

Bob: Okay. So, what can I do for you, Ann?

Ann: Okay, so, I initially booked this session with you for supervision with one of my clients, um, but then I changed supervisor and, uh, had some really great help and I don't need help with that client anymore. But I've been, uh, doing your workshop through life architect and in the last couple of weeks, what's happened is, every time I go inside, I have what I think is a UB. Like, I don't know for sure, but it's, um, pretty relentless. And, um, I had a week off work last week and went away with my daughter, and this part, um, it wants to hurt my daughter.

Bob: Mmhmm. Yeah.

Ann: And so now, I've come, I've started work again today and so today it's been directed much more to me but, um, it's just been saying, like, um, like it wanted to kill children, it just wanted all children dead, that children were threatening. Um, and I can't get to any positive intention.

Bob: Okay, okay. How does it show up usually? Just as a voice?

Ann: So, it actually, oh, first it was a voice and then I was meditating, and I have like this sensation when it feels like my womb is frozen and then it became, like, burning heat, and then, um, and so it was from that. And then it's really like around here, I hear it on my right.

Bob: Okay, okay. Okay, how are you feeling towards it right now? Any parts afraid of it?

Ann: Yeah.

Bob: Yeah, it makes sense. Hi, scared parts.

Ann: Yeah, I think so. I had a UB once before and it was, it had come when I was quite early in IFS and so I thought every part had a positive intention and so, I was just really curious. I was like, this is so strange. It was in a session with a therapist, and I was like, no, it's really weird, it's got no positive intent. And now, my parts are, are scared.

Bob: Okay, okay. Ask that part who's scared if it will pull your energy out of your body enough so that you can be there with it and see if it's willing. And if it won't do that, that's okay too. We want to do this so that it won't be alone.

Ann: Ask the part that's scared to come out of my body?

Bob: Yeah, enough so that, enough, to get enough separation so it's not alone anymore and you can be here with it. Is it willing to do that?

Ann: Yeah, it's, she's next to me.

Bob: Great. How do you feel towards her?

Ann: Oh, I feel really protective of her. I know her.

Bob: Great, great. Let her know that. Gently offer her that and see how she responds.

Ann: Well now she's, so she's like five, and she's holding a baby. She's saying it's too much; she can't look after a baby.

Bob: Yeah, she shouldn't have to take care of a baby. Yeah. So, how is it for her to feel your, your care and concern? Can she receive that? Can she take that in? Great, great. And if it feels right to you, you might tell her, it never should have been your job to take care of that baby. It should have been mine and the parents. And ask her if she's willing to let you take care of the baby now. And just see what she says. If she says no, that's, we're going to go with that.

Ann: Well, she says that she can't trust me because there's this thing here.

Bob: Oh, oh, okay. Does that make any sense to you? Or how she could think that way, possibly?

Ann: Eh, she's doing it, she's done. Like, I get that it's not her job, but she's doing a really great job.

Bob: Yeah, let her know that. You have done a great job; you saved the baby. And see how it is for her when you let her know that.

Ann: Yeah, she's tired.

Bob: Yeah, yeah. Yeah. And tell her what we plan to do is, is get that thing out if it's not part of us, which it doesn't look like, but we'll check and double check. Would it, would it be better if you and the baby went to some safe, contained room behind me, behind you, Ann, and, and let us get that thing out and then maybe she could give you the baby. Would she like to do that?

Ann: Yeah, she wants to be on that side.

Bob: Okay, great. Does she have any protective parts she wants around her or is she okay with just...

Ann: No, no, there's someone that she wants there.

Bob: We want to make sure she's really comfortable and feels safe. She feel good? Okay. So, how you feeling towards this energy that doesn't like children now, that shows up on your right?

Ann: Um, kind of perplexed.

Bob: Mmhmm. Okay. Now, these things, if it is a UB, which is certainly looks like, often try and get us confused. But you know, curiosity is right next to confusion. So, maybe see if you can add some breath to feeling perplexed and see if that can shift into being curious about this thing. And if it can't, that's okay. Just see if that works for you.

Ann: Yeah, so I, I feel more curious and then what I was curious about is I have, like, pain that's moved down into like my right hip. Though it feels like it's, I don't know if it's two parts or the same, or there's two things. There's this pain in my right hip and it's like, kind of like digging, digging in.

Bob: Mmhmm. Okay. And you're curious about all of this?

Ann: Yeah.

Bob: Mmhmm. Okay.

