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## Abandonment and Loss

00:04

Ken

So, it's nice to see you. So, it was couple of years ago, right? Maybe, maybe about five, six years ago, we had connections, we were kind of like here to get some help with, with mom. And. And so how have you been since then? What brings you here today?

00:22

Julie

Well, I'm feeling over, I'm feeling very, I'm feeling very depressed, very sad, very overwhelmed. I don't know what's happening. I just feel like, these feelings come up, I feel like I'm getting abandoned, and all kinds of things are coming up. And I don't know where, where it's coming from. And you're right, you're right. You know, I saw you, my mum was sick. The one my mum died about six years ago now. And I was seeing you just when she was getting sick. And, and I was really helpful. You know, when I came, you able to help me to deal with mums getting sick, and the cancer treatments and, and stuff and, and so I was able to deal with that relatively well, I thought, you know, when she died, she died comfortably. Everybody had a chance to spend some time with her. And we had a really nice ceremony service for her, she would have been proud of the service that we had for her in the church, she would have been really proud of that. And so

01:20

Ken

That's so beautiful, that you're able to help her right, because you're really, really, worried about doing the things that mom preferred. And the service, and the funeral. And you really wanted to honor her and so that she has she has an easy time while she was getting the treatment.

01:39

Julie

Yeah, yeah, I was glad I was really glad that she had the cancer in the end, because it gave us some time to prepare, you know, give us some time to get ready. And we had everything in place and, and mum was able to Mum was even even able to tell us what you wanted after, at her service and, and even the kind of food she wanted. Because food was such an important part of our life. Or, you know, we know, we came from Prague and Czechoslovakia at the time, and that food was part of our culture. And that's always been a big part of our life. So even her r funeral, we were able to have her favorite foods and stuff. So it was really nice. It was really nice. And so, so things have been going relatively

well. And then was a couple of months ago, my granddaughter just turned 10 years old. And then it was a little bit after that all of a sudden, some stuffs coming up. I don't know, I don't know. It's like, I'm feeling depressed, and I'm anxious. I'm really anxious. My granddaughter is turning 10 years old. And all I can think about is what happens if I die now. But what happened to my grandmother, my granddaughter, my granddaughter, I'm the grandmother, gosh, it's hard to even keep it straight. I'm just feeling like what would happen to my granddaughter? What would happen to my granddaughter if I die now. And I and I go I you know, I go to my secure self. I learned that I don't go there. I know he's there. Probably could use her more. But that's okay. I'm learning I'm learning and so, so I go to my secure self. And she says to me, she says it's okay. You're good grandma. You're good grandma. And look at the good relationship you have with your granddaughter. And she's healthy. And just don't worry about her. Just enjoy your time with her. But it isn't helping.

03:28

Ken

Yeah, so secure self says you're a good grandmother. There's nothing to worry. But here you are. So as a normal 60-year-old person, right? Yeah. So, you worry about what would happen if I'm not around. And now you don't have your mom around. Right? And then you worry about what will happen for your granddaughter which I remember that you, you were taking care of her and and having helping your daughter quite a lot when she wants to work and and when she was doing her schooling and then you were just taking care of taking care of your granddaughter right. I remember it I believe her name was Susie right? So you're taking care of Susie and and she is she's Yeah, she's growing and now she's 10 and, and then he to something that hits you. So, you know, I always kind of like I've been impressed about even when we were talking about mom, the processor and your mom, you're kind of like very mindful of how you want to help your granddaughter. Right? And how you want to make sure that she is okay with everything that was happening. So I always been curious. So now as we talk about grand mothering and things are coming up, where did you learn to be such a such a present such a loving grandmother? Where does it come?

05:06

Julie

This is even hard to bring up. I learned that from my grandmother, from my grandmother, my Baba, grandma. She was she was more like a mum to me too like I, my mum had to go back to work when I was really, really just a baby. And my grandma was there for me, she did everything for me, she, she really raised me, she really raised me, she, she would go for walks in the garden, and she would teach me the names of all the flowers and, and when we would go down to the city, she would tell me the names of all the streets. And so, I learned all we were living in, in Prague at the time, and, and she would tell me the names of the streets as they used to be before things changed. And, and she, she needs to know, she tried, she taught me how to cook. I was really, I was like five or six years old, and she would have me standing on a stool beside her in the kitchen, and she was teaching me how to cook and, and she was the one who put me to bed, she would tell me, she would give me the bedtime stories, and she would sing songs to me before I went to bed, and if I was scared, she would hold me. So, I learned how to be a grandma for my grandmother.

06:25

Ken

That's a really beautiful gift. And what's her name?

06:28

Julie

Her name is susanna. So, with Susanna, she had her name spelled with a Zed, Zusanna. And we named her, my granddaughter was named after her Susie with a S. So, so I guess, I guess I guess what I realized what's happening now that you ask questions. Every time I look at Susie now, I go back and think about my grandmother.

06:53

Ken

Yeah, so sometimes that happens right, and, and with grandmother. So you lost grandmother, you were very connected. And you mentioned the grandmother. So how old were you when grandma passed?

07:07

Julie

I was ten.

07:09

Ken

Just like Suzy.

