

Question: Do I share what comes up in my worksheets with my partner – when the worksheets are about him and his leaving?

Reply: That probably *could be* a good thing. Since he is your trigger then he also could be your best support in healing the issues. **HOWEVER**, think first!!! You need to watch your wording - be responsible (able to respond) and acknowledge verbally to him your ownership of what is going on inside you. Maybe say something like "some of your actions are triggering a load of feelings and thoughts in me that are off the mark, I do realize they are past emotions, perhaps generational, and I want to heal it and would you support me in processing right now?" Ask him if he would be willing to just hold the space and listen as you express what is up for you. You might even want to say that as he is the current trigger that he most likely is the current cure. But be ready then to take your turn to hold the space and listen as he expresses what is up for him. There may be some major fears up for him too - often happens when a relationship is deepening to a new level - maybe he is running away from what he is feeling and not you - who knows - so yes talking is good - open communication and trust are required for any relationship to grow and deepen. State up front and both agree that if it gets intense that you are both willing to "put it on the shelf" to be taken down later when you are both sane again - and that may be days later not hours - and then the two of you do something that is fun and loving together that can put the atmosphere back into sanity and love - go out to eat or take a walk and change the subject to something non-confrontive. Be ready though for anything could surface from you or him and healing is not always Dr. Feelgood - in fact it rarely is....but it is worth it.

One thing that jumped at me from your responses was you "can't wait till March" "not spending time trying to remember" "is the answer necessary" - all of these are on the theme of "time spent looking at your life". Sometimes we get instant relief and instant answers but most of the time the deep seated crap takes time. True, it is not necessary to know where all the generational stuff comes from and some things are not worth spending time on. But this one is your major issue and just doing the worksheets is apparently not surfacing it..you are still denying some part of you that is creating this life that you so desperately want to be different than it is. So maybe digging a little deeper will uncover the root and once the root of this weed is destroyed you can replant what you want. Have you done a MindShifter exercise around this one? Your MindShifter is "I now attract the ideal relationship

and am creating an eternal sacred partnership and am healing through love, gentleness and respect." I'll explain the "how to" when we talk on the phone. I also have another worksheet that we will do on the phone....remind me it is called "When I Heal"!

Change your focus girlfriend! You are focusing on the loss and what you don't want instead of what you DO want! I am attaching a PowerPoint slideshow that mentions things like looking at what you have instead of what you don't, being glad for what was instead of sad for what isn't, etc. Watch it and breathe!!!

Yes, I do understand. I have been exactly where you are...focusing on loss and missing and alone and fear. And I still fall there at times. Your efforts have seemed to be trying to hang on and keep what you have BUT your strongest focus that has the most energy is on pushing away, leaving, loosing. Make plans for you - you are making Allen your god and source for any happiness. You are the rose uprooted and you are initiating your own death. Don't you see even in the example you gave of "in your mind going to Allen's dad's house and he's there with another woman." is only in your mind! It is not real. Dwell on it and you may create it or change your mind??? It is your choice Camille.

The example you gave of your dad is a good one. You probably did feel the rejection or that memory would not have come forth. Being rejected by a man who is the most important man in your life (I am talking about Dad to a little girl) sets up a pattern to be repeated. Searching for love from a man outside of your control and feeling the loss and failure of not achieving it. You are still following that pattern. Sounds like your sisters have created an alone life too. Maybe the same feeling of rejection as a child. Sounds like you all three are following the same genetic path. Does not mean you have to stay there just because they do. Do a worksheet on Dad going downstairs and you feeling alone or afraid.

Sometimes my questions are not looking for direct answers but to stir the brain cells and to get the file folders firing open so the unconscious stuff can come forward to be faced and healed. We do not need to DIG for all the answers but if questions or comments bring something forward then you do worksheets on what comes forward. Cancel - forgive - what is in your face at the moment. There may come a day when we get so cleared up that we have to go digging into the deep dark past to find something to work on but

for now I think I have enough daily to handle without doing that. Like I said I am trying to put out ideas that might trigger something that is at the base of this issue for you. Allen is your current trigger but he is not the cause. I am searching for cause.

Forgive - cancel - what the church and family told you. A man does not validate a woman. Yes life can be more fun with the other but we are complete and whole and wonderful as we are ALONE with God in us. Camille you are beautiful and smart and fun to be with and are so spiritually wise - a treasure for complimenting any man's life. But if you are resonating worry and fear and sinking and loss - that does not compliment anyone including yourself. Change your mind and be who you are and you will open the door where a man (maybe Allen maybe not) will want to walk through and stay! You asked how did it happen that you created the frequency of "not being worthy" and "for men to leave you" - you developed the brain cells as a child that men will leave you and your church told you that you were not worthy - it is imprinted on your soul that this is truth but it is a lie and you must remove that imprint off of the true being that you are. Return to BEING instead of DOING.

Camille, you might do all this processing and Allen may still leave but if you have truly done the "healing" it won't hurt when he leaves. You can stand in the space to embrace him in your love and hold on as tight as you can with an open hand. Be willing to let him go even while you want him to stay. Your happiness is not tied up or dependant on what Allen or any man does - likewise your sadness is not caused by them either. You are sad or lost because that is in your being not because of someone outside of you. They are only triggering it. You are now turning your guilt on yourself that you did this to yourself - let that go too. You have been "off the mark" but that means take another shot - do it differently - it is not a terrible, awful, unforgivable event. Be gentle with yourself. Y'shua said the first law was to "Love God, neighbor and Self" - you, my friend, have been a long time Loving Camille!

You say "that's all I have" as if you have nothing...Camille, you have everything! Start looking at it from that perspective! We will talk soon. Email as often as you like. Love and Blessings - jeanie

Now, a couple of thoughts to add toward your personal process....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.

Then regarding you and Allen. Go further back than Allen, maybe as far back as your childhood with Dad. When did you first "want to be loved and felt rejected"? When did you first feel all alone? Or that no one cared? What is it that makes you need love from outside yourself? Why do you not feel worthy of having an eternal sacred partnership with someone? You are love, Camille! It is not something someone else must give to you. There is a part of you that says "every man must leave me" or "I am not worthy of staying with" etc and this is the part that is sending out a signal to Allen and/or any man to leave you. Once you clear that message - you will open the space for a man to move in...right now you are pushing him out before he ever gets there. Does that make sense? With your mouth you are saying one thing but on the psychic megaphone you are telling Allen to remain uncertain and non-committal because you can't do that kind of relationship or you don't think you deserve it.

About your sadness at the decision to leave "what you currently have" - when it is something you don't want to leave (your words not mine that you don't want to leave)- WHO SAID YOU HAVE TO LEAVE IT? That is your call. You can stay - but then you have to either accept it as what it is or begin to create it differently. Whether you chose to leave Allen or stay - be sure you are making your decision when connected to love or you will regret it either way.

You may have to cancel this need 77x70 times to clear it all out - you did not get this way overnight ya know. The joy kicks in when you see life as the wonderful gift it is instead of focusing on the "missing" pieces.

This next statement is similar to one michael gave me this morning for something I am processing right now and it is my 77x70 issue (see, none of us are done, we all process stuff). Remember that focusing is a creative act! Your focus seems to be on either leaving or being rejected or being left. So that is what you create - create guys leaving and rejecting you. Do some

worksheets and forgive the fear and the focus on being alone! Focus on serving God and turn it over!