

T: So as we're going along on this path, okay. You're gonna see is six and a half billion people who are in the world. You don't know them. These are just people in the world: women, men, right. So as you're walking on this pathway, these people are on your right and left and you're watching them. Some of them are looking at you. Some of them are not okay. As you're looking at them, what do you think about them?

C: I usually don't look at people.

T: Okay

C: Seriously

T: So even if you don't look at them, what do you think about them?

C: Sometimes I do. I mean people that are really pretty or just you know get my attention and I look at them. And meaning if you ask me just randomly if you're just you know going to movies say for example you know because I noticed this experience because I thought he looks at everyone and he remembers the face and everything and I don't. I don't usually pay attention to people around me until something specifically interests me I look at them you know. So, not in general I'm not looking at anyone. I mean I'm pretty much into myself you know. I'm busy with myself and my look, but I don't see. That's how I am.

T: How do you feel about people?

C: I don't feel bad or anything. I think neutral. Neutral

T: How do you behave toward people?

C: I think I behave toward them very kindly.

T: If you could guess, what do you think they think about you?

C: Based on experience?

T: Yeah. These are people you don't know.

C: Oh. I don't know. They think that I am a nice person

T: And how do they behave toward you?

C: Nicely

T: And as you're around them, what do you think about yourself?

C: I feel I'm a kind person. I'm nice. Kind.

T: And how do you behave toward yourself when you're among people? What do you do with yourself?

C: Nothing.

T: And how do you feel about yourself while you're around people? Anything in particular?

C: Nothing as well.

T: Okay, so as we go along this path okay. We no longer see the six and a half billion people. Now we see people we know. These are not very close people. They are not friends you know close friends or family members, but these are people we know okay. They're acquaintances let's say. What do you think about them?

C: I really don't think anything you know. I don't have any thought.

T: Is it different for you between women and men in general? Do you think a different mode with women than you do with men?

C: No, but I think women are more prettier than men.

T: And how do you behave toward people you know?

C: Friendly

T: What do you think they think about you?

C: I don't know. They don't talk about what they think about me.

T: Just guess

C: This is what I hear from them, that I'm very nice you know and kind and helpful you know. That I'm just nice person. That's what I...that's the feedback I get from them, but I never talk to them about what they're really thinking about me.

T: And how do they behave toward you?

C: Good.

T: And when you're around them, what do you think about yourself?

C: I feel good. I really feel good when I'm around people that I like and I know them. I kind of getting power and feel energy.

T: Okay. Are you done with this group too?

C: Yeah

T: Alright. We're gunna go. As we're walking along, we see a different group. These are the group you know regarding your career. There could be anyone that has to do with your career. Okay. And career itself. What do you think about career in your career?

C: My career I just hate it period you know. I just don't like it anymore. I just can't you know. I still respect them. I still help them. I still do whatever I can, but I feel that unfairly I've been treated by them.

T: By customers or by company?

C: By customers, by company and I try to understand that okay who said that everything has to be fair for me, but maybe it's because it's my high expectation, but I am in a place that I can not take it anymore you know. I'm usually a strong person or I at least act like a strong person and fight with everything and try to make things happen, but I'm done. I don't want to do that act anymore. Whatever is going to happen and I'm not scared of it you know. I don't know how I'm going to make my money, how am I gunna pay my bills, but one thing I know that I just don't want to do this anymore. I have nothing in my mind. I haven't prepared for myself that what I want to do or you know nothing. I have nothing in my mind that's seriously going to happen you know. Things come to my mind and those, but not realistic, so I know that I'm not going to be able to get there, so it's just a thought you know, but as realistic things I have no plan for my future, but all I know that whatever happens I'm ready for it. All I know is I'm not going to do this.

T: And what do you say they think about you: your coworkers, the company, your customers you know?

C: Customers are demanding and I think because of type of my business. Nobody like to pay for insurance for example. They think that they're paying for nothing, especially when employee have that mentality you know. So I'm the first one they pick up the phone and they dump they're frustration for no reason on me you know. And that's what it is you know. They accuse me of...I'm stealing their money. I'm taking their money. Why they think that way, it hurt me. Deep inside it hurt, I have to explain to every single person, hey you're not giving your money to me, it's not for me. I'm not taking all your money. I'm giving the percentage of your money and I'm here all day and I'm doing my best to make you happy. What when they lose their job or whatever happened in their life, I'm the first one they pick up the phone

and they start yelling and complaining and some of them are really cruel you know. Some of them that sometimes I accept that, especially in the last year that I really have a bad mood. I have so much up and down and some days I'm really moody and I'm not you know in my best. I understand that. Some of them, they are right that maybe I'm not the best person or I'm not the same person that I used to be at least, but some of them are unfairly treating me you know. They are making up this story about me complaining and I just don't know why, what is this happening and why am I getting this you know. I'm pressured...

T: You're feeling attacked?

C: Yeah and I kind of because I never how can I say that...because I never...I don't feel that when I'm going to work that I have to be prepared to fight with anyone. I'm just going with the mind that okay I'm gonna start another day, how everything is going to go smooth. This is my (could not understand word). When I get kind of attacked with something's that I'm not expecting it, it kind of hurting you know. And when the company is not supporting me, people are not happy and I feel that they're not happy and I cannot make them happy. I don't have that much of capability to give them what they want and I'm right in the middle. It make me unhappy you know. I wish that

T: You feel powerless...

C: Powerless yes. A couple of years ago, I could do whatever that just to make my client happy you know. Change things you know. Move things around. Now I can't you know. Pretty much the company is watching me like you know...so seriously whatever I do. They even reject my endorsement you know. I mean this is so disrespectful to me you know. I think that the company that I'm actually serving them for many years, they are not taking my word. They are not accepting me. I mean whatever I do is not good enough for them. They are not...they don't want me to do it. They want me to do exactly the way they want and what they want is not the best way that they want in this economy in this situation. It's not in the benefit of the people so people are hurting. They are losing their jobs. They don't have money. I mean I have to do something to make them happy to be able to pay their payment you know and they just keep rejecting keep rejecting. It's very frustrating for me. I mean I just don't like to do it anymore. It's been always hard. It's not the easiest job on the Earth. I think it's one of the most difficult job. Sales, by itself, is a very hard job and I was handling it. I mean fifteen years ago, twenty years ago, ten years ago, I was managing it much better because I think maybe I had more energy. Maybe, I had much more motivation. Maybe, I was so desperately needed to make that income. Right now, I don't you know. It's only me. I mean my daughter is going to graduate in a few months, so I'm not going to be responsible for her anymore, so why do I have to go through this? It's only me. I can live bare minimum. I don't need anything. For the rest of my life, if I don't buy anything I'm fine, but I'm not going to do this. That's my mentality now. I don't know if it's going to change or if I'm going to stay there, but this is the way I'm thinking about my job right now on everyday basis.

T: So when you say I'm being disrespected and I don't like it and I'm feeling attacked, but not only my customers that I'm serving them, but also from the company, what kind of emotion comes up?

C: The emotion is...I don't know. It comes hate.

T: Where is that hate in your body?

C: I don't know. I mean I feel it all over.

T: All over.

C: All over my body.

T: And from zero to ten?

C: Huh?

T: Zero to ten. Zero being none and ten being the highest that could ever be. What is the amount of hate right now?

C: The hate right now. Right now is about two three. It's not that bad right now.

T: That's good.

C: But sometimes it gets up to here.

T: When you're on the phone with somebody it goes up to there. So I want you to right now to just close your eyes and go into your body where the hate lies and just be with it and see what else comes up for you.

C: I just feel it in the arm. I feel a little

T: Just go into you arm and be with the hate.

C: I feel it in my hands. I mean in my arms.

T: And other thoughts come up for you?

C: That's not what I want.

T: And when you say that, what kind of emotion comes up?

C: It's just dark. It's just blank. I can't see anything I mean I don't know.

T: It's uncertain to you.

C: It's uncertain to me.

T: Is there anything with the uncertainty, any emotions?

C: Immediately no. Sometimes I try to be scared of the future of the uncertainty, but no.

T: Okay. Are you complete with this phase?

C: Mhm (in agreement)

T: Okay, you can open up your eyes. And as we go along on this path, now you don't see anybody, but you see money. You know piles of money and then wealth. You know like symbolization of wealth around. What do you think about money and wealth?

C: I love it.

T: How do you feel about it?

C: I feel I love money as comfort. I'm happy that I'm capable...I'm able to spend money on my children you know. Sometimes the only thing that holds me on this you know is my children because I think if I didn't have money and I couldn't give them the money that they need, I will be very shameful of myself.

T: How do you behave toward money?

C: I'm very good with money.

T: You manage it well

C: Very well

T: And when you are beside money and wealth, what do you think about yourself?

C: In what aspect?

T: Well first I was asking you what you were thinking about this object or this concept, now I'm asking what you are thinking about yourself as you are around it. I am...

C: I'm still not getting it.

T: As you're looking at yourself and we usually give meaning toward ourselves about whatever it is. So in relationship with money, you said that you love it, that you're comfortable. You use it as comfort. You're happy that you are capable of making it. You're happy that it's a tool that you can support your children with and that you're good with managing it. This is the relationship between you and your money.

C: I feel good about it.

T: Right so that's your relationship with money, but when it comes with you and you, it seems like when you have money or when you're beside money and wealth or when you don't have money, what do you think about yourself? And usually the sentence begins with something like I am.

C: Well, I'm surprised that I've been capable to make whatever I create because I think that I haven't been equipped. I haven't been prepared to whatever I have so I still I look at myself as a surprise.

T: But also proud a bit?

C: I am proud. I am very proud, but when I logically think about myself a person like me couldn't have what I have today you know. I mean with no background of any education with no management skill with no sales skill with no marketing skill, I run the business for twelve years. How I did it, I don't know how I did it. I'm still up to this date surprised. You know every time that the company - the people from the company came to check on me to my office, they say ok you have the numbers, but how did you do it? Oh we don't know and I didn't know and they were surprised. Oh well the result is there, but how I did it, I never follow their direction because I didn't have the background. I didn't have the education. I didn't have enough tools you know in myself. What I did, you want to call it luck? I don't want to call it luck because I really don't believe in it because I really work hard for it.