07:10

Julie

Just like Suzy. I was ten, just like Suzy and

07:18

Julie

Nobody told me she was sick. Mom knew she was sick. But nobody told me she was really sick. They didn't, they didn't want me to get scared. They, you know, they didn't want, nobody wanted to talk about the fact somebody was dying. And so, so I didn't know that she was sick. And then one day she ended up in hospital and then she, and she didn't come home, she didn't come home and, and, at first they, they tried to hide it from me.

07:43

Julie

But then they had to tell me, but they didn't let me go to the funeral.

07:47

Ken

They didn't let you know. They didn't let you go

07:49

Julie

They didn't let me go to the funeral. They thought it would be too hard for me to go to the funeral. They wouldn't let me go to the funeral. And I remember there were times shortly after she died. I, we, lived close to the church. We live close to the church because the church was really important to my family. And so I would go just about every day, I would go just about every day.

08:11

Julie

To her grave side. I knew what her favorite flowers were. So, I would bring her favorite flowers to her. To her grave and put them there. So, I have so many memories about my grandmother, and I missed her so much.

08:28

Ken

Can you tell me more about those memories? What kind of reminds you of her, what things she liked? And what is that? You know, you remember from that time and, and that's, that's very hard for a 10-year-old to not knowing what's happening, right? Yeah.

08:43

Julie

Well, I guess she was she was a she was she was always so happy. She was always singing she was she loved church songs. She loves singing the songs she, she, she loved to cook. I guess that's the most important thing. My grandmother loved to cook. She loved to cook her food was so important to her. And whenever anybody came over, the first thing she would do was get something out of the cupboard or the fridge. She always had something to eat in the house and she had some of her favorite desserts that she had to baking. She was just as amazing baker and so I remember the food that she would have. And the other thing I remembered is she loved her scarves. My grandmother loved her scarves she, she sometimes she wears like a babushka that they talk about you know Eastern European women did that what was like a **babunnia**, anyways, she was grandmother. And so, so she always had her scarves, I, I, always remember whenever she got dressed to go out somewhere. She always everything matched. And she always had a scarf that matched and, and, yeah, there was, and there were times when, there were times when I was yeah, when I was little. And if we **wrote in** and I start to get upset about something, she sometimes would take her scarf off. And she put it around me and tell me it's okay. And it's going to be okay. And she puts a scarf around me and wrap it around me.

And I remember how comforting it felt. It felt like she was there still with me then, you know. And when she died, when she died, I did find one of her scarves that I was able to. I don't know if my mom ever knew, but I had it snuck in my pillowcase. And when it was time for laundry, I tried to hide it, so nobody would see it. So, at bedtime I, I had her scarf. And I would wrap it around me. Because I didn't know what was happening. Nobody said anything,

10:53

Ken

Just like how she used to wrap the scarf around you. So, as you speak about that, I always see you with a very beautiful scarf. right? I didn't know that that was coming from Grandma's.

11:04

Julie

Oh, yeah, I have a whole wardrobe. It's God, you should see my scarves because, because it's sort of, I guess, I never thought of it before. But I realized now that, that's how I kept her close all these years.

11:17

Ken

Yeah, and absolutely another thing that is really important. So sometimes when we go through life, just like the way that you are doing, right. And when the kids are hitting certain age, it could be like our grandkids, it could be our own kids, they really remind us what maybe have been missing for ourselves. And I guess when Susannah, Susie, when she turned to when she turned to 10. So, then we are kind of like looking at the loss and abandonment and the grief that was happening for you, as a 10-year-old without even knowing right? You're looking at this beautiful kid and you're saying that? What would happen to her? Would she go through the same thing that I went through?

12:00

Julie

I was worried, I'm worried I am worried. I'm worried that she's going to feel abandoned, that she's going to get depressed that she's going to be crying all the time. I'm worried that the same thing is going to happen to her that happened to me when I was 10 years old.

12:14

Ken

So, your really, really, worried about that. That she would feel abandoned, she'll feel very, very sad.

12:20

Julie

Yes, yes. Because I, I remember, I remember I, I cried a lot. I cried a lot. And, and then, and then what happened was it was around when I was 12 was 11 or 12. Somewhere in there. Things were really shifting in Eastern Europe and my family decided we were going to move to Canada. And then we left

the grave we left. And so, I couldn't go visit her there anymore. And I don't know what happened after Well, I guess I just stopped crying. I don't know. I don't remember. I remember how hard it was moving. How much I miss my grandmother. And then I don't know what happened after that somewhere. I think I just stopped feeling anything. You know, I think I just stopped, had to stop. Mom would always say mom would always tell me. She's dead. Let her go. She's dead. Let her go. You know, that's what mom would always say you can't go back there. She's dead. Just let it go. We're living in a new place. Now just let it go. So. So there, I just had to let it go. I guess I just I stopped doing anything.

13:35

Ken

And now when, when your granddaughter is hitting that age, everything is coming back and you don't want her to have the same feelings.