Ann: And hopeful. After your workshops, there's this sense of like, I'm not crazy, there's things that I've, experiences I've had in my life and it's not my pathology.

Bob: Yeah, yeah. No, it's not, I don't think it's your pathology at all. So, from this place of being curious, which one of those is our doorway in to getting to know this energy. The hip or the sensation to the right of your head.

Ann: Alright, this was like a door just slammed and said, nah, not here.

Bob: So, maybe that's where we should go. What do you think? Where should we go, Ann?

Ann: Yeah.

Bob: Okay, okay. Let this be known, first thing, we don't want to judge it or punish it. We know that it also is suffering horribly, and it is clinging to you out of desperation and terror. And we'll help this being get to where it can really heal and get the things it's needed for so long. This is not about punishment or judgement at all.

Ann: It's being quite aggressive. Like, it's saying, fuck you, you don't know anything of its suffering. Oh, now I'm naming that, it's saying, there's some suffering.

Bob: Yeah. Well, let this being know this, many beings like you will not admit that they suffer, and I think the fact that you're doing that shows that you have some real courage.

Ann: Yeah, again, it kind of takes some of it and then it says, fuck you, fuck you.

Bob: Yeah.

Ann: And then it says, yeah, you don't know what it, what it's suffered, what it's been through.

Bob: Yeah. Ask it this, would it be better for you if we witnessed your suffering so that it would be easier for you to go.

Ann: Oh, it said, it can't take it anymore and then I had like, I've had this before, the image of like, of like, uh, shackles chained to a wall.

Bob: Mmhmm. Okay, okay. Ask this being, did some other, yeah go ahead.

Ann: And it's saying it's the fucking children, the children got us all killed.

Bob: Okay. Ask it if it wants you to know more about that.

Ann: Yeah, it's saying it's not its fault. The children, the children got them all killed.

Bob: Mmhmm, mmhmm. Does it want to show us how that happened?

Ann: Yeah, it's showing me images of like, being chased up tiny stairwells and then being dragged by a foot down.

Bob: Mmmm, mmmm. And ask it, and then what happened.

Ann: It said, they took, they took it away and it took them all away.

Bob: Mmhmm.

Ann: Like cattle.

Bob: And then?

Ann: It said it couldn't breathe, it was starved, people were dying.

Bob: Mmhmm. It couldn't breathe, it was starving, people were dying.

Ann: Yeah, like, or just kind of, all these kind of bodies in this really small space, these people and some of them are dead and some are alive.

Bob: Mmhmm.

Ann: It's saying it wasn't its fault.

Bob: Yeah, yeah. Yeah. And ask it...

Ann: Oh, and then it, it said like, it was saying it didn't do it, it didn't do it, and then it like turned and said that it became one of them.

Bob: It became one of them.

Ann: It survived by becoming one of them that did it too.

Bob: What did it do too?

Ann: It killed them.

Bob: Did it somehow join the people who were jailing them?

Ann: Yes.

Bob: Okay.

Ann: I've got another part saying, oh I think you're making this up.

Bob: Okay, ask that, ask that, thank that part for its analysis, but tell it this, we're in data collection phase and every scientist knows that if you start the analysis in the middle of the data collection phase it messes up the data collection and the analysis is no good. So, ask this part, could you please help us with data collection for a while more now and that means paying attention to every detail of Ann's inner experience. Could you help us with that, please? And see what it says.

Ann: It's quite sad. It's like, set itself up with some computers, it's reporting everything.

Bob: Great, wonderful. So, let's go back to this other one who's been in you for a while now. So, somehow you joined the jailers, is that right? Yeah. And how did you stay alive doing that?

Ann: It did what they wanted.

Bob: Mmhmm, yeah, yeah.

Ann: They humiliated it.

Bob: Excuse me.

Ann: He said they, it said they humiliated it.

Bob: Yeah. Yeah. So, you got to survive but you were humiliated. Is that right?

Ann: Yeah.

Bob: Mmhmm.

Ann: It ate like a dog, had to eat the scraps.

Bob: Mmhmm.

Ann: And it had to kill the children.

Bob: It had to kill the children. Yeah. When very evil people are trying to get new recruits, new members of their army, they often make them do terrible things like kill children to get them completely part of their army and feeling that they can never go back. It's a very common way to manipulate people.

Ann: Yeah, I'm getting like, waves of nausea.

Bob: Mmhmm. Yeah. Ask this being, can you show us the rest of your life.

Ann: It said it's, it's ashamed. It killed the children and then they killed it.

