fun. I've always wanted to go to this institute, and it's never been able to happen. So perfect. Perfect. And then Melissa said she'd jump in. Made it even better.

Great. Melissa, you get to escape soon. Just hang tight for your day. Alright, sweetie. I'll see you soon.

Alright. Thank you. Love you.

Hi, ladies. Thank you.