13:44

Julie

But I feel like, I feel like, I feel now that you're asking me. I feel like I'm back at the, I feel like I'm the 10, 12-year-old. Now I feel like I'm, I'm back there I back there when my grandma died. And when we moved it was just horrible. It was just horrible. Because then I couldn't go visit her anymore. So, I have all those feelings. I'm feeling like I she abandoned me. I felt abandoned, I'm all alone. I'm scared. There's nobody here to hold me. You know, my mom isn't here. And you know, I was grateful that we did that work with mom, but I don't know what's happening now because I just can't seem to I jus, I just want to cry all the time. And I'm overwhelmed with these feelings of sadness and feeling like I'm all alone again and so scared.

14:32

Ken

And that's absolutely something that you don't want for your granddaughter.

14:38

Julie

I don't want that for my granddaughter.

14:41

Ken

Yeah, yeah. And as long as I've known you, you have been, you have been a huge support to your daughter and to your even to your son and his kids and, and all your grandkids straight. And with Susanna you kind of have, have a different relationship because they're just living down the road from you and so that relationship is, is very significant to you.

15:06

Julie

Well, and she's my, she's my first grandchild as well. So, she's my first grandchild, everybody was, everybody was so glad when she was born. And, and, you know, I guess the other thing was is when, when my daughter went to pick her name, it was everybody knew she was going to be named after my grandmother. Like it just, it just, it just seemed to be natural that she would be named after my grandmother.

15:34

Ken

And that's kind of like interesting, right. When, when, when Suzy hits 10, you suddenly are in touch with all those overwhelming feelings. So now, how is that for you to see that it's quite a lot about the loss of your grandmother. Because it happened when you were 10.

16:00

Julie

So, you think that, so you think, that's why I'm feeling like, I'm 10 years old, is that it's, so you're saying? Is that my granddaughter's know, reminding me of what happened to me when I was her age. And so, all those feelings that I had to burry, when, especially when we move, it was just too much I couldn't handle it anymore. So, what you're suggesting is that that's starting to come up for me.

16:32

Ken

Yeah, I will say they're really connected. Because Suzy becomes kind of near almost like, if you, if you if you could say, like an opening or like a sort of trigger for that unresolved grief. Because I recall that when you're coming. So, you so we did a lot of work with how you support to help support mom. Right? So, at that time, and you were really clear about that. We just need to work on mom. So, if you wanted to have for us, we never looked at the past grief or things like that.

17:07

Julie

Well, you know, I know. I was so busy with mum. And, looking back. I don't think I could have even thought talked about my grandmother, that would have been too hard. Yeah. Because it's been buried for, woah.

17:21

Ken

17:22

Julie

So I, so I, just a minute so I can understand. So, what you're saying is that, at some point, I buried my feelings about my grandmother and all my sadness, the same way that we buried her in the ground.

17:43

Ken

At one point, you just didn't know how to how to manage those feelings. Right. And as you said earlier, mom was kind of saying that leave the past in the past, right? Because mom used to say things like that, right.

17:54

Julie

So, I had to, I had to, I had to not go there. I had to just leave it.

17:58

Ken

So then as a kid, I would say you kind of felt like that that's what you should do.

18:03

Julie

Well, that's what I had to do. Yeah. Because that because every time I would, every time I tried to bring it up, I remember mom saying no, we don't go there. It's done. And so eventually, I just stopped going there.

18:14

Ken

And it was kind of hard for mom to, to deal with grief stuff, right? And because leaving Prague and her mom passing, your grandma passing, she had lots of stuff on the go and the diagnosis and the cancer and so on mom, kind of tend to not want to go, go, go back and look in the past. And she functions a little bit differently. So as time passes, I guess you are tapping into, tapping into those feelings that are bubbling up.

18:49

Julie

Oh, are they bubbling up and I, and I, I like try to go to secure self and she just tells me I'm being a good grandma. And, and I and I guess it's, it's there's something else is happening is that it's getting harder. Because now the last, well, every time I see her I want to cry. And so, my, my loving, caring, happy go lucky grandmother that I was trying to be for her is really sad. Now. I'm overwhelmed with all these feelings that come up and it's like, I don't, I don't want, I don't want so I worry about what happens when I die. But I don't want her to feel my sadness either. I don't want to I don't want to. I don't want to hurt her with that because it comes up and it just, I guess what you just use the word trigger. It's like it that's exactly what it is. It's like I stay here and before I know it, something's coming up and I do love to, you know after school she'll come over and we'll do cooking and I'm sitting there trying to help my granddaughter cook and all I want is to cry and I don't know why I want to cry because well, we spent a good time cooking and teaching her things and, and I don't want her to feel like she has to look after me either.

20:09

Ken

Absolutely. And that is really important. And you are a really wise, grandma, you can see all of that, right. And now when, when it's about grandma, right, and you turn to your secure self, and secure self says, you are a great grandmother.

20:21

Julie

I am a good grandmother's, Yes.

20:24

Ken

And, and as you see, it's not so much about grandmother as maybe in relation to, in relation to Susie. And so, if it's okay, just for a second, let's go all the way, way back. And then if we, you know, so if you remember sometimes if that helps, you can close your eyes if that if you want to keep them open, that's okay. If you go back and connect with secure attachment circle for grandma, who do we see there? So, as you go back to grandmother secure attachment circle. What and who do you see?

21:06

Julie

Can you, what do you mean? Well, can you, can you, I, when you say it's grandma's attachment circle I, I got used to my own attachment script. I don't know what you mean by grandma.