Bob: Mmhmm.

Ann: Did what they wanted and they, they killed it. It believed them.

Bob: But then they killed it anyway. Ask it...

Ann: Yeah. Came behind it.

Bob: They came behind it and killed it? Yeah, yeah. Ask this being, can you show us the moment of your death and the moments after your death.

Ann: It's, there's something like they, they tried, they knocked him from behind and they trod on his face. There's like a, yeah, like they, it's like they kicked at his knee from behind, there's blunt force trauma to his head and then he's down and it's again like, kicking him in the head. And then he's just dumped in a, oh, like a, amongst other bodies, like a, like a mass grave.

Bob: Mmhmm, yeah. Okay. What did your spirit do when your body died? Do you remember? Did it cling here, or did it let go?

Ann: It said it went in to another one of them.

Bob: Yeah, yeah.

Ann: It wasn't going to die; it went into another one of them, it wasn't over.

Bob: Yeah. Tell it, that was a big mistake that's kept you trapped in this suffering.

Ann: It's saying those fuckers, those fuckers, this isn't it.

Bob: Yeah, yeah, yeah. Tell him this, your anger has become a spear that keeps you connected to the very people who hurt you. If you want to get disconnected from them completely, you need to put down that spear. I know it's very, very hard. And something else I'm going to ask is very, very hard. You look up and see the kind beings who want to help you and know that they forgive you for having killed the children and they want you to come home. Can you do that?

Ann: It said, it wants help and it's so ashamed.

Bob: Yeah, yeah.

Ann: So ashamed.

Bob: Yeah, of course. Well, you tell it this, if you got a lot of courage, you can just let go. Very often beings like you see a road or a tunnel and at the far end of that road or tunnel, there are kind beings calling you home with forgiveness and love. They have missed you.

Ann: It's scared.

Bob: Yeah, of course. Can you do that even though you're scared? Maybe just glimpse up at first. There's, there's gentler ways, there's smaller steps you could take if you can't do this.

Ann: Yeah, it's like, it's sitting right next to my hip.

Bob: Mmhmm, okay. This is too much for him.

Ann: He can see a light, but it's like really scared to go.

Bob: Yeah. Yeah, that makes sense. Okay. Tell it this, tell it, why don't you take one of your hands and touch the light and then you'll know in your own experience that it actually feels good, it doesn't hurt you. What hurts you is your fear of the light, not the light itself. And see if it can do this much.

Ann: But it's saying, but then they'll be free. Then, oh no, hold on, it wants to be free.

Bob: Good, I'm glad it wants to be free. Could it touch the light? Yeah, and it felt good, didn't it. Now tell it again, if you can, move a little bit toward the light and the kind beings, just a little bit. And then you'll know in your own body that this feels good. That it will free you and restore you. See if this one can do that.

Ann: Oh, it's like, really, really close to the light, so it's like it's kind of bathing in the warmth of it.

Bob: Mmhmm, great. And it will know in its own body that this is good for it. And tell it this, be sure to take all your soldiers, all your allies, all your parts, any objects you left in or around Ann, take everything with you. It will help you heal when you get to the healing realms. And there will be celebrations when you're finally home again. They have missed you. How's it doing? Can it go now, or does it need something more?

Ann: It's collecting quite a lot of bits.

Bob: Good, good. It's really important it gets them all. And Ann, just check in your body, are all my parts ready to have all of this gone completely. It's been around a while, everybody ready to let go of all of this.

Ann: Somebody's asking, what's going to be different?

Bob: Okay, that's an intelligent question, thank the part for asking that. You won't be carrying this energy around that wants to kill children, that had so much suffering. It will be gone to where it can heal, and you won't have to deal with it anymore. And it will be safer inside for that baby, and the five-year-old will be safer too. Was that enough of an answer?

Ann: Yeah, I, um, I had pain, like really excruciating pain all through my labour with my daughter there.

Bob: Yeah, yeah.

Ann: It's like little, it's gone, but there's little kind of bits that it just, they're not going.

Bob: Yeah, it's great. Let them all go. Encourage them to go on up there too. It's really important you all go to where you can heal. You never could heal here. If it feels good to you, ask all your parts to just say go in peace, go in peace. We're done, go in peace. You too can heal, go in peace.

Ann: It really needed that.

Bob: Mmhmm.

Ann: And the light's kind of closed.

Bob: Okay, okay. Yeah, great. And there are no little bits left anywhere around, it all went? Just check.