T: Luck is only a one time deal. It just seems you were able to repeat it cause it's a constant thing.

C: Repeat it for years and years and years. I mean hard work.

T: It seems like it's been very intuitive and natural so that's how it just happened.

C: Yes I mean for me, honestly, usually Iranian they don't give you that kind of feedback, but American people they do. My honest work for each you know. I mean that's the things that I think oh maybe that's...I remember when I start the business and I just send the letter to my you know existing client in my own language in my own you know simple English. I didn't get help from anybody I just typed it and mailed it out. It was full of mistake you know. My English today is much, much better than you know twenty years ago or you know twelve years ago and fifteen years ago. So, I received a feedback from them that yes, we do want to do business with you, you know. We appreciate you because with this English you start the business, we want to support you. Few of them, they called me they said that's oh my God you know. That was that was a mixed feeling, a good feeling and shame feeling, but at that time I never thought about the shame you know. To back up, I said okay my

English is not good so I don't talk or I don't write or I don't do it. The only thing was that okay maybe that's the way for me. People are accepting me the way I am so let's take opportunity of it you know and I go on with it. So, I think for me it was honesty. Honesty was working for me.

T: Good. And when you say that, what kind of emotion comes up for you? That I'm surprised I did it, although I didn't have all the skills you know from before, but I did it

C: I did it.

T: And when you say that, what kind of emotion comes up?

C: I feel proud. I feel good about myself.

T: Alright, are you done with this section? Are you ready to move on ahead? It's been easy so far huh?

C: Yeah

T: Not that bad. Now we're going to go to friends. So the next group of people you're going to see on your right or left. These of friends okay. What do you think of them?

C: I love them. I love all my friends. I think they're fun and I have good time with every single of them.

T: Any difference between men and women?

C: No

T: How do you behave toward them?

C: I just like them. I'm welcoming them you know. I just like them around.

T: And how do you behave toward them?

C: How do I behave? Nice, friendly, I don't know.

T: And what do they think about you?

C: Huh? I think they like me.

T: How do they feel about you?

C: I think they like me.

T: And how do they behave toward you? I think they like me?

C: I think they think about me that you know I'm a fun person and then again this is not what I think, this what I heard you know so. They think I'm a fun person to be with. I'm a good host. That's what I heard. That people like to come to my house because I always you know. They're having a good time at my place and they think I'm fun.

T: And when you're around your friends, what do you think about yourself?

C: I feel good.

T: Say more about it beyond good. What do you think about yourself? I am...

C: I don't know. I'm...I don't know what I am. I'm kind of proud. I don't know what is coming up.

T: Whatever comes up is the right answer.

C: Yeah, I'm proud. Yeah. I'm the most accomplished besides few of them. I'm the most accomplished one with of them you know, except few of them that are doing a lot better than me, but mostly yeah I can say I've done better. I just felt that I'm proud of myself.

T: Anything more or should we move on?

C: No. The only...no. I mean sometimes their youth may bother me you know I mean if they're much younger. I just...deep down you know I feel okay I wish I was at her age. Put it that way.

T: Okay, as we go along, friends go away and the next group of people are your siblings, sisters and brothers. What do you think of them?

C: Very good people. Very loving, very caring, very together, very supportive you know. I mean we as a family have been very good together you know. We always been for each other at any given time. We've always been supportive of each other. Sometimes I you know when they get older, when we get older, we get a little bit meaner I think you know. Sometimes I see that my sister, she's getting older, she gets mean to my brother temporary, just for maybe you know few word and then they she still servicing them and you know doing everything for him, but when she gets you know kind of mean to him, I get upset. I say okay this is how I'm going to be and I always remember my mom because my mom was getting a little bit you know when she was very old and, she was kind of I don't know say negative, not negative, but very demanding, very, very demanding, and very sometimes mean you know. That scare me you know. That's the only thing about the family otherwise most of the time, ninety-nine percent of the time we're very together, we're very you know supportive, very good, very loving and all that. Everything is good.

T: What do you think they think about you?

C: They approve me. They think that I have attitude problem. I don't know why they think that way only my older sister and they think my behavior toward my man has never been appropriate, which I do not agree with. Beside that, they always wants my opinion for every single thing they do in the family. I'm the first one they call me and they want my opinion and they respect it and they really do it and all the other stuff, but on the other side they're kind of disapproving me of all the choice in my life and you know that you know I'm not behaving right or I'm not treating my man in my life correctly or the way that they think. My sister is seventy years old. I think (sister's name) she's from a different generation and I don't think (could not hear rest of sentence)

T: How do they feel about you?

C: I think they like me.

T: And as you are standing beside them, what do you think about yourself?

C: I feel good about myself about that I have that family. I'm very happy to have them around me. I think we are very fortunate to have a family that is still together. Usually families are not, especially here you know and even the two sister and 1 brother back in Iran, I am not in contact with them personally as much, but you know my other sisters daily basis, contact or still supporting. I am not doing it. If they ask me, give 500 dollar, I pay, give 200 dollar, I pay, but I never initiate myself you know. I never think about it myself. My sister has to come and ask me for look I want to send this much money to Iran. You have to pay that much. You have to pay that much. You collect it and I'll pay it, but....

T: So somebody else coordinates

C: Yes. Yes. I am not good in that stuff myself. Maybe it's because I am the youngest child in the family I'm kind of ashamed to you know give help to my sister for example back in Iran you know. I think it's not right.

T: So it's not your role in a sense to be in that place? If they request, you will be more than happy to do it.

C: Yeah. Exactly

T: But you don't want to insult them in a sense.

C: Pretty much and inside maybe that's the feeling that you know I'm not going to initiate and make and call and say how are you. (Could not understand sentence) we'll send it for you. She's like my mother. You know I don't want and she were in a very good you know place couple of years ago they lost everything you know. Now, they are...they're not keeping the same standard of their living as they used to, but I don't want to you know insult her by offering money, but if somebody asks me to pay, I'll pay.

T: Are you complete with your sibling? Okay. The next group is children. As you walk around, you see your son and daughter. What do you think about them and which one do you want to talk about first or is it general? Some comments might be general and both. It could actually attend to both, but one comment could be different from each one. So what do you think of them?

C: I love them to death. That's all I have. Regardless. (Could not understand)

T: What do you think about your son?

C: My son is a troubled child. He's been a troubled child for me. I mean I have had problem with him since he was born. Still, I have problem with him you know. He is kind of in fight with me. Not in a fight physically or you know we are very loving. We are very, very loving. We have a very close relationship, but sometimes I feel that there is a rage, there is an anger inside him that you know whatever he does is just doing it to prove something to me you know. Maybe, this is not the way he his. He is just saying it to destroy me to damage me more and more and more and we've been through a lot. I've been through a lot a lot. I mean I just can't believe myself that I'm a still here you know, but we've been through it and we past actually those days and hard times and everything, but everyday every once in a while some things coming up even though we're very together, he's very responsible. He can keep a job. He has his under. He has his good income and everything, but he does things...he says things to destroy me and sometimes I feel okay. Now I think I feel I know why he's doing that because he has something...he has some rage inside him that he wants to revenge and let's just accept everything. Let's just act everything he does is okay. I still love you. It's okay because he's not at the age I can control him or I can fight with him or I can't do anything about him anymore. He's twenty-nine years old. I just have to accept him and sometimes that acceptance is hard deep inside for me it's very painful, but...

T: What do you think he thinks about you?

C: I know he loves me. I know that for sure, but maybe he doesn't know it himself. I don't know, but the feeling I get sometimes is that he unconsciously is trying to harm me by saying things because it's very simple for any healthy relationship between anybody if you come to me and say some things that you know is going to hurt me. You know I'm not ready to hear it. I don't want to hear it and you keep insisting and telling me and telling me and telling me.

T: But is he talking about himself and it hurts you or he gives comments about you?

C: No about himself.

T: He's sharing things about himself that might bother you, but he still does it anyway, so the point with him is that he trusts you enough that no matter what even though something might bother you that you are capable of just kind of being there and observing and listening and being all of that right? What does he think about you?

C: Then again whatever they say. They love me so much I feel it. I know it that they really love me and they think they're life without me wouldn't be possible. Neither of them wouldn't be in the place they are right now without me and they are keep saying it any occasion that is possible to me you know. They remind it to me that you know if you were not in our life...if you were staying with our father for example, we couldn't accomplish as much and we would not be here and whatever it is today we have is because of you and they acknowledge that and they do it in many different way. We have a very, very close relationship, very, very loving, very close, but there is some dark areas in our life which it just you know pass just don't touch it.

T: And when you are beside him what do you think about yourself?

C: Um, I feel responsible. I feel responsible for everything is happening in his life you know.

T: When you say that what kind of emotion comes up?

C: Sadness.

T: From zero to ten, how much is it?

C: Six. Six

T: Where is it in you body? Close your eyes and go to your stomach and go in the sadness.

C: I'm...I just don't know why I don't want to go there you know.

T: You don't want to go inside the sadness.

C: it's something that is...

T: Resisting

C: Yes

T: That's okay. From zero to six, what is it now?

C: It keeps coming up and I just don't want it.

T: I hear, but what is it? Did it go higher than six?

C: Yes.

T: So it actually moved up?

C: Yes

T: Any thoughts around it that came up for you?

C: I thought that the ignorant, not having enough experience, not knowing what I'm doing and all of that is coming up and I feel responsible for it.

T: Do you feel guilty?

C: I can't say I feel guilty because I was innocent at the time you know. I can't feel guilty. I can't take that anymore in me. I already let it go because I didn't know any better.

T: It's just a lot of grief.