21:19

Ken

Imagine grandma has her own attachment circle. Oh, okay. So maybe it wasn't I wasn't clear. So, if you kind of go back and just look at grandma's secure attachment circle from everything that you remember. Okay. And so, who are or what, what are the nurturing, loving, caring components in in her circle? Oh, remember that can be ancestors that can be culture, that can be identity related stuff that can be gender related stuff is the secure self, community, pets, nature, comforting things.

22:04

Julie

Okay. I go back, I remember. She, she had lots of really good friends from the church, there was a group of women in the church that they would get together and cook together and make things together. So, she had some really good friends from her church. Her priest was really important to her. And she I remember she, she loved her garden. And, and I remember in the country when I was there, we always had mice in the, in the gardens outside. So, she always had a cat. So, she always had at least one or two cats who were always outside. She called them her hunters, they were her hunters, they would catch the mice so that they didn't come into the house. So, so she would have some cats

there. And she would have she would have lots of good food there. She would have people from her church singing, the carols and the songs that they used to sing in church because there was something she always said there was something magical about singing in the church that was there when she was, she was a good singer, my grandma too. And there'd be lots of flowers. And her friends.

23:33

Ken

Yeah, and what about her secure yourself? Are you able to connect to with her secure self?

23:41

Julie

So, so, just a minute, so you're suggesting that just like I have a secure self, my grandma has a secure self as well. Oh, oh, and see, and her, her attachment circle would be in her garden. She had this chair she'd be sitting in a chair in the garden with the cat would come and visit her every so often. And there was some of the neighbor kids would come to visit they'll be she always was good with kids so there'd be children there. And so, so I guess I can, I can imagine. I guess I can, I can. I can imagine grandma sitting in the chair and her secure self standing behind her. Her secure self, whoa

24:54

Julie

I was so afraid, I was so afraid that I also was the are afraid that were when she died. She was all alone because I didn't know what happened. Nobody told me anything. So, all I could do was imagine that my grandma was all alone that she was all by herself when she died. And

25:18

Julie

I really wish that I had been able to be there for her.

25:21

Ken

Absolutely because you love her. And how was that for you to see that her secure self was with her.

25:30

Julie

Woah. So, she wasn't alone. She had her secure self.

25:42

Ken

And do you know anything about her ancestry if you could invite her ancestors? Who would be there for her in the circle?

25:52

Julie

Well, her families were close to her grandmother's and grandparents would be there. All our aunties and uncles would be there.

26:01

Ken

And anybody from her community.

26:05

Julie

She was, when we would go shopping at the market, everybody knew her. So that would be all the people that used to shop with that, you know, she was friends with everybody. She, you know, she made friends. We go to the bakery place we go to the butcher place. So, we went to all these different places. I remember going with her. And so, she had lots of friends. So, so I guess no, they could be with her. I mean, they're all dead too. So, they would they she connected with lots of people. She had lots of connections.

26:47

Ken

Just allow everything, the ancestors, her culture, her secure self, her loving caring friends, her garden, children who come and visit, and all of them being connected in her secure attachment circle. Just take a deep breath, let it go and keep that image in mind. And just for a second tell me how you're feeling in your body.

27:20

Julie

It feels really good, it feels really good to see her. It's really good to see her it feels it feels I feel some tightness in my chest but

27:44

Julie

I wish I was there, I wish I was there.

27:49

Ken

No. Absolutely.

27:53

Julie

**Microphones.** I wish, I was there. I wish, I want to. Woah, it's fine. well, I see her. I'm glad she's there. But I want to go into her circle. I wanted to jump on her lap, I wanted to sit on her lap.

28:11

I want to be there with her.

28:13

Ken

Absolutely you want to be there with her. So just take a deep breath, let it go. So just imagine, you and Suzy give her a big hug because you also be in her inner circle and just notice your secure self is there she's supported, and Suzy can be there as well just to honor her

28:42

Ken

And how was that for them so see that they have a connection through their names. Just notice grandma has the connection even with Susie, Susie can be part of the attachment circle because she loved kids as you said.

29:04

She would just adore Susie, she would, so for Susie to be there.

29:11

**And to know that my grandma wants to know my grandma is connected with Susie.**

29:17

Ken

Just notice that take a deep breath, let it go. And now for a second, let's allow grandma to be in that beautiful circle. Just notice that she has a support that she needs. Take a deep breath and let it go. Scan the body and just let me know how you're feeling.

29:43

Julie

I'm feeling better. I'm feeling, I don't quite feel so sad. I feel my body relaxing. I feel the tension in my shoulders.

29:59

Ken

Just notice that it's just there. That's okay. You have been grieving, been feeling anxious, abandoned and really depressed and really sad for some time now. So now if it's okay, and let's just go back to that 10-year-old us, as her grandma, 10-year-old, Anna

30:21

Ken

I want you to be with her and invite your secure self to be with her. You and the secure self are just sitting next to her.

30:32

Julie

So, my, my, ten-year-old self is right there next to my grandmother?

30:41

Ken

No, next to you and your secure self. She has her own circle.