Ann: Well, as he was going up there was another sensation like, they're moving through my right hip or there's gonna, stuff coming out.

Bob: Mmhmm.

Ann: And then it felt like there's something kind of come back into my leg.

Bob: Something came back into your leg.

Ann: A little tingling.

Bob: A little tingling. Okay, let's see. How are you feeling towards the little tingling?

Ann: Curious.

Bob: Great. Let the little tingling know, I'd like to get to know you and see how it responds.

Ann: It's saying, don't have any more children, you can't have any more children.

Bob: Okay. Ask it, what's good about not having any more children.

Ann: It said it will kill me. Like, having another child will kill me. It's like a little claw.

Bob: Okay. Ask it, what's your intention for me? Do you really want to save my life or do children scare you somehow?

Ann: They're scary.

Bob: Okay. Ask it, are you a part of me?

Ann: It said that it killed my grandmother.

Bob: Oh.

Ann: It's saying that I, so my mum's mum had a mass and she died. So, she was dying, and she had my mum and she died a few months later. And this little claw is saying, I killed her.

Bob: That the claw did, or that you did, Ann?

Ann: I did. It's saying I was there, I was in my mother, me and my mother killed [Inaudible].

Bob: Okay. Ask this claw being, where did you get that belief.

Ann: She wouldn't have died if she wasn't pregnant.

Bob: The grandmother wouldn't have died if the mother wasn't pregnant is what this means?

Ann: No, the grandmother wouldn't have died if the grandmother wasn't pregnant.

Bob: With your mother. Okay. That's another belief. Ask this being again, are you a part of me.

Ann: No.

Bob: Yeah. Okay. Tell it, we want to help you and thank you for letting us know about a little bit about you because we can help you better now. Now take a light, maybe form a, let it flood the area around this being and then let it sort of congeal and close in, so it forms a ball or egg-shape container to contain this being. And then gently pull it out of your leg to around front of you to a good conversational distance. And let me know how that goes for you.

Ann: It's like it really kind of, it starts to unhook and then it moves, kind of scrapes further down.

Bob: Okay. Okay. See where it's scraping further down on your leg and look inside there, and there's some part of you who's still hooked by it. Can you find that part.

Ann: Oh, it says it's my fault.

Bob: The part says it's your fault.

Ann: There's a part that says it's, it's its fault. It believes...

Bob: Oh.

Ann: I don't think that's part of me, either. I think that's my mum's part.

Bob: Yeah, it might be. Yeah. Ask, are you part of my mom.

Ann: Yeah. It said, no one loved it.

Bob: Yeah. Yeah. Yeah. How are you feeling towards this one, Ann?

Ann: I feel really compassionate.

Bob: Great. Offer it your compassion and tell it, you're not a part of me and we're going to have to help you go where you can heal, because you can't ever really heal in me. And see how it responds to that.

Ann: It's saying it can't go to my mum either because she can't do anything.

Bob: Okay. It can go directly into the light if it wants. And it can dissolve there with this untrue belief that it killed its mother. That's not true.

Ann: Yeah, that one really wants to go into the light.

Bob: Okay, great. So, send them both, say, okay, you can go now and see if they can leave and see if there are any tubes or strings or claws or anything still hooking into you anywhere, Ann.

Ann: That one can now carry the **ghoul**.

Bob: Great, great. So, can they both go up? Yeah. Just watch them as they start moving in that direction. They'll feel in their bodies how good it is for them to go there. Yeah, yeah. And remind them, take any parts, any little bits of stuff, everything that's yours, take it with you. It will help you heal up there in the healing realms. And maybe ask them, can you sense the kind beings leaning down to help you.

Ann: Yeah, that's what they never had.

Bob: Yeah. They never had that. It's way past due. And again, if it feels right to you and all your parts, go in peace, there's been too much suffering. Go in peace, go in peace, go in peace.

Ann: Yeah, now there's just like, a kind of candle where the light was.

Bob: I didn't hear that, Ann.

Ann: Uh, there's like a, a candle where the light was.

Bob: Okay, great. Just check, check, comb through your body and just check. Is there any other little bits or alien presences left anywhere in me now. Just sort of slowly go through, maybe use a light like a comb to comb through your body and you'll know, you'll sense it if it's there.

Ann: There's a, feels like a slice of metal that goes through here. Everything else, yeah, like it, it can't go through this bit here.

Bob: Mmhmm, okay. Just ask the metal. Hi, are you a part of me, we want to help you, whoever you are.

Ann: It said, fuck off, aren't you done already.