C: Yes. Yeah. I don't anymore, but there is a feeling. There is a very, very, very hard feeling in my thought that or in my feeling that when I see a child, when I see someone getting married, around marriage, or they're going to have a baby and it's

not going to be right. It really irritate me. It really make me mad you know. I get so much problem with that and I just can't go fight with them, don't, you're not qualified for it, don't do it you know you know. People to drive a car they have to get a license. People they don't get trained to have a relationship first of all and then to have kids. How dare you? That's another human being you know. We are actually writing their future, their life, their destinies. It's us and how are we going to do this. How dare you, you know? I wasn't the qualified person ever to have a child.

T: So you see it as pain? When you see is pain when you look and say if I had better knowledge, I could have prevented this pain.

C: Yeah, probably. Probably, yeah

T: And then you get enraged from other people without the knowledge are going toward this path and you can see they're going to create pain in the future.

C: Yeah, pain for themselves. The hell with them, but the life that they're creating for you know the child because I think they're innocent. I'm responsible for you know creating that. I did that. Without me, they didn't exist. Are you angry at you?

C: Yeah.

T: Where is that anger in your body?

C: All over

T: From zero to ten?

C: Ten

T: Close your eyes and go into that anger.

C: That's not going to do anything you know. Being angry at myself is not going to help.

T: It's not.

C: No it's not going to help.

T: So what is the number from zero to ten now?

C: Much better.

T: Any other emotions?

C: Sadness

T: Where is that from zero to ten?

C: Ten

T: Where is that in your body?

C: In my heart

T: Let's go into your heart. Close your eyes and go into your heart and the sadness and just let it out. Exatly. Just let it out. Yes.

C: This is something that I don't want to go there cause it's not going to help. You know being sad and you know just crying about it once in a while nothing is going to change. Things happen the way they happened and I can't change it. I can't change it.

T: It's very true. It happened the way it happened?

C: And I can't change it. And I don't want to go there because it hurt a lot, but what can I do. I'm powerless I can't change anything.

T: And where is the powerlessness in your body? In your head. Okay let's go in the powerlessness. Let's just go deep in the powerlessness. They're just times and things where we don't have the power or the knowledge.

C: The only thing that can actually calm me down is twelve step people. They are saying God give me the power to change things that I can't change. Give me the

power to accept the things that cannot change. Preach me something like that. And actually I wrote it down in my office and put it in front of me and I look at it everyday and stop being sad and stop being you know feel bad about things that are happening and things that are happening in the past. I know I was at the cause in general you know, but what could I do any different? That's my life I have to accept it.

T: When you look at the sadness right now where is it now?

C: When I try to convince myself that way. I say it aloud you know. I always have to do that you know. I always have to do that. I always have to watch myself.

Otherwise, it's hard thing

T: So you just go into the sadness, it will go to ten, but when you realize that I did the best I knew and that's all I could do, it brings it down.

C: Exactly. Yeah that's it.

T: Are you complete for now with this? Let's now go to your daughter.

C: My daughter is my sweet, sweer, she's so sweet. She's the sweetest thing ever. She's been watching. She's...I don't know how to describe her and I don't know how to tell you about her. She's my hero. She's something that I'm so proud of. She's been watching Nima and me and our life you know what we've been through together, so she didn't have a childhood. She didn't have a teenager-hood. I mean the teenager things that they do, she didn't do them because she didn't want to give me more trouble. She didn't do nothing. She's been the best kid ever. That's it and that's another thing for me that makes me sad because I was trying to keep it separate from her and the time I was going through it. I was trying not for her to find out what's going on, what's happening in our home and trying to keep her...going to her friend's house or you know you want to stay over or you know not to be in the situation because it was much healthier somewhere else than my home and she could feel it. She could get it you know and that's another thing that she didn't live her life naturally, the way supposed to be because of the situation we've been through. She's smart. She didn't want to bother her mom anymore. She was seeing me that I cannot take it anymore you know, so that's why she's been so that why she is very intelligent, very intelligent. When she start talking to me, I'm really proud of her you know. At least, I think I did some things very right, very right. I'm so proud to have her as my daughter you know. The way she talked, the way that she actually, the way she look at things in life, she never become like this Americanized you know brand name stuff. You know Gucci stuff you know. She's not like that even though I was providing it for her. If you want it, go get it, I will pay. I wanted to pay off, release my guilt you know. I'll do it if you want it. No way, no way, she's very intelligent. Look at things, the way that I actually like it and they way I think about it and I think it's right.

T: Of course

C: Of course, but yeah. I'm so proud of Aida. Yes, they actually behind in their school and everything, but nobody could do any better you know. I mean I'm proud that she's graduating this year. I mean it wasn't very easy timing for us to for them to be raised and go to school and in a very healthy environment. No, every time, all the time something was happening. You know she's good.

T: How do you think she thinks about you?

C: Then again the way that she say it and I get it. I know that she's just not saying it. I feel it. Right now, if I call her and I say okay I need you right here, she's going to come her you know regardless. I mean I know she loves me very much. She respects me a lot. She really talks to me and she wants my opinion about things and she really does it you know. She really care and she always say that you know she couldn't for more than what she has. I don't know.

T: And when you're beside her, what do you think about yourself?

C: I love her and I'm proud of her and I'm proud of...I can't say I'm proud of myself because who she is today now, I think I could do a lot better than again that was the best I could do. I always feel that I could do a lot better for them when I see Iran you know my family like (list of names) when I see them it's okay how they treated their child, how they have created an environment to raise a child. Actually, we didn't have that. We didn't have close to what the other people had you know. I mean we've been deprived of what whose talking a mother that goes deprived with a lot of things in her life you know from childhood to get married and divorce and always thinking and crying. Okay, I didn't have and it bothered me less had it for them, less created, but the capability you know

T: Was limited

C: Limited. How could I?

T: And when you say that what kind of emotion comes up?

C: The emotion is sadness and the sadness is then again it's because of me because I think that if I were born again I would not gunna live my life the same way I did this time. I would prepare myself. I would prepare myself to live a life. I would not just throw myself in life to just what happens.

T: So you feel like you have a regret?

C: I can't say regret you know. It's not a regret. It's just an opinion on life because when I say regret-it's a past, which is gone. I cannot get it back anyway you know. And how can I say regret that I'm the most accomplished you know person around at least few friends that I have. How can I say that you know? At least, I have two children. At least, I have that you know. I raised two child. I've been through birth you know.

T: Feels like an accomplishment

C: I'll take every single thing as an accomplishment to feel good about it you know and I raised them anyway. I sent them to school. I paid for their school. I bought them a home. I bought them a car. I bought them...I provide their life, so have you seen any single woman with you know...be capable of doing all this by herself, without any preparation, without any knowledge, without any education background? I haven't seen, so it make me for myself a unique person.

T: Absolutely

C: You know, but the pain is there. Yes, of course. The burden is in my shoulder. Yes, the exhaustion I feel. Yes. Did I do it? Yes, I did. In what price? God knows.

T: The price you had to pay

C: That's exactly.

T: You didn't choose the price, but the price was what it was. You paid for it. It was supposed to be paid for you to gain.

C: Exactly. Exactly

T: Are you complete with the two of them?

C: Yeah, I'm complete. Yeah.

T: Can we move along?

C: Yeah

T: So as we go along this path, you see all the old boyfriends and husbands and the past relationships. Not this one yet. Not going to bed not yet, but all the old ones and I want you to respond mostly from something very general and pattern wise, but if they're specific ones that you really need to answer, it's different from the pattern, then go ahead and answer. What do you think of them?

C: I like them you know. I never felt even Rasoul I sometimes miss him. He's amazing you know. I mean he didn't do nothing for us, but I ask him you know in my mind I ask Nima did you talk to him, how's he doing you know, what is he doing? I'm curious about him. I need to know what...is he okay you know. I, sometimes, really miss him even Rasoul, which was a worst experience for me, but I don't feel bad about any of them. The only things I feel bad about is myself because I have a pattern that pattern usually doesn't work with the guy in the best way possible and I cannot change that pattern. I don't want to change that pattern.

T: What is it?

C: Just be (Words in Farsi) you know. Usually, the guys they like to have a little bit of mystery, and a little bit of wiseness, a little bit of you know everything you know. I don't have it. I don't have it. Not I cannot practice it, it's not in me you know. This is what you see and this is what you get. Now, that it...there is nothing for them to be interested anymore because this is like an open book you know. So that problem is probably me because I have seen women that are very smart, can play with the guy, can play with their mind, can play with their emotion and I always ask why. Why life has to be so difficult? Why it has to be complicated? You like the guy. He likes you. Go live together you know, but I can't get what I want in the relationship is because that first of all I'm a very self-sufficient person. There is no room for them left to provide for me, or to do things for me, to surprise me, or to make me happy because they have told me already that simply. So, yeah I think the problem is me. I can't blame it to anyone. That's the general pattern. Sometimes I know that is wrong, but I can't change it. Change it to what. To the common you know (Words in Farsi). No, I don't want any.

T: And as you are beside them what do you think about yourself?

C: Depends

T: Depends on?

C: How they react.

T: Say more

C: If the thought that is pretty much destroying is that either you are better than someone or you're worse than someone. Both of them are destroying for me okay. Either I felt that okay I'm ahead of the game or I'm not good enough for him you know. Both are destroying. To find a balance, to be with someone that he accepts me as a face value and I accept him as a face value and you know there is no good or bad. It's been very tough for me. You want detail on it or?

T: And when...what I'm hearing for you, you're saying that it is difficult for me to think that I'm an equal to another human being or to men in my relationship

C: Yes

T: And when if I'm higher, there's one pattern that I do...

C: Which is not going to work

T: where I lost interest. It doesn't work. And if they're higher, then I become very insecure. Is that what I'm hearing?

C: That's exactly right.

T: When you say this, like this is my pattern and I don't know where I belong when I am on an equal level, what kind of emotion comes up?