30:45

Julie

**We have so like you said so.** My grandmother is in her own attachment circle.

30:51

Julie

she's being looked after. So now you want me to go to my own attachment circle now?

30:59

Ken

Absolutely, and ten-year-old is there. Ten-year-old is there, secure self is there

31:07

Julie

I see her.

31:07

Ken

Yes. And how was that for the 10-year-old to know that grandma has her own secure self, who was with her even at the hospital? How was that for her to know that?

31:24

Julie

she's looking she's, she's again um, I can see you're looking at grandma's attachment circle , I could see her looking over there, knowing that grandma's okay I see her, she's, she's so sad. She's got tears in her eyes. She really misses grandma.

31:58

Julie

But she sees that.

32:03

Grandma is okay. That she's not alone. She feels a little better. I can see her. I can see, I can see her relaxing a little bit I can see her not looking so sad or scared.

32:26

Ken

Just notice that, now let's invite everybody to your secure attachment circle, the 10-year-old secure attachment circle. And the food, the flowers, the cats, the scarves, the ancestors including grandma, everybody is connecting. How was that for their 10-year-old who's feeling really abandoned and lonely to see that she also has a secure attachment circle. And then we can even invite Suzy and other 10-year-old.

33:08

Julie

Oh, she's looking around. I see her looking around, realizing that she's not alone. That she's got everybody there helping her and seeing, oh

33:31

Julie

She sees Suzy coming, she that she sees Suzy come she's gasping it's like whoa it's like she knows that Susie is my granddaughter who was the same age so, so the two of them, two of them are looking at each other.

34:12

Ken

Absolutely, just notice she is in her secure circle, Susie's there, you are there and your 10-year-old self is there. The 10-year-old is not alone.

34:25

Julie

oh, it's funny because I can see that she's worried. She too is worried about Susie. She, she's worried that she doesn't, she doesn't want the same thing to happen to Susie.

34:42

Ken

Absolutely. So that's what's coming up. That the activation that you have been feeling and you're as you're sharing with me since Susie turned 10 something has been shifting. You are feeling so deeply sad, abandoned and lonely. So just go back to that the young part of you a 10 year old and just look at her circle

35:13

Ken

And then scan the body and tell me how you're feeling.

35:19

Julie

She's just here for me; it's easier for me to breathe, it's easier for me to be.

35:36

I don't feel, she doesn't feel quite so sad she doesn't feel quite so sad because it's like oh she's cried so much now it's like she realizes

36:05

it's like were all, it's like were all there to hold her, so that she can cry but having somebody holding her

36:18

She finally feels like she's seen, she finally feels like, that she's seen and she's understood and that she doesn't have to, she doesn't have to bury all those feelings will, about when grandma died.

37:04

Ken

So, there's that openness and she has everybody in the circle, Let's just stay with her. Just noticed that she's not alone.

37:21

Ken

So, take a deep breath and let it go. Can you for a second let her be in the circle, I want to just check something with you. So, do you remember the moment that

37:35

Ken

They disclose to you that grandma passed. Do you remember the moment that you find out, where were you then?

37:54

Julie

We had just finished supper, we had just finished eating supper, and mom came in the door and she was crying

38:13

Ken

So, I want you to go back to that moment. Mom's secure self is holding her. Just allow mom to be cared for. Her secure self is holding her, and now you see your 10-year-old.

38:27

Julie

She can't breathe she, when they, when they

38:32

Julie

when they said she was dead. It was like it, felt like my world collapsed.

38:38

Ken

Yes, I want you to go back to that 10-year-old. She's in the secure attachment circle. That moment is very crucial, just let her know that mom is cared for by her secure self, dad is cared for, and your siblings are cared for by their secure self. Everybody is in their attachment circle, and I want you to focus on the 10-year-old. She is in the secure attachment circle with you. Just, just hold her hand and reassured her, I see you, I hear you, I got your back. Remember those attachment reassurances, just reassure her.

39:30

Ken

So now, just very gently, exhale, and stay in circle. So, I would like for you to imagine, grandma comes, grandma and Suzanne, Suzanna comes with her secure self to the circle for the 10-year-old.

40:00

Ken

How was that for the 10-year-old, who couldn't even breathe to see that, in the secure self, and grandma's secure self is there.

40:11

Julie

She, she seedsgrandma, and grandma's secure self. So, she, she sees them she, she sees them. She missed her so much.

40:26

Julie

She didn't want to let her go. She didn't want to let her go. She didn't want to let it go.

40:31

Julie

Absolutely, absolutely. That's very true. And I am sure that you have heard the, you know, statement about when somebody passes part of us dies with them. So, and people say things like that, right. So, I want you to visualize that emotional part of you that disappeared. Grandma is, grandma and her secure self holding the hands of emotional 10-year-old, and she calms that emotional, 10-year-old who disappeared when grandma died. That moment when you felt like your world collapsed, that's the, that's the emotional self. And I want the emotional self, to be seen by the 10-year-old who is in the circle that grandma secure self, her secure self has been nurturing that emotional self. And what would grandma say to the emotional self. What does grandma want emotional self to do with that 10-year-old in the circle?

41:51

Julie

So, what you're saying is that, that emotional part of me that at that moment, she, she went and she, she ran to grandmother, she didn't want to leave. So, she stayed with grandmother.

