

**Question:** The following is from a personal session with a lady who wanted to know if the pain she felt every time she went 'home' was her own or was she just feeling her mom's pain.

**Reply:** Yes, you can take on your mom's pain (that she did not deal with) genetically BUT once you are your own identity the pain is yours not hers. So when you are in her presence if you feel pain it is your pain - she is only resonating it! You can do your work and be done with it so that you get into her space and she resonates nothing in you but love regardless how much pain she is in.