C: The equal, when you say equal, I hope it doesn't take you somewhere else because when I say equal, equal for me is I don't see any difference between men and women as far as if they are better or they are more powerful or whatever. I don't see it that way you know because at least I have proof at least to myself that I can do whatever I can do as far as financial, creating things you know so that's not in me. I don't have a feeling for it. I don't feel that okay I don't know how to say it anymore.

T: The question about better than or less than is not about capabilities...

C: No

T: because you know you have capabilities

C: Yes, it's appearance, physical, age, all of that stuff. For example, in the relationship with Daahoud, I was ahead of the game. I mean as far as the appearance or as far as financially or everything, so I knew that he's not going to even get close to some extent you know. He can't get closer. The relationship is not going on anywhere because I'm not going to accept him as my partner forever.

T: Somehow you have to feel less than to even feel like you are going to accept because they are offering something bigger than what you have

C: Exactly

T: But when you go in to a relationship that you feel less than then all the insecurities come up. When you say for example in a relationship where you feel less than, what kind of emotion comes up?

C: And then...I'm truthfully messed up because I get insecure and that's exactly right now my relationship and truthfully I think it's up to him because...

T: You feel powerless.

C: I get powerless.

T: Where is that powerless inside your body?

C: Powerless because this is who I am you know. This is who I am. I told him my age. I told him my financial status. I told him about my life, my children and everything. There was no lie from first day.

T: So when you say, I'm less than, this is who I am and I'm powerless, what kind of emotion comes up?

C: The emotion is disappointment.

T: Where is the disappointment in your body?

C: I don't just accept myself the way I am you know and I'm tired of that and sometimes I you know the mood change that I have is because of this. It's because some days it really dragging me down and I say okay I'm going to start exercising. I'm going to get a flat stomach and the next day I said no I'm not. This is the way it is. I start aging. I want to become fat. I don't want to go to the gym ever you know.

T: So you go from one extreme of complete powerlessness to one extreme of I'm going to do something about it and then another extreme that says a react, it's a rebelliousness, so I'm not going to. You got to accept me the way I am.

C: Exactly because I cannot fight with my aging. That's a fact. That's a reality.

T: It's a losing game.

C: I mean I cannot stop this. This is a fact. This is reality. So, if that's a fact and that's a reality, I have to accept it

T: So, as you look at yourself and you say I'm aging, what kind of emotion comes up?

C: Sometimes I get sad serious. Sometimes I get really sad.

T: How much is the sadness from zero to ten?

C: I don't let it be there for a long time because then its not going to serve a good purpose, so I get out of it and move on, but yeah when I get sad, I get sad. Ten because I don't want to say that's a lot. That's a fact. That's a reality. This is something I have to accept it and the reason is...is not because I don't like getting old. It's because I think all this years that I have been younger at the age twenty to forty, forty-five pretty much is a lost ages for me. I've been busy with too many things that I never had the opportunity to enjoy my body, to enjoy my youth, to enjoy my you know myself, the way that I wanted to. You know to show myself off, to enjoy it, to enjoy my body the way I want it. I've been busy with some other things. Pretty much, as of age forty-three forty-four, I start 2003 I can't say I don't know how long ago it is. 2003 I pretty much start living for myself a little bit you know. I start existing because x I'm going to work and cooking, going to work and cooking and taking care of the kids back and forth. I start do things for myself: exercising, going to yoga, going to you know dance classes, doing things that I like in my life you know which was already late you know. I mean the only reason, not because you know I'm against aging no, I respect aging. I respect it because it's something happening, but it's because I miss those ages you know and I'm just trying to preserve it for little bit longer maybe, possibly, which is not going to happen. Don't think something is going to happen.

T: So when you say that what kind of emotion comes up?

C: Sadness again

T: From zero to ten?

C: If I let it go to the sadness, then I won't. I let myself to go there.

T: Where is it in your body?

C: In my heart

T: Close your eyes go into your heart and go into the sadness

C: I don't know why I'm not sad.

T: Cool. You're done with that for now. So as we go along, the dudes leave and the one person there is (Name). What do you think of him?

C: Sometimes I want to kill him, but most of the time I love him. (Name) could be the perfect match for me if he could just communicate with me you know and if his view of life, well that's too much, but you know. We have a totally different view of life totally, but somehow we are really good. The experience I have with him I didn't have with other people you know. It make him certain. It make him perfect man for me. Well that's the start from, if I want to compare him to another guy for example okay. First, he has a job. Second, he is responsible. He is a good father. He's a very

good father and I enjoy that. It's when I see him you know with his daughter, I just watch and I enjoy. Some part of me has to leave. It is jealous why my children didn't have him as a father you know. (Name) do everything for them that when they do homework, I wish that my children had a father to care as much. It's eleven o'clock at night and he won't let him sleep because tomorrow he has a math test and she has to learn it and she has to get it my God you know and the love that's actually put into it. He fit her like hand, like a bird and my God you know she asked in serious. I enjoy it. I really enjoy that, but some part of me is jealous. Yes, that's true. That's these are the good qualities. Very kind if he wants to be kind you know. If he wants to be an asshole, nobody can get close to his assholiness you know. Top that. He really top that. I think he's extreme because he has issues with himself. When I watch him, I say okay when he can move from lovey dovey to a nasty person, how could it be possible? Even me, I cannot do that with so much of mood change. When I love him, I still love him. I'm angry at him, but I still love him. I still provide my services you know. If I have to cook, I still cook. If I have to shop, I still shop. If I have to take his laundry, I do. I don't stop life. I don't quit you know. I'm still there, but how come he become like that? Sometimes I think he doesn't like me, maybe he doesn't care. I just can't understand him, but then I see million times that he has proven to me that he loves me. He really wants to be with me. He cares for me, but I can't. I get confused. I can't find out where he is standing. He totally confusing me.

T: What do you think he thinks about you?

C: He thinks I'm crazy. Oh, he's telling me, you think I'm crazy. He thinks I'm very capable. He likes my cooking. He thinks I'm kind and that's pretty much it. What else?

T: How does he feel about you?

C: That's exactly where I'm confused because I get a feeling from him that he really, really loves me and he cannot live without me and when we get in a fight or something, he 180 percent changes. That I cannot get. Either something wrong with me or something wrong with him because my belief, the way I think is that you don't change. When you love, you love.

T: So when he gets angry at you, he doesn't express his love. He doesn't show it to you as if he no longer loves you, where on the other side when you love him, you think you still portray your love to him although your angry. Vice versa, you don't see his love when he's angry

C: Yeah

T: How does he behave toward you?

C: On good days, perfect, lovey-dovey, kind, perfect. You can't ask for more.

T: But when he's angry, he just withdraws

C: Totally

T: And when you're with him, what do you think about yourself?

C: Very good

T: Does any insecurities come up again, that he's better than me?

C: Sometimes, he tell me that. Sometimes, he show it. That's the time I say oh my God you know. I don't have it myself until it getting forced by him.

T: So on a normal level, when you're with him, you feel proud, you feel beautiful, you feel you know everything and then he sometimes gives you a comment and when the comment comes it hits.

C: Big time. Exactly.

T: But overall as you're standing beside him, the emotions are positive rather than negative about yourself.

C: Yeah, absolutely

T: Anything else you want to say about him?

C: No. I mean about him no.

T: So as we go on along, (Name) goes away and now you see your parents-your mom and dad. Mom and dad, which one do you want first.

C: No preference

T: Let's start with dad

C: Dad. I don't have much memory of my dad. He was sixty-five years old when actually my mom got pregnant with me. So, he was already retired at home and he was addicted.

T: To what?

C: Opium. Pretty much he was in the small room upstairs. He make separate room for himself because he was spending all his time over there pretty much. He was playing sitar and smoking his opium and spending his life the way he wanted. No connection nothing whatsoever with my dad. I have no conception of what dad should be or I mean for myself.

T: What did you think of him?

C: Everybody loved him, like him, respect him, and he was a good person you know. Everybody known him as a good person and the only thing I remember when he passed away there was maybe about four-five hundred people that came over to our home, everybody that knew him and I was wondering why these people are here and not necessarily people at his age, a lot younger people, all kind of people. He was a loveable, likeable person, you know. I don't have any feeling honestly. Nothing. I have no memory of him with me. Nothing.

T: What do you think, if you could guess, that he thought about you?

C: He didn't want me. After eight years I came, they didn't want a child. I was unwanted child and he didn't have a patient and pretty much something is of Allah whatever you know I mean. Yeah.

T: How did he feel about you?

C: He never expressed any kind of feeling to me as far as I remember.

T: And how did he behave toward you?

C: Nothing, no connection. Nothing

T: No interaction

C: No interaction

T: And as you remember, as you're standing right now, not remembering. As you're standing right now, looking at him looking back at you, what do you think about yourself?

C: About myself? Toward my dad? Nothing.

T: You have no idea about yourself or no thoughts about yourself, no identity regarding yourself when you look at your dad in the eyes? No emotions come up?

C: No emotions

T: No emotions? No thoughts?

C: No

T: Okay.

C: The only memory I have from him is one time I remember that he actually hit me in the back and that was it and I don't know what I did wrong.

T: But today, as you're walking on this path and you're looking at him looking back at you, today as you're looking at him, what do you think about yourself?

C: Nothing. I mean no emotion. Nothing. I have nothing

T: Okay. Let's go to your mom. Now as you're looking at her looking back at you, what do you think about her?

C: I think she was lazy. I think she was a little bit sometimes selfish. Same thing, she has no patience for me. I mean pretty much I've been raised with other sister and brother. No supervision of specifically mom. I think she was lazy I can say.

T: How did you feel about her?

C: I feel sorry actually. I feel very sorry for her. She got married very young. I mean she was fourteen, fifteen years old and when she was telling me her story of the marriage and how it happened through her life, she had a miserable life. Pretty much, runs in my family you know. Very sad life. She always home and cook and that's it.

T: How do you think she thought about you?