42:07

Ken

In a way, sometimes that's what we do there is that the emotional part of us stays and stays disconnected from us.

42:17

Julie

Oh, and I see that. I see my grandma holding that part. I see my grandmother, holding that part. That part was so sad.

42:29

Ken

absolutely. And she's worried, she doesn't know what happened with grandma. She doesn't know that grandma's secure self, she's trying to take care of grandma.

42:39

Julie

She didn't want to leave grandma so, she stayed with her.

42:41

Ken

Absolutely, because she loves grandma. So how was that for her to see that she left a 10-year-old behind? And how does grandma wanna support both of them? The emotional self and the physical self that is in the circle? What would grandma say to be 10-year-old who is emotionally taking care of her

43:06

Julie

She would, she would tell that part that she would tell that part that she's okay. She would tell that that she's okay at that. And then she can go back to the 10-year-old, that she can go back to the 10-year-old, she can come back to me, to my 10-year-old. That it's okay for her to leave her, that she's okay. She's got her secure self. She's in a good place. Baba. Grandma's in a good place. I know she's in a good place like in a good place. And she would tell that part that she can leave now that she can go back home to my 10-year-old

44:05

Ken

Just visualize and go with that? Allow grandma, and her secure self to bring this emotional self

44:15

Julie

I can see he, I can see her. You can, I can see her actually carrying that part. Bringing that part back to my 10-year-old

44:39

Ken

Absolutely. And how was that for the 10-year-old to see that physical 10-year-old having missed her so very deeply. And how was that for the physical self to see that emotional self doesn't have to take care of grandma anymore. Grandma has her secure self with her.

45:02

Julie

So, she can

45:13

Julie

So, grandma's being looked after. And, and, and so if she, if she comes back home, when grandma gives her back to me, to my 10-year-old, then we can help her. We can hold her. We can

45:36

Julie

save her. We see, we see her because she because not only did she worry about grandma, but she felt all alone. She felt all alone.

45:50

Ken

She felt really lonely. Absolutely. That was true. So, for a second, just go back to the circle. Okay. How was that for the physical 10-year-old to see that grandma is okay about this emotional self being with the physical self. Grandma has always been okay with that, just the 10-year-old didn't know that.

46:16

Julie

Oh, the grandma. My grandma was always, she was always worried about me as the 10-year-old she, she had always wanted what was best for me. So, she, she knows that it's time for me to take back that part because grandma wants me. Grandma wants me to have her back. Now grandma, grandma knows that she doesn't need her. Grandma knows that. She's fine without her.

46:53

Ken

So how was that for the emotional self to have grandma's permission to be with the physical self. And how was that for the physical self to know that she has grandma's permission to welcome the emotional self.

47:06

Julie

Woah, I see. I see. I see the emotional self looking at grandma. And Grandma looks at her. She shakes her head and she said yes. She says to her, yes, it's okay, for you to go back home to her. I'll be fine. She says yes. And, and she looks at my 10-year-old self, she looks at my 10-year-old self and

47:39

Julie

She's worried, she's worried and she realizes that my 10-year-old sees her, my 10-year-old sees her. She sees, such love and her eyes and she sees.

48:00

Julie

my 10-year-old self opens her arms. Like, my 10-year-old self opens her arms and says it's okay to come home now, it's okay to come back.

48:14

Ken

She's welcoming the emotional self,

48:17

Julie

she's welcoming her back.

48:19

Ken

Just go with that and allow them to embrace each other.

48:29

Ken

And notice what happens in your body. After so many years, that emotional self knows that physical self knows that grandma is cared for. And everybody in the circle knows that. Susie knows that. And you know that. How was that for everyone? To see that, to nurture that and that grandma absolutely has permitted them to be with each other. They don't have to take care of grandma anymore.

49:19

Julie

Everybody is feeling more calm. Everybody's breathing better.

49:26

Julie

My 10-year-old self is rocking emotional, 10-year-old self that's there. They're supporting each other.

49:39

Ken

So, you mentioned that one of the things that's in grandma's secure circle is singing. Just, I want you to remember those beautiful songs. And imagine grandma's singing something for those both 10-year-olds.

50:00

Julie

Oh, she's singing her song.

50:05

Ken

Just notice what happens to those 10-year-olds as they hear the song, how they embrace each other. Just visualize, go with that, take a deep breath, and let it go.

50:24

Julie

It's like the music, the music, it's helping them connect together, it feels like, it feels like they're coming back together. They're both connecting through the music, the music is

50:47

Julie

it's reminding them of Grandma's love. And they know that grandma's loving them in this moment when they come back together. So

51:02

Julie

It's like grandma's blessing, grandma's blessing them. They're reconnecting, grandma's blessing them.

51:18

Julie

And I see grandma, she's smiling. Oh, she's so oh, she has a big sigh of relief because she knows that the two of them are connected again. She knows that the 10-year-old has that part of her back now.

51:54

Julie

The 10-year-old can now. Oh, she can hold that. She's holding that emotional part. And she's looking at grandma. And they're nodding. And with knowing eyes, they're seeing each other.