Bob: Hi there. Alright, and just ask it again, are you a part of me.

Ann: Yes.

Bob: It is?

Ann: It said it's a part of me.

Bob: Okay. Ask that part of you, hi there, part, it's good to meet you. Ask this part, did you take in alien energies to make you strong and help you survive at any time.

Ann: It said it, it's there to stop the pain.

Bob: Okay, okay, yeah. Yeah. Ask this part of you, we really don't need those anymore and see if it's willing to release all those alien energies and keep everything that belongs to it.

Ann: It doesn't want to. It says, it's, it's something like, it can switch off their pain by feeling kind of cold anger.

Bob: Yeah, yeah. Yeah. Now ask, ask is the cold anger also a part or is that alien.

Ann: It's ice, it can feel, it turns to ice.

Bob: Yeah, okay. Ask the ice, are you a part of me.

Ann: Uh, it's pretty aggressive and it said it's not going to answer me because we're not going to get rid of it.

Bob: Okay, ask it this, did you see what happened to those other beings who went up to the light. They got the love and healing they've been waiting for, for a very, very long time. Did you see that? Ask and see.

Ann: Yeah, it said they're weak pieces of shit.

Bob: Hmmm. Okay. Ask it again, are you a part of me. We can help you better when you tell us.

Ann: Yeah, it said it's, of course it's not a part of me because I couldn't be as strong as it is.

Bob: Mmhmm. Yeah, okay. So, ask the part of you, is there still a part of you hanging onto this.

Ann: Uh, I'm feeling very nauseas.

Bob: Yeah, yeah. Let's just try this, surround that ice being in a ball of light and pull it gently out in front of you. Let it know we don't want to judge it or punish it. Gently out in front of you to a good conversational distance and let me know how that goes for you.

Ann: It's not coming out. Like, I feel quite light-headed and it kind of, again it's like claws that are digging in.

Bob: Mmhmm, okay. What we need to do is find the part who it, who it is attached to. And I think it's that one that felt it could turn off the pain using this energy. Just say, hi in there.

Ann: Yeah, it said it's got no other way of stopping my sister.

Bob: And your sister did nasty stuff.

Ann: Yeah, she was quite violent.

Bob: Okay, okay. Okay, ask this part how old it thinks you are, Ann. First number...

Ann: Eleven.

Bob: Yeah. Okay. So, give the part an update from the time you were five until now. A fully adult woman with a lot of skill and strength and experience. And see how it is for this part to learn who you really are.

Ann: It's really scared that my sister's going to kill it.

Bob: Yeah, yeah. It was really scary back then. Can this part follow your life story? You survived the childhood. You're an independent adult now. It's really important that this part come to realize that's who you are. So, give it an update with enough detail so that it can follow from the age of five to where you are now. How is it for this part to learn that you survived?

Ann: Well, it was quite shocked.

Bob: Yeah, I bet.

Ann: And then I showed it my sister now, I don't speak to my sister, and I don't have much contact with my parents because they live with my sister and I think my sister's really disturbed and I think she's never, it's like she's never incarnated. It's like, she's never fully a soul on this planet. This part was really scared for her.

Bob: Mmhmm.

Ann: It's scary and...

Bob: Yeah, yeah.

Ann: This part's scared for her.

Bob: Yeah.

Ann: It's something really in her.

Bob: Yeah, there might be a lot of these beings in her. Tell this part, that keeping that ice energy in you, does not help your sister at all.

Ann: Oh, it said, well what can help her.

Bob: What can help her. That's a tough question because we don't really get to help other people. I think we can sort of pray for her; we can make ourselves as healthy as we possible can be so that we don't reverberate to their energy. But we can't save others. I'm really sorry, I wish I had a different answer. And tell this part, we get the last of these alien energies out of your system, very often, very powerful good energies can come in and they might know how to help your sister and your parents. But that's, that's another step on the journey.

Ann: Yeah, she really wants that.

Bob: Mmhmm. Yeah. She's really got a good heart, doesn't she. Yeah. So, ask her again, are you willing to let go of the ice now. It'll help. Okay.

Ann: Yeah, she's like, pushing it out.

Bob: Yeah, okay. So, you help her. Just use the light. Gently pull that being out. It may be the one who's in your sister too and getting it out of you will loosen its hold on her. Use the light to contain it and pull it out to a good conversational distance in front of you and let me know how that goes for you this time.

Ann: Yeah, there's like a few, kind of, shards that it's just...