C: When I was a kid or when I was growing up? When I was a kid, I don't know. I don't remember anything. But before she passed away three years ago, she kind of—she was always saying Sima doesn't need a man. She's a man herself you know I mean. Don't worry about her, she can handle herself and every time that I was going to visit her, what is this look? Okay, why you are not taking care of yourself? Why you didn't put enough makeup on? After work, my makeup is already washed up and you know I'm tired. "You're always tired. You're always working too much. Okay, look at your sister (my older sister Mahin) she's twenty years older than you. She looks a lot better than you." I say, Okay, shall I go now you know. That was mostly the conversation she had you know before she passed away. She pretty much didn't approve me as much as the other kids was approved by her. She loved my brother. You know my two brothers. They've been always loved by her. Very—I mean they were separate and the daughters were separate you know for her. She was the kind of person she liked the guys better than the girls and then Mahin was first, my older sister and then next was (Name) and then Shahin and you know. I was on the bottom of the list and she was kind of careless. She had not much of opinion about me, in a good or bad, nothing.

T: And as you look at her looking back at you in your eyes, what do you think about yourself?

C: I'm not good enough for my parents. I'm not—not good enough thing maybe because they didn't have any kind of expectation for me that it make me challenge and prove myself you know. They didn't even know what grade I am.

T: I didn't matter to my parents.

C: I didn't matter to my parents. Yeah

T: When you say that, I didn't matter, what kind of emotion comes up?

C: I'm all by myself and I am the one, actually give me power. (Could not hear the rest). I really don't know.

T: Is it anger?

C: Yeah, sadness again you know, more than anger because the time I needed her in my life, she was never there for me you know. She never approved me. She never accepted me. I was never good you know. I mean whatever I was doing for her, it wasn't good. I mean I was—no, no good memories from with my mom.

T: And how much is the sadness from zero to ten?

C: Now, nothing. I don't care anymore. I passed. I closed that chapter.

T: Any emotion comes up right now as you're looking at her?

C: No. Sometimes I miss her. I don't know why you know. Sometimes, after she passed away, I sometimes not all the time, very barely miss her. I remember the way that she was complaining and nagging and you know demanding. Made me laugh you now. I'm just very focused when she was alive and we were just getting together, sister or brother, we had to watch not to become like our mom. We were making a joke when we were all at the house somewhere. We have to watch. We have to be very careful. I'm just trying not to be like her. Not too demanding, even though that I am a demanding person.

T: The secret is I am like her just a little bit.

C: I am. I am. Yes. Yeah. I mean I never feel that I am demanding

T: But others tell you, you are

C: No, it's not that others tell me, but when I talk to other people and see how they are, I find myself maybe it's because I'm demanding you know. Nobody has told me that I'm demanding, but I feel maybe that's why. The fear is sitting there. I don't know how it is. Maybe, I am.

T: Maybe I can get out of the denial and accept it.

C: Maybe. Maybe. Yeah. Yeah, that's true because honestly yes maybe I am demanding because sometimes I feel like that I need to be treated somehow by someone you know and when I think right I say okay I haven't been treated right from my parents. I haven't been treated right from my husband and now, I cannot expect him to cover for all these people in my life you know, but yeah the feeling is the feeling is there.

T: That I should have it

C: Yeah then I'll cover it up you know because and just keep checking on myself that you know I'm too busy all the time, but yeah then I catch myself and say okay that's not his responsibility to do this or to do that, but then I keep myself busy with that thought, but there must be something in them.

T: Are you complete with mom?

C: Yeah

T: How do you feel about yourself as you're standing beside her?

C: Before she passed away in the last couple of years, I was tired. I was exhausted. I was giving all my time and energy and you know everything for things that I never received you know and it was obligation for me and I just didn't want to do it anymore and I was seeing my sister, she's struggling and she's tired. I felt bad for my

sister. I said okay I'm going to take her on the weekend. On the weekend, I'm thinking I was just exhausted. I just didn't feel good about it. I mean honestly I was wishing for her to go. I get in a fight with her doctor a couple of times you know because they were trying to keep her alive. She was in the CCU for two months. She couldn't move. She couldn't talk. She was on the tube and they were not just taking it out and I was just fighting with them why you not do this. I can't do this. I say why can't you. Seriously got in a fight because it is sucking everyone's time and energy because we have to go back to work. It's ten o'clock, we are here. We haven't gone home yet and for long we have to go through this. The last time she was in the hospital, it was about four months, two months in CCU. Go back to the hospital. Go back to the CCU. Come out two weeks later, go back to the hospital again. It was too much. I couldn't handle it anymore you know. I don't know about the rest, but my feeling was I was totally ready for her to go.

T: Are you complete with her?

C: Yeah.

T: So, as we go along, the hallway changes and there is nobody else and now it changes into a hallway of mirrors. So, the only person you see is you in the mirror and as you look at yourself looking at you back, what do you think about yourself?

C: Many different feeling coming up.

T: Such as

C: Out of all of them when I look in the mirror, the first coming up is pity.

T: Survivor

C: Yeah, I'm a survivor. I'm proud I made it.

T: And as you look at your body and face, what do you think about yourself?

C: Totally out of shape. Totally unsatisfied with my body. With my face, sometimes I really like myself, sometimes I don't. I think I'm the ugliest person. Sometimes, I feel really good and I feel and I don't know why I feel that way. I feel pretty. I feel beautiful. I feel young. I feel very good about myself. Sometimes, I'm so mad.

T: How do you behave toward yourself?

C: (Could Not Hear)

T: Contradiction

C: Yeah. I take care of myself, but I know smoking is bad for me, but I do it. But to actually (Words In Farsi)

T: Try to balance it

C: Try to balance it you know. I try it. I eat right. I do a lot of good things for my body you know. I go to yoga you know, but I do bad things too and in my thought it's okay like that's the way it is, so you can just balance it out. If you're doing the bad things, at least do the good things you know and I can't make a decision that you know what kind of person I want to be and just take that path you know. It's very hard for me

T: You vacillate from one extreme to the other

C: Exactly and it's been with me all my life. It's okay to be a smoker. Announce yourself as a smoker and smoke. Be done with it for rest of your life. I still don't consider myself as a smoker. Why, because I can control myself for week and I don't smoke for one week and I think okay if I didn't do it for one week then I'm not addicted. After one week, I started smoking again you know. I can't make a decision. That doesn't look good to me. I just don't like it, but that's the way I am.

T: So you bargain a lot with your addiction?

C: Oh yeah.

T: And you're still on the stages of bargaining, but you're very adamant that you still want it. Like the concept of putting it aside once and for all it hasn't come up yet.

C: It does many, many times. The power is not there. You know the power is there. Let me put it this way. I can make a decision and I can stop for a week

T: So a short-term

C: Short-term, but it goes away

T: Long-term

C: I don't find enough reason to continue. Motivation, it gets lost in the middle of the way.

T: There's no point in not doing it.

C: There's no point. Exactly, there's no point not doing it.

T: So as you look at yourself in the mirror looking back, now what do you think about yourself?

C: It's coming up indecisive.

T: And how do you feel about yourself?

C: It's not about that I say I don't like myself or I hate myself or I love myself. None of this. I can't describe it that's how I feel. I'm just there. I am there. There is no specific feeling that I can name it. Today if you tell me that is your last day of your life, I say oh thank you. Thank God. I have no fear of ending it. Don't take me wrong, I don't...I'm not suiciding or anything. I don't think of suiciding or something like that. Not at least recently. I had a thought long time ago, but not anymore but I have no attachment. I have no desire. Days go and pass and I'm okay with it. Another day, that's fine. That's the last day, perfect. So, I'm not going to repeat myself again and again and again and again and again. I think I'm complete with my experience until I can find a new motivation. A new...one of the reasons maybe I want to get rid of this job and I want to do something else is maybe because I want to create some things to keep me occupied, to learn some things new, to do something new, to give me motivation for going. Maybe, that's one of the reasons. Nobody is going to let the business go that still has a good income. Why you want to let it go? Yeah, business has been (Could not understand word). It is not as good as it used to be, but it still is giving me money, but the reason that I want to get rid of it is because that there is nothing in it for me anymore, except paying the bills. I don't know. There is no emotion. I have no feeling. Today, you come and tell me okay I want to buy you something. It doesn't make me happy anymore. I want to do this for you. I'm not I don't excited anymore.

T: Feels like been there, done that.

C: Not necessarily. A lot of things in my life, I haven't done yet, but there is no desire for it anymore. It doesn't excite me anymore.

T: It's more like whatever.

C: Whatever, exactly

T: And as you look at yourself, looking back at you and you say whatever to life, what kind of emotion comes up?

C: Nothing

T: And as you look at yourself in your face and you recognize the aging process, what do you feel about yourself?

C: A little sadness sometimes. Sometimes and feeling that I have to accept it.

T: Okay, are you complete?

C: Yeah

T: Alright. So, as we go along something changes and it's no longer a highway or a pathway and your smack in the middle of nature. No human beings anymore. It's just you and the Earth, the nature. What do you think about yourself?

C: Good. I like it.

T: Say more

C: I love to be in nature by myself. I love to be in a very big meadow just by myself.

T: How do you behave toward yourself?

C: I don't behave any differently. I just do whatever.

T: And how do you feel about yourself?

C: Good.

T: If you can elaborate on the feeling, what would it be? Like pleasant, happy,

C: It's very pleasant

T: Comfortable?

C: Mhm (Agreeing)

T: And who are you in this nature?

C: A kid who just wants to play.

T: Anything else.

C: No

T: So as we go, we go above the Earth and you are now one with the universe, what do you think of yourself?

C: I would probably sit there and watch people. I don't know. You took my mind to (Could not understand) and I don't know why when I was a kid and I watching the cartoon (Could not understand). That was one of my favorite book always and I still to this day read that book and I really like that you know. And I always see myself there you know. I mean I get the character. I am you know (Name). I have the same feeling and when you said I'm going to go up there, I felt like (Name) sitting up there and probably watching my rose.

T: There's no rose up there?

C: Well, I do on my little planet.

T: So you're gunna actually going to create your own planet up there.