52:14

Julie

They both realize that it's time. It's time. It's time. She can let grandma go now. She can let grandma go. Because grandma's in a good place. She doesn't have to hold on to her and she can let her go now.

52:45

Julie

So she's feeling, it just feels like her body is relaxing. I feel her reconnecting with that part of herself, that gone away. And she's. She's holding that part now. So, she's seeing that part. So, I see. She's

seeing the part and I see both of them. So, everybody's being seen now. Everybody's and g, my 10-year-old-self is looking at me, and my secure self is here as well, and I see secure yourself looking at me with the knowing, glad everything's good now. Everything's good now. Whoa.

53:46

Julie

So, so my secure self says that my 10-year-olds is okay now, because she's got that part. And she'll be okay now

54:02

Julie

And we can let grandma go now, cause grandma's okay.

54:10

Ken

Absolutely, so focus on you 10-year-olds. Take a deep breath, let it go. Absolutely. They can, they can be, grandma can take care of herself, her secure self can take care of grandma. And how was that for both 10-year-olds to see that grandma has her secure circle.

54:36

Julie

Well, I see them they're, they're holding hands and they're looking over at grandma's circle. Then they look at each other and they're both very aware now that grandma's okay. She has. She has her own attachment circle with their own secure self. And grandma's fine.

55:00

Ken

So as your 10-year-old is embracing the emotional self, just for a second, I want you to visualize u and Susie giving them a group help. And just notice what happens with the emotional and physical self as they receive that unconditional love and care from you, and from Susie because Susie can relate to them.

50:28

Julie

Just keep exhaling, you're doing really well. Slowly just as if you're blowing out a candle, you're doing great. And just holding them, nurturing them. How was that for that physical 10-year-old after so many years? To see that her emotional self is back to loving, be with her, just the way that she has been with grandma. And all those years, grandma was never alone.

56:02

Julie

She's so glad to have her back and she's also, she also knows she's been helping me and Suzy. she's, so she, she knows she's not alone either. She knows that we're there for her too. So, she's got her emotional self-back. She's got me and Susie there, holding her and helping so she's not alone.

56:28

Ken

Yes, just checking what's happening with that feeling of abandonment. What's happening with that feeling of a sense of deep abandonment and depression and sadness.

56:44

Julie

she realizes she's not alone. She's not alone. She's never been alone, but she didn't know that she's not alone.

56:53

Ken

And she knows now just check in, see what's happening in your body.

57:04

Julie

So, it feels like she's my body is

57:11

Julie

my body's feeling relaxed, it's calmer. And but there's something else happening. It feels like there's

57:25

Julie

It feels, feels like, there, there was something, there was something, it was something that was keeping us all attached to grandma. And it feels like that energy whatever, I can't describe it. But it feels like that the energy that came back with emotional self is, is coming back into us.

57:46

Ken

Just allow that to kind of um be there and how is that for your 10-year-old to have all her energy intact she doesn't have to be really fragment anymore

58:07

Julie

it feels good to have that energy back and, and there's also this awareness that the grandmas okay, it's like she sees grandma and her energy over there. She sees she sees grandma and her energy and there's this is a separation that's happening in a way that she sees grandmas good with her circle. She can read now. Just take a deep breath. Let it go.

58:45

Julie

She can breathe now. Because she knows that grandma's okay, and she knows that she's okay now.

58:58

Julie

And how was that for the 10-year-old to see that grandmas is okay.

59:05

Julie

Oh, it feels so good. It feels so good to know the grandma is okay.

59:13

Ken

And how was that for grandma to see that the 10-year-old is cared by you and everybody in the circle and then her energy start to become more contained, and differentiated. Grandma has more energy. You have your energy. Grandma is safe in her secure circle. And you are safe in your secure circle with the 10-year-old.

59:42

Julie

Woah, grandma, grandma looks so relieved. She looks so happy that my 10-year-old or my 10 year old emotional self are together and, and she's

1:00:02

Julie

grateful. Whoa. She's glad she can have her own energy back too

1:00:16

Julie

Whoa. So, she gets to, woah, she gets to go where she needs to go now because, whoa. Because I was, I was, I was holding her somewhere I don't know where I was, but we were holding her somewhere because she, she was connected with us with my emotional self. So, grandma, just I see her energy shifting, I see her being lighter. I see her, I see her being able to move better. And she's happy. She's what's the word? It's she's, she has the sense of freedom within herself now. And she knows that. We're okay too, that we have our self back.

1:01:12

Julie

So that we can be whole again within ourselves. Because that part was there for a long time.

1:01:24

Ken

Yes. So how was that for you to see them. And those parts getting together.

1:01:46

Julie

It feels really good to see them back together again.