Bob: Okay. Yeah. Yeah, your breath knows how to get this out, your body knows how to get this out. Let them work, let them help you. Encourage the part. You gotta let go of all of this, send it all on its way. And then let's talk to that ice out front. Say, you know we don't want to hurt you. You know there's a realm you can go to where you can heal. Do you have the courage to look up and see the kind...

Ann: It's not happy in that.

Bob: Oh.

Ann: It's contained in the light but it's really not happy in that.

Bob: Yeah, okay. Ask it this, you know, you pretend to be a powerful being, show us your power by looking up. And you'll see the light and the kindness, and you can heal. Does it have the courage to do that?

Ann: It is a bit shocked.

Bob: Yeah, I bet. It's been living in illusion. It's been deluded and misled.

Ann: And I recognise that energy from really destructive incidences in my life.

Bob: Yeah. Let's stay with helping it on. Tell it this, if you move a little bit toward that kindness, you'll know in your body that it is deeply, deeply good for you and it's been longing to have you return home. So go home now. And see if it can go.

Ann: Yeah, it's like...

Bob: And watch it until it disappears completely, maybe again saying, go in peace, go in peace. Take all your soldiers, all your minions. Everyone you can take from me and my whole family. Go in peace, it's time for you to go. You have only suffered here, you never got what you need. Where you're going you will get what you need. Go in peace.

Ann: Yeah, it's like something else came out with that.

Bob: Great. Great. Is it disappearing up into the light?

Ann: It went into this, the light opened up here again and it went into that. Oooh.

Bob: Okay, great. Has the light closed or is there still more going through?

Ann: It's like there's something else here.

Bob: Okay. Tell it, you can go now. It's okay, you can go. You'll be safe and loved there. You can go now.

Ann: Yeah, it wants to be loved.

Bob: Yeah. That's waiting for you.

Ann: There it can be loved. It's gone.

Bob: Okay, great. Now let's come back and focus on your system. Yeah. Might be some emotion now but it's good. It's good. Yeah. These tears can wash out all the places where those energies were in you so that they're sparkling clean and fresh.

Ann: It's just this relief that it wasn't me.

Bob: Yeah.

Ann: All this stuff wasn't me.

Bob: Yeah. Yeah. It wasn't you at all. And just check with all of your parts, gather them in. Hi, everybody. Check with the five-year-old and the baby she's been holding. Hi there, thank you. And check with that wonderful analytic part who helped us gather data.

Ann: Yeah, that one's pretty happy.

Bob: Yeah, it really helped. Let it know that what it did was valuable. Is everybody in there, okay? Hi, everybody. You all okay?

Ann: Yeah. There's such a relief. There's this like, I feel so physically different.

Bob: Mmhmm.

Ann: And that part said no one, no one believed them that there was something bad in there.

Bob: Yeah. One last question in your inner world, Ann. Just ask in there, is there anything else that should happen in here today for this to be as profound and healing as possible.

Ann: It's saying, no, this is like we're home now.

Bob: Okay, great.

Ann: And I feel like, tingling.

Bob: Great. We're home now.

Ann: We're home now and there's this kind of peachy colour.

Bob: Great, great. Wonderful. Wonderful.

Ann: It's okay to be in here now.

Bob: Mmhmm. Yeah. Yeah. And there might be quite a few tears in the next few hours and days, and it's a good thing, Ann. It's a really good thing.

Ann: Yeah, no one got it, no one understood. Like, I've been saying this for decades.

Bob: They don't know our culture, I'm so sorry. It leaves people, it leaves people like you so isolated with these energies. I'm sorry that happened to you.

Ann: Yeah, it's, it's just me now.

Bob: And that's plenty.

Ann: Yeah. [Inaudible].

Bob: So, they did a job on your eye makeup.

Ann: Yeah. Yeah, I'd say that's worth it. Wow, I have like, there's so much energy here.

Bob: Yeah, yeah. And you can sort of expect, you know, like I think I said in the workshop, it's like when somebody really heavy gets out of a little canoe, the boats going to bob around a little bit with all those big, heavy things out of your system. Yeah.

Ann: Wow, amazing.

Bob: Yeah. Well, good work, Ann.

Ann: Thank you, Bob.

Bob: You're welcome. And, um, you know how to get a hold of me.

Ann: Yeah, thank you. I had no idea there was so much. Like, now on this side of it, it makes so much sense, but at the beginning...

Bob: Yeah. Can't ever guess what's in there, have to find out.

Ann: Wow, thank you.

Bob: Bye.