C: Yeah

T: And how do you behave in the universe toward yourself?

C: I probably do. I probably do nothing. Just sit back and relax and just enjoy my time and just being that's it.

T: How you feel about yourself?

C: Up there, I feel good.

T: And who are you up there?

C: I am nobody. I mean nobody. I mean no one

T: In particular

C: Particular

T: And how does that feel, when you say I'm no one particular.

C: Good

T: So as we go along, you go and meet God, the way you think God, God is, whatever is. So, what do you think about God or your notion of God?

C: I will fight with him probably.

T: What do you think it is that your going to fight?

C: Well, I don't really believe that he exists, but if we imagine that He does and if I'm up there and He appear, I'm going to fight with Him.

T: So it's a He

C: People say that it's a He. Yeah, it has to be a he.

T: It has to be a he

C: Yeah, it has to be a he. A woman cannot be that cruel.

T: Okay, so you think it's a He that is very cruel.

C: Yeah

T: And you will fight with him because he's cruel.

C: Yeah

T: How do you feel about him?

C: If I want to really believe him?

T: It's up to you

C: Um, problem is I really don't believe Him, but if I want to believe Him, I think he's unfair and he didn't anything right. There is no justice. There is no fairness. I mean why he create the stupid image of heaven and (Word in Farsi) hell and why, why, why all this for. I mean why everyone is not equal. Why everyone not living in the heaven and just enjoy life. Why not? I mean if he's out there, (Could not understand)

T: Just

C: Yeah, whatever. Why he had to create this story that people do something wrong and he will forgive them? Why do we have to ask him for forgiveness? If he is.

T: How do you think God thinks about you?

C: God thinks about me. Maybe, I don't know.

T: How does he behave toward you?

C: Not fairly. Even though, I have to appreciate him at all the time for whatever I have, but it's maybe because I'm scared. I don't know.

T: How do you think he feels about you?

C: That's really tough because I really truly don't believe he's existing.

T: Why are you pretending he does?

C: I don't know

T: No, I'm saying why are you pretending he does if you really believe he doesn't? So for example if he didn't exist, if we go by that, then what will happen with all these thoughts about unfairness in the world?

C: These are the facts of life. This is the reality of life. So when we say God...

T: So if God doesn't exist, then this is all acceptable.

C: That's acceptable. God is a higher power.

T: If God exists, then this is not acceptable.

C: No, not to me

T: But if he doesn't exist, this is all acceptable.

C: Yeah. That's a reality. We accept it as a fact of life. I can accept it as a fact of life, but if I want to believe that there is a higher power sitting there and he knows

what's going on and he knows everyone and he is all over and he knows what's going on, why you're creating all this war, why are you creating this you know this disaster in the world, why people are dying, why the children are dying because they have no food and why these people in America are wasting so much food, and some other places they have no food and are dying?

T: So, if there's no watchers. There's nobody to watch, then although I might get angry, there's nobody that I can turn my anger towards, so I'll just say it's okay, but if I have somebody who I can hold responsible and accountable then I will hold them responsible and accountable.

C: Absolutely. I believe personally that okay life, that's the way it is, and I don't know how it's been created and how everything has been created and I don't know. Sometimes, I had feeling that there is a higher power you know. We name it God, but the higher power I believe in it---that there is some things that is holding me up and it's because sometimes when you really get weak and you get insecure, you need to hang on to something and God was the only thing I could hang on to you know, but if I believe that there is someone as a higher power in the universe, so the universe should be in better shape than it is right now, but if I take him away from the picture and say okay this is all natural, nature by itself and logically want to look at it some things may happen the way it is happening right now and then I can accept it you know. There is a logical fact behind it. Am I making sense?

T: Yeah, you're saying if I don't hold anybody accountable that I can hold a finger at, then I'll just say that I accept nature the way it created itself.

C: Yeah, By the way, when we quote unquote when we say God, we know God as (Words in Farsi). Why do I have to do wrong things from the beginning if you're up there and you know what I'm doing, why did you put it in my mind that I do wrong things, then I come for forgiveness you know. That doesn't make sense.

T: So there's a structure that was set up regarding God. There is a great being. There is a supreme being as the higher. It's better than human beings and you should know all that, so if I was going to hold him in that space then I would also have to hold him accountable for whatever, but if I say there is nothing like that out there. This is just nature kind of growing by itself and you know it kind of balances itself as it goes, then I could just handle that. So as you see yourself beside let's say existence because you don't believe in God in that say, I'll just say existence. As you put yourself in front of existence in that sense, what do you think of yourself and who are you in that place?

C: That's a very long thought and oh my God, I have written a lot of things about exactly the same subject and I'm not getting anywhere. Pages and pages on who am I and where did it start.

T: I don't know where it started. I'm just saying, as you are part of this existence, who are you?

C: That's where (Could not Understand) and I don't know.

T: What's the first thing that comes to mind? There's no right answer. What's the first thing that comes to your mind?

C: Well, what I have done and what I think is two different things. Who am I in this existence? I am just a being that I've been through life that is happened the way it happened and I came along with. Now who am I in this existence? I'm nobody. I'm

nothing. I am a little creature within this universe that doesn't matter to anything or anyone. It doesn't make any difference. It doesn't make anything. The only thing it make a difference by just being you know while I am here and I don't know how I get here. So I do things the way that I think is good and right for me and people around me. That's it

T: And when you say that what kind of emotion comes up?

C: Nothing.

T: Okay, as we're coming back in the universe as someone who is just a being that is part of the existence and in some level has no significance and in some level can make a difference and be significant by being. Who are you in the universe?

C: I'm a mother.

T: No you're not on Earth yet. You're just a being.

C: Nothing. I'm nothing.

T: And when you say I'm nothing, how do you feel?

C: Nothing

T: How do you behave?

C: In the universe? Nothing. I don't have to do anything.

T: And as you come on Earth and you're part of the nature, only nature no people, as this being that is being nothing, but a being, who are you?

C: Am I or who am I want to be or who am I been?

T: Who are you?

C: Who am I? I'm nothing. I'm nobody. Nobody can see me. I'm nothing. I'm nothing.

T: And how do you feel when you say that?

C: Nothing.

T: And as you come back on the pathway and now you're in the hall of mirrors and as you look at yourself looking back at you, as this being that is nothing as no significance and yet you could make a difference and could be significant. As you look at yourself in the mirror in your eyes, who are you?

C: I'm...nothing is coming up for me. I'm getting stuck in nothing. I don't want to be significant. Leave me alone. I just want to do nothing. I'm very happy there.

T: Great

C: Yeah. I'm happy just doing nothing. I'm just happy. Leave me alone. I just don't want to make a difference.

T: You don't have to. Just go ahead and look at yourself in the mirror and in your own eyes, who are you?

C: Nobody. I'm nobody.

T: Okay and how do you behave? You are in your body.

C: Okay.

T: So who are you and how do you behave and how do you feel?

C: I'm looking at myself in the mirror and

T: Now you have a body. So it's not no body, you have an actual body.

C: What I want to do and how do I behave? I just want to...

T: Who are you in this body? You're not a nobody

C: I am a somebody.

T: You are not a nobody so who are you?

C: I don't see myself. I don't see myself.

T: There's mirror if you want to look at yourself and as you look at your eyes looking back at you, who are you?

C: Well, this person is emotionally impaired. I know her. Will you get me somewhere else still?

T: Everything is just you. So as you look at your own eyes, who are you?

C: A person who is tired of everything. I'm six months tired of everything.

T: How do you feel?

C: I don't feel good now.

T: What is it?

C: I'm done taking care of myself I think. I'm just tired

T: Where is that tiredness in your body?

C: My leg, my hand, my head hurts, my shoulder.

T: To the sadness and grief. Where is it in your body? Close your eyes and go into the tiredness.

C: Why do I have to get up every morning?

T: Your life has become a chore. From zero to ten, how much is the grief?

C: Eight, nine

T: Just go ahead and stay. From zero to eight, how much is the grief? What other thoughts are coming?

C: None. I don't know why I was thinking that. (Could not hear). I can't do anything good for myself because I feel bad about my children. That's why I'm not doing anything for myself, so I get exhausted like that. I don't allow myself to spend money, take a good vacation you know.

T: I don't allow myself to pamper myself.

C: Yeah because I have a guilt that I haven't done for them, so how dare you to go and do it for yourself. I mean if my daughter wants to go to Europe, yeah I'll pay for you. Go ahead to Europe. I'll pay for your ticket and I'll pay your expenses.

T: Where is the guilt in your body? Let's go there. Close your eyes and go in the guilt. What comes up now?

C: I don't know I'm just thinking what did I tell about my mom. That she's selfish and what did I say.

T: Lazy

C: Did I say selfish and what?

T: Lazy

C: So what am I doing, I'm trying not to be selfish and then I'm destroying myself.

T: Yeah, you're trying not to be lazy and selfish. You're falling off the other side. How are you feeling right now?

C: A little sad

T: From zero to ten?

C: Ten

T: Where is it?

C: It's in my throat. It's choking me.

T: Just be with the throat. Just close your eyes and go into the throat. What's coming up for you now?

C: I remember (Could not understand) and just thinking I put too much pressure on myself to be approved by people around me and my body cannot handle it. I put too

much, more than I can handle, more than I can take. It's good to be lazy. It's good to say no. I mean why am I always volunteer (Words in Farsi). I think I have to be a certain way to be accepted you know. Otherwise, I wouldn't be accepted. I want people to like me, but

T: Sadness from zero to nine. What is it now?

C: It's high. I'm sad. Eight. I think it goes a little bit beyond that. What is it? Selfish and lazy? I don't know if I'm trying to be not selfish and not lazy or I am so selfish and lazy that I cannot plan for myself or I am selfish enough that I want someone else to do it for me. I don't know which one is that.

T: Who do you think you are?

C: I can't see myself as a selfish person and let me tell you. If I say that, the feeling or the thought that I like somebody do something for me is very strong in me you know. I'm trying to get rid of this and not.