1:01:58

Julie

I see them connecting, I've see, I see them smiling at each other. I see them supporting each other, I see them holding each other. The emotional self knows that she's being held by the 10-year-old and the 10-year-old knows that I'm holding her. So, he feels very safe. They feel safe. They feel secure. Whoa, whoa, they like all of a sudden, like, whoa, I see it. They feel secure with each other, they feel secure together. They're and they're, they know that I'm here holding them. So, they're feeling secure with me as well. So, they know. They know they're not alone. They're not alone. There's no need to feel abandoned. And there's no need to feel

1:03:23

Julie

so sad. Because they saw grandma be happy when that part came home. And they saw how happy grandma was now. She can move on and her own energy wherever she needs to go. And I don't know what happens over there. But I do know that I saw her being happy that she could move that she wasn't trapped in holding that part of me. And so, and so there's this sense of freedom for everybody, everybody gets to be grandma gets to be secure in herself and not having to worry about the 10-year-old world and the 10-year-old gets to be secure herself and not worry about grandmother so, so it's like there's a there's a real separation so that we can be whole and my 10 year old has everything she

needs. She's, woah, so my, so there is this part of my 10-year-old that was missing for a long time. So, so she was also Whoa. So, she was missing that part of herself. She was missing that part of herself who stayed with grandma. And it's now like she's come home to her. So, she was really missing. She was, she was home. My goodness. She was missing part of herself. She was missing the emotional part of herself. That's what she was missing. Because that part it disappeared to stay with grandma. And now she's back. Now she's back home. Now she's back home. So, I, my 10-year-old has, oh my goodness, my 10 year old has a whole part. Those parts are all back. She's, she's back. Oh, well, my goodness, she's Oh, she's back home.

1:05:47

Ken

Just notice that and what is happening with the feelings of depression, sadness, grief, abandonment, anxiety and worry about your granddaughter. Just notice what happens with all of that.

1:06:06

Julie

It's melted away. There's this overwhelming sense of peace and love and connection. So that there's no abandonment anymore. There's the abandonment isn't there because they're back together. And there's no sadness anymore because she's home. So, the sadness isn't there. Because she's home. So, there's, there's joy. There's an inner. That's what grandma was feeling too. They're feeling this inner sense of joy that everybody's back where they're supposed to be in everybody's, oh. grandmas got her energy back and my 10-year-old has that part of her back and they're together, they're reconnected. They can all breathe better. There's a calmness. It's a warmness to there's this. There's a warmness there, there's a real sense of love flowing between those parts between my 10-year-old and her emotional part that it's like they're really, whoa, they're coming back together. They're integrating. They're coming together. They're feeling like they're one there's no separation. There's no separation there. Oh.

1:07:50

Ken

Take a deep breath, and let it go, and just notice and scan your body from head to toe. So, can you please let me know what's happening in the body? Especially with those feelings that you're feeling intensively since your granddaughters was returned?

1:08:09

Julie

Woah

1:08:17

Julie

They've changed, they've shifted, they're not there. They changed. They've changed they. There's, we feel connected. We feel one, we fell together, we feel together so there's no sense of abandonment. And my 10-year-old has that part. So, she doesn't feel sad anymore. She doesn't feel she has that. Oh, my goodness, she has that. She has that part of her back and, and there's something about them being able to hold each other and support each other. It's really, amazing. It's like there's this there's this I just like the cuddling. It's like, it's like I it's hard to meet even describe it. It's, it's like I see them, melding and molding, not molding, melding together. It's like they're, oh, it's like their energies are reconnecting with each other.

1:09:30

Ken

So that's kind of like neurologically, that's the integration happening right now. Just notice that, take a deep breath and let it go. And then how was that for as a grandma to see that? You can offer Susie something different because she has her secure self.

1:09:50

Julie

She does.

1:09:54

and so

1:09:55

Ken

Just like your 10-year-old does. She has all her parts, she has her secure self.

1:10:03

Julie

Oh, so why? So, I don't need to worry about Suzy like I don't need to worry about that at all because Suzy has her secure self and wouldn't have that part with her. And, and I can help her, I guess I can help her by telling her that she's okay that she has all that she needs within her too, sort of reassuring her and I don't, I mean, I don't know what word you'd say to a 10-year-old. But I would let Susie know that, she's okay that she's never alone.

1:10:48

Ken

Absolutely, and that's very beautiful. right? That's why as we started today, you're saying that when you check in with your secure self about Susie, secure self tell her you're a good grandma, just play with her.

1:11:02

Julie

Oh, so that's so I can go back to just playing with her. Because everything's okay now. Because, because my 10-year-old is all good. Now she's healthy. She's got that part back. She's whole with that part. So, my 10-year-old is happy, healthy, and now I can just be a grandma again.

1:11:25

Ken

You can just be a grandma to Susie. And with a beautiful understanding.

1:11:41

Julie

Woah, woah, I didn't realize. Thank you. I didn't. I didn't I didn't have a clue that this was what was going on underneath. Now, I now, I feel much better. Wow. Now I understand. I feel better. Whoa. So, I can even feel. whoa. It's really weird. Because I can feel myself becoming a grandma again. I can feel me becoming the grandma again and letting my little Susie be the granddaughter. And I don't need to worry about her and, and I can just be the grandma and let her be the granddaughter. So, we can go back to just playing and having fun together again.

1:12:30

Ken

Absolutely.

1:12:33

Woah, thank you.

1:12:39

Ken

You're welcome. And thank you for coming back to just work on and those aspects of life that can be really challenging. Abandonment, fear, anxiety. You are a really brave grandma. You always have done right by your granddaughter, Just like grandma did for you. It's a very beautiful gift to pass on to the next generation. Right. So amazing. Thank you for being there.

10:13:06

Thank you. Oh,