T: Let's not do this. Let's not try to get rid of it. Are time is up. We're basically lead to...we're on the way back, but we're in a very crucial place of the integration, so what I'm going to encourage you to do is to be with this experience because this is the jackpot that we've been waiting for. This is it. So, my request is to be with this until our next meeting. We'll set up another meeting. And constantly keep looking at yourself in the mirror in your eyes and keep responding to this question of wondering. How do I behave? How do I feel? And wherever you hit the feeling, ask yourself what is the feeling and where is it in your body and just sit with it.

C: And forget everything.

T: Alright and then keep going and look in the mirror again and do this and do this until the next time. And just allow whatever it is, there's no fighting. There's no right or wrong, There's not one side of you whose better than the other. It's just to hear it all and let it all come out and talk. Is that okay with you?

C: Okay

T: Where's the misery?

C: Here

T: And when you say I'm miserable what kind of emotion comes up?

C: Just sadness

T: And where is that sadness in your body?

C: Exactly that can't be right now.

T: Okay just go in and your close your eyes and go into where the sadness is. I'm miserable and move into the sadness. Just allow yourself to go in the sadness and make it so that every cell of your body holds the sadness. Let yourself feel the sadness more and more. Go into the depth of the sadness. Just being miserable, being less than, being deprived. What comes up for you now?

C: (Can't Hear)

T: Two people fighting

C: Fighting

T: Sure. So tell me about the two

C: One says how dare you and the other one says excuse me, whatever you wish that you were there. You wish that you had (Could not Hear Rest). They keep arguing

and I'm not getting anywhere you know. I mean there's two voices in my head and I really don't know why.

T: So one feels victimized about being deprived and is angry about being deprived and sad and there's another one that says give it up, you're fine, it's unnecessary.

C: No, no it's not about accepting it. It says...the other one is saying that I have whatever I wanted, I always get whatever I wanted in my life. How can I even say that?

T: So can they both exist? You got a lot when you asked for and there were areas that you didn't get it and at the time you didn't get it, you felt deprived.

C: Yes because a lot of people are like that, but why is it such a big deal for me?

T: That's a good question, but yes you are the same as other human beings and your gunna gain some and your gunna lose some, but I'm sensing a part of you is coming in and saying you're not as deprived as you thought you were and you're not as less than as you thought you were, but there are parts of you that still feel deprived or less than and can that part also coexist? I mean even today there's going to be things that you want that you're not always going to get and you might feel deprived or less than and you tell the other part of you that goes and gets stuff that Simone is capable and independent and strong and you know she'll try as much as she can to get you some stuff and still you lose some and win some. And when you win it, you're like yeah I did it and when you lose it you know you usually have emotions of that.

C: I wish it was like that.

T: How is it?

C: I feel like that you know I'm losing my energy. I'm wasting something is getting and one of them is sucking my energy and you know the other one, the positive one, is giving me some energy and motivating me to move one, but these two thought is so strong. They are both so strong that you know pretty much these things I don't do much. **I would rather it to be this side or this side.**

T: So, let's go to the side that says I'm deprived. How old is she?

C: All ages. I can see her two years and twenty-two, twenty-three, twenty-seven.

T: Let's go to the two year old. Are you cold, should I shut that down?

C: No

T: Let's go to the two year old whose deprived and less than. Can you go there and let her be beside the Sima who's capable? What does this two year old need?

C: Need to be taken care. This kid is...nobody is watching her.

T: And when you say nobody is watching me, what kind of emotion comes up?

C: I feel lonely.

T: And where is the loneliness in your body?

C: I think she's scared.

T: And where is the fear in your body?

C: I really don't feel it. I just can't breathe

T: Alright. So just go into your chest where the breathing is shallow and just stay there with the thoughts. There is nobody to take care of me and I'm lonely and just go into your chest and lungs.

C: I've already made it. I think I just can't think. One side is taking me there. I'm looking at what the wrong side is. Already made it. She made a decision. She decided to be strong.

T: Good

C: She did it.

T: Good. And when you say that. I already made the decision to be strong even though there was nobody to take care of me and when you say that, what kind of emotion comes up?

C: Proud

T: Good

C: And survivor. I was supposed to make it. Basically for her, but I made it.

T: Yeah, you did. And as you have the two year old and the grown ups Simone standing in front of the mirror, what do you think about yourself?

C: They don't really (Could not understand) fear. I get a side of fate that I can make it.

T: Where is the loneliness and fear in your body?

C: In my heart

T: Let's go into your heart and experience the loneliness of the fear and allow it to get bigger and bigger, to completely consume you, then release. What going on now, the loneliness and fear? Zero to ten?

C: There's somebody fighting in there again?

T: Who's fighting?

C: I stay strong and I won't let them. They're there, but I won't let them.

T: Let them what?

C: To be scared or to be lonely.

T: Okay, so what is the voice saying?

C: They voice is saying if you made it at that age, you can take care now?

T: And when you say that, what kind of emotion comes up?

C: Tired is coming up. I always think that there is something else that I have to work on again and again?

T: What is it that you have to work on?

C: I don't know

T: If you say I already made it? What kind of emotion comes up? I've already survived. You've already made it.

C: I was saying from now on, there's still a working.

T: What kind of work?

C: Overpower the loneliness. Overpower the fear.

T: But where's the overpowering if already it's not allowing it to be. It's saying it's unnecessary. That's what I'm hearing from that part of you. That part

C: I don't know why it's saying that?

T: Me or the part?

C: No, the part

T: The part seems that...this is what I'm hearing from the part of you. It says you're used to these kind of feelings and you keep remembering these feelings that are no longer true because in reality you've already gone beyond it. You've already deserved it. You've already created it. You've already been proud to create. You've

already--anything that you thought that you were deprived of, you created. You either got it or created it. And it seems like these emotions are just old stuff that are no longer even valid like you're no longer a two year old who's lonely and deprived, so stop thinking that you are because you're not.

C: Yeah, what is this? Pain is rushing through my throat. It's choking me.

T: Just close your eyes and go in the pain. Let's hear what the message is. What's going on now?

C: I think they're both quiet.

T: Good. What else is coming up? Yes, let it out. Just let it out. Yeah, just let it out. Let it release. What's going on now? Scan your body from top to bottom.

C: There's a pain rushing through my vein, running through my body.

T: Just go with the pain and see what the message of the pain is.

C: I just feel discomfort in my body.

T: And as you look at yourself in the mirror, what do you think about yourself? What are you thinking?

C: I can't. I'm trying, but everything is shut down.

T: Good. So there's nothing coming up?

C: Nothing. I'm just trying to have some feeling (can't hear)

T: Good. So there's nothing negative coming up.

C: No

T: Good. Is there anything positive coming up?

C: Nothing. Seriously everything is shut down.

T: Everything's fine. Scan your body. Anything going on in your body?

C: No, I'm comfortable.

T: Comfortable. Okay good. At this point, where it's completely clear, if I asked you who are you, what would you say?

C: Why is it so hard? I don't know who I am.

T: I am who I am and when you say I am who I am what kind of emotion comes up?

C: Total acceptance

T: And when you say I accept totally who I am, what kind of emotion comes up?

C: Good, peaceful.

T: So as someone, who you are, Sima, someone who accepts you fully and as you come back from the hall of mirrors and you look at your parents, who are you now?

C: I am who I am. I am a daughter. Now, I feel much better and stronger.

T: Okay are you complete with them? And as you come forward and you see (Name), someone who you are and you accept yourself fully, someone who is bigger and stronger, and as you look at him back, who are you now? If you knew, if the adult Sima who has already made it, who is already who she is, who is already a big and strong person and proud who has survived it and is looking at him looking back at you, who are you?

C: I want to say it, but I don't feel it.

T: Say it and then let's see what kind of emotion comes up.

C: I want to say that okay I (Words in Farsi) I am who I am. I am this is it, this is me. I want to say it, but I just don't feel it.

T: So what is the feeling?

C: The feeling is kind of, I don't know. I think I can't. I don't know. I'm just as scared that I cannot keep this state of mind that I am in right now. The next reaction I'm falling in.

T: Yeah, but all you have is right now. So, as you're looking at him right now, what are your experiences and who are you?

C: When it comes to him, I am not who I am.

T: So who are you?

C: Less than

T: Less than him? But who are you?

C: Then, I become an older woman, which is not good enough.

T: Okay, so when you're with him, you're an older woman. And when you say I'm an older woman, what kind of emotion comes up?

C: Not good enough

T: And when you say I'm not good enough, what kind of emotion comes up?

C: I feel less. I feel that...

T: Is it fear or sadness?

C: It's the sadness

T: Where is it in your body?

C: It's in my heart, but the thing is that why this feeling is coming up?

T: Don't worry about the why. I don't care what the why is. I want you to go into the feeling in your heart. Just close your eyes and go in the feeling in your heart. I'm an older woman and I'm less than and just go into the sadness. What's coming up?

C: I don't know why these things keep coming up.

T: It's okay. Tell me.

C: It's coming up that every moment of my life, I choose. So if I, it give me power.

T: Good

C: Than that's fine

T: Good

C: Nothing is forever. Nothing is perfect. I can choose.

T: Yes you can. So as an older woman, who can choose at any moment and who is who she is as you're standing looking at them looking at you, who are you?

C: I'm a strong woman.

T: Yeah and when you say that what kind of emotion comes up?

C: Proud

T: And how do you behave as a strong woman as an older woman, but a strong woman and a proud strong older woman, how do you behave with him.

C: I just ignore his nonsense and then sometimes he doesn't really mean it, but it get to me.

T: So you ignore some of the comments that I don't like.

C: And just be and just live my life.

T: Good. Are you complete with him? Now as we go along, we see your children, who are you now? Who are you?

C: I want to say that I am a strong mom, but I know my emotion is going to overcome me and don't let me be strong.

T: So who are you? Yes, you have a lot of duality. With all that duality who are you?

C: I am who I am again. How many kids that's the way it is. That's the way I am.

T: How do you feel?

C: Toward my children I really don't feel good about this duality things because I think I give them the wrong message in their life. I wish I could be more settled. I could be more in control of myself and my thoughts and my behavior that they could count on me as one person that if I say something I really mean it. They know that if I say some things, but they know that half an hour later, I may change my mind.

T: They can count on you that you're a human.

C: Yeah, whatever

T: They can certainly count on you that you're human.

C: Maybe, I expect too much out of myself.

T: Thank You

C: Yes, maybe that's the reason.

T: No, I think you give duality a bad rep, which is...it's the nature of things and there all there.

C: Everybody is like that?

T: Thank you, yes

C: Every people?

T: Yes, every single human being has the duality.

C: So my money is not...

T: No, you're not weirder than anybody and I know you want to be special, but I'm sorry. Although you are but, this part is pretty much everyone.

C: Okay, that's good news actually.

T: Yeah, it's good news

C: I feel a lot better about it.

T: Good

C: Seriously, I was considering myself as a sick person.

T: No, I'm sorry. I'm sorry that I cannot give you the diagnosis, although you like to be special in that diagnosis, but no.

C: Okay.

T: You're pretty much a healthy human being with healthy dualities.

C: With a healthy duality

T: Yeah, I mean you know sometimes we're strong and sometimes were weak. Sometimes we want to be firm and sometimes, you know we want to give in because I love them and I want them to have something. These are just dualities of everyday of every human being.

C: Is that right? Thank you. I feel better.

T: Now with knowing that, who are you in front of your kids?

C: The things that I cannot change myself, that's it. Somehow I like it the way it is.

T: Good. So stop defending it. Just be it. Do you get that you defend?

C: Yeah because that's what I hear from people. Sometimes they give me feedback and I felt oh maybe something wrong with me.

T: Do you get that everyone of us is a human being and is pretty much opinionated all the time? So they're all doing their thing about being opinionated and so do you to everybody else. Don't you have opinions about everybody? They have it to you too. You're just taking it too seriously. I don't know if everybody takes your opinion this seriously.

C: I don't think they do. No, yeah.

T: There you go. Pick and choose which ones you want to take seriously, but they're pretty much as human beings again, our brain has opinions constantly and it's not set up to only have positive opinions. Pretty much set up to have more negative opinions in order for us to survive. So, our eyes has to see you know all the danger zones, all the things that shouldn't be, all the things out of control. So, our brain is pretty much a system... it's a system analyst so it's constantly looking for problems to fix. So, its opinions are usually toward negativity, although it has some positive measures. So that's what you hear.

C: Okay

T: Alright as we go on along, you see your sisters, who are you?

C: I'm their sister.

T: Yeah, beyond your role, who are you?

C: I'm still who I am.

T: And how do you behave?

C: Exactly the way that I is. Same

T: How do you feel about them? Like pretty damn good.

C: Yeah, exactly.

T: And as you go along with your friends, who are you?

C: I am who I am

T: And how do you behave?

C: Exactly the same.

T: And how do you feel?

C: Same

T: And as you go along, the pile of money is there and who are you in front of the money?

C: Actually, I want it so much badly, a lot of money right now

T: But who are you?

C: I am a still. I think I'm not going to go crazy with money and you know go do stupid things, but it definitely give me more security and more power.

T: And as we go along, you go to work, career, co-workers. Who are you?

C: I am still who I am and yeah I still probably going to have same issues and problems, say negativities around my business, same old things. Nothing is...I'm not expecting anything to be changed.

T: And how do you behave?

C: Well, more positive probably toward that, until I'm completely done with it you know. That's another thing that's very serious decision, very big decision. Everybody kind of is you know laughing at me that I'm leaving the business in this situation in this economy you know I'm going to let it go you know and I don't know if I'm doing right things or not but I really don't know you know because of this (Word in Farsi) up and down ups and downs that I have and one day I say okay I'm going to keep it and one day I say no, I'm going to sell it. No okay, I'm going to keep it. No, I'm going to sell it and I can't make right decision, but what I know is at some point I have to give up.

T: It seems like you need some more information to make your decision, whether it's external information or internal. It seems like there is something left that is still not

complete, but as a strong powerful woman who's made the right decisions many times so far, who's also left this business once tested out other stuff came back to this business and made it very successful again. You have a lot of knowledge and you've survived a lot of different ups and downs. You've survived the childhood. You've survived the marriage. You've survived the divorce. You've survived the singlehood. You've survived and you gained a lot of knowledge and power throughout the years and you were able to make the right decisions to make this business lucrative and to set up even your children's homes and equipment and stuff. So from the person who you are, I am who I am, who are you when it comes to your business now?

C: Honestly, I feel powerless. I think I cannot catch up with the new changes with the changes with the company, with the changes with the technology that we all are going through. Somehow I don't want to adapt myself and I just want to be comfortable with what I know and just stay there. I probably, I don't like these changes. I love changes.

T: Are you powerless or are you choosing not to go in the next step with the changes that are happening in the economy and the industry? These are two different things.

C: The things it that I don't mind changes if I know I feel it if there is something that I'm capable of doing it. I don't see the capabilities. I didn't see the capability ten years ago, fifteen years ago, twenty years ago, but I did it, but I feel that I don't want. I don't have to.

T: That's my question. One thing is for example, I might want to be an astronaut, but I'm saying I don't have the capability to be an astronaut yet, but I want to be. If I want it bad enough, it's something that I'm willing to pay the price or I say I would love to rob a bank. I'm like I don't have the capability, but I'm really not interested that much to gain the knowledge to rob a bank either. They're both in a sense I don't have capability now, but one of them is positive enough for me that I could actually say do I choose that even if it is, I could learn you know to be capable because they are all capabilities are learned in a sense. They are skills to be learned or it's something that even if I learn it...

C: The interest is not there

T: at the end, I'm still not going to like it

C: No, exactly the interest is not there

T: And if the interest is not there, I'm asking you are you powerless against it because you said it or is it actually a choice. The industry shifted without your choice. This was not your choice for industry for economy for everything to change. That I get. That your powerless against. You will always be powerless against external issues. I'm asking although industry has change and in front of you, there's a path you could choose to go ahead and learn the capabilities or you choose not to. Isn't this a choice?

C: I think it's a choice for me.

T: Okay

C: Yes, and I choose not to.

T: And when you say I choose not to, what kind of emotion comes up for you?

C: Release

T: Good

C: Yes

T: Good

C: Yes, I think I'm going to be done with it.

T: Good

C: Yes, I feel kind of stuck because I don't see the reason is getting bigger or better at least for many, many years in the future and I have to invest into a lot in order if I wan to pick it up again and I don't' see that much energy and I don't want to waste my energy.

T: It's not worth it anymore. Been there done that.

C: Exactly, I'm thinking that if I want to do something, if I want to invest my energy and my time and my money, I want to do something that I enjoy doing

T: Absolutely

C: Yeah

T: You're done

C: Done with this business. Let it go.

T: And when you say that, what kind of emotion comes up?

C: Release

T: Good

C: Yes, I feel good. You know I feel good about it even though that I don't know yet what I 'm going to do.

T: Just the act of letting go and releasing feels good.

C: It feels good by itself.

T: Yeah and I heard from you. You're saying you just want to be with what is and whatever it is, it's going to call me forward and I trust it's going to call me forward.

C: Exactly, yeah

T: As we come along, you see people, acquaintances, who are you with them?

C: I think I am who I am then again you know that is probably changing. I think I'm going to be the same person you know.

T: And then with people at large, six and a half billion people.

C: One thing I need to work on myself to pay more attention and more just maybe attention. I'm careless. I don't look around me. I don't pay attention to people around me. For me, it's to be more specified, when I talk to someone a little more. Maybe, to know them and I don't know why I have to do this, but I think it's a good quality to gain. I haven't found a reason for it yet, but I think it's a good quality. I don't have it right now. When other people have it, it surprise me. I say oh they pay attention, I don't. That's it. Maybe I do it, maybe not.

T: How do you feel right now?

C: Good

T: Alright I'm going to ask you actually to just lay down and close your eyes.

C: Okay

T: Just allow yourself to relax. Yes and allow yourself to go deep within yourself where you know you will find you. All parts of you from the two year old, from the infant to growing up, adolescence, to the teenager, to the young adult, to the adult, to the woman in you, to the man in you and to the older woman in you to all parts of you where you can access your strength and your vulnerabilities side by side with

all the different parts when times may need different things, my desire different things, my feel different things, and my behave in a different manner. Allow yourself to go to the place that holds all of it and you can access them all and you can see them and as you see them all sitting around being apart of everyone and all of them being a part of you and as you look at each part of you in the eyes and them looking back at you, just go ahead and let them know that I accept all of you just the way you are. You've been apart of me. You've been an amazing part of me and I thank you for being with me through the years, making me win some, lose some, gain some. I've experienced and survived. At times, I've had the experience and the pleasure of enjoying and at times I've had the experience and the pain of learning and I want all of you to know that your deserving to have the best and I'm proud of everyone of you and I'm at this time allowing everyone of you to be free, to be who you are because your all needed for me to be who I am. Every one of you adds something to me that is so beautiful and so worthy. So, I'm asking all you to be with me and to be integrated, as I hear you and at times hear two of you or three of you, who have opposing opinions and I learn from each and every one of you. I accept and I'm proud of every part of myself and I have faith that with every part of me, my emotional side, my logical side and the integration of all of them that I'm free to choose what's best for me and what's best for the people around me and I allow myself to release and let go the things that don't work for me, the thoughts, the behaviors, and the emotions that are not working for me or others and let go of the behaviors, the emotions, and the thoughts and opinions of others, who does not work for me and I'll gain and appreciate the ones that I sense that I can learn something from. I promise to be attentive, pay more attention to me, to different parts of me and to everyone who I come in contact with whether I have a long term relation of just a glance of someone, who's come into my universe for a millisecond. I remember that I am who I am and that I am that I am and I appreciate who I am.