

**[00:08 - 01:04]**

**Speaker 1:** Hello.

**Speaker 2:** Yeah, hello.

**Speaker 1:** Yeah, hi.

**Speaker 2:** Hi.

**Speaker 1:** I hope we're connected? Hoping that we are. Okay.

Hi, Layudo. How are you?

**Speaker 2:** Fine. How are you?

**Speaker 1:** Prefect! I'm great!

So, what number are you at right now?

One (1) being, like, not at all motivated, and like ten (10) being very motivated.

**Speaker 2:** Um, seven? Seven.

**Speaker 1:** Okay. And what's been a win for you in the past few days?

**Speaker 2:** Yeah.

Okay, so actually just today, um, I put my kids to sleep. And usually I wait for, like,

**[01:04 - 02:00]**

I like to listen to my shoes, like, to wind down, and I end up waiting and waiting until everybody falls asleep, and, because the kids ask me, what's the noise, what's the noise, I try to be quiet.

But it gets very late, and then I really lose out, so now I just sat down, and I came up with a good idea.

I said, I must figure it out, and I have my quiet, and I put in earphones so nobody has to hear anything, and, um, it's really worked out well.

And now it's only 09.35, and I could still have my night - three major.

**Speaker 1:** Wow!

So, what created you? What, what did you create, how did that happen?

**Speaker 2:** Um, actually, really, I wasn't feeling bad for the kids.

**[02:03 - 03:08]**

Because, because, because really, it's an hour later. So, let's say if I was putting them to sleep at 7.30, it really was 8.30, so I knew they're really, really tired. Usually, I'm not sure if they're really tired.

They're allowed to go to sleep. So, and I was just, like, so tired. I was just like, no choice – just no choice. So, like...

**Speaker 1:** You were giving yourself permission?

**Speaker 2:** Yes. I was giving myself permission to have my night. Yeah!

I'm like...

**Speaker 1:** ...allowing yourself?

**Speaker 2:** Mm-hmm. Yeah. So, like, I really need, like, permission to have my night.

**Speaker 1:** Mm-hmm.

**Speaker 2:** Because really, it's my kids, you know. Can't take it away from them.

**Speaker 1:** Mm-hmm.

**Speaker 2:** Mm-hmm. Yeah. And who does it, what, who does it have an impact on when you give yourself permission to have your night? Have your night and have it with your parents. It's ironic because I'm thinking, the first thing that I'm thinking is that my kids, because then I get time for myself and I'm a little more rested.

**Speaker 1:** So, it actually impacts your kids?

**Speaker 2:** Yes.

**[03:09 - 04:09]**

I'm not taking it away from them. I'm taking it away from them, but maybe I'm not taking it away from them. They're getting it, and then they get it.

**Speaker 1:** So it's a benefit to them.

It's a benefit to them that you have them go to sleep on time, and then you have your space.

**Speaker 2:** Yes. And an earlier time. They get to sleep, and I get to sleep, and I get to wind down.

**Speaker 1:** Wind down.

**Speaker 2:** And, and everybody's less cranky - me and them. Yes, it's a win-win situation. Well, maybe I should try it more often, you know.

**Speaker 1:** So how would you be able to do this again in the future?

**Speaker 2:** Um-mmm... Really like what I know in my mind that they are, it's best for them. It's best for them. It's best for them to be finished, done.

**Speaker 1:** Um-mmm.

**Speaker 2:** And I start my night.

**[04:11 - 05:58]**

**Speaker 1:** So, when your brain would know that you're certain that this is it.

**Speaker 2:** Yes, yes. And it's best for them to be in bed on time. Yes.

**Speaker 1:** Yeah, and how would you know that?

**Speaker 2:** One second, one second, one second.

**Speaker 1:** Yeah, sure.

**Speaker 2:** Okay, ask me again.

**Speaker 1:** So, you were saying that you wonder how you would know to put them to sleep on time, how you could be certain. And I asked you, how would you know that?

That you could be certain that they could be in bed on time, and it's good for them.

**Speaker 2:** Yeah, I think I would have to think of more, like if I think of more, more benefits for them that they go to sleep on time.

Like, like it expands my brain in thinking of what... why, why it is so good for them? It's a collecting benefit. Yeah. Mm-hmm.

**[05:58 - 07:32]**

**Speaker 1:** Okay.

I'm not sure this is something, you know, we didn't start your intention, so this might be something you want to work on, but I'm just going to ask you, what's your intention for today?

**Speaker 2:** Yeah.

Okay, yeah, thank you. Okay, so my intention for today. My intention. Okay, so I would like to... I really need help with...

I have, I have money that I owe for people, and I need help figuring out how to be able to pay back.

**Speaker 1:** Okay, so I'm hearing that you have money that needs to be paid back for people.

**Speaker 2:** Yeah.

So, basically... Um...

**Speaker 2 laughs...**

**\*\*\* Speaker 1 and Speaker 2's utterances are unclear... \*\*\***

Okay, let's work on it, okay?

**Speaker 1:** Mm-hmm.

**Speaker 2:** Okay, so... Okay, so, ask me. Ask me what...

**Speaker 1:** Let me just ask you one question.

**Speaker 2:** Okay.

**[07:32 - 09:08]**

**Speaker 1:** What would be the benefit if we're going to explore together how you can figure out... your financial?

**Speaker 2:** Okay, so this is... This is, like, a part of the financial.

**Speaker 1:** Okay.

**Speaker 2:** Because I want to focus on this one piece.

**Speaker 1:** Mm-hmm.

**Speaker 2:** So, financially, I feel like I have a lot more, like, for... Like, this is not the most...

**Speaker 1:** Like a bigger, bigger topic.

**Speaker 2:** Like the...

Yes, financial is a big topic, and the pressing piece that was told now for me, like, pressing, like, needing to have, like, for my day-to-day things that I need to have, I feel a lot more comfortable, Baruch Hashem.

**Speaker 1:** Baruch Hashem.

**Speaker 2:** And this piece is, like, more... More of, like... Like, I need it right now. I need to figure out... I need to pay back people money, and it's already something that I really want to take off my head. And I really feel like I just deserve to be freed from this. I just want to free myself from this burden. Like, just move on.

**Speaker 1:** So, what would be the benefits?

**Speaker 2:** Yeah, the benefits from this specific thing, just to be able to pay back, that would be huge. It would be, like... It would just take away so much of my mind-shattering from so much in a day, because it's forever on my head. It's just on my head. As long as it's there, it's on my head, because I really...

I don't see a plan, and I don't see how it's happening, and... I know it's going to happen, but I can't see it happening, and I... And I'm just... It's just bogging me down.

**[09:08 - 11:09]**

So, I just want to... And then I'll just be, you know, maybe I'll... You know, next session... I'll be able to be on, like, eight (8) and a nine (9), you know, because, like, this is, like, just like going down.

**Speaker 1:** Wow!

**Speaker 2:** It, like, always slips me down another number.

**Speaker 1:** Yeah. So, if I were able to help you free yourself from this burden of owing money to people, ...

**Speaker 2:** Um-mmm.

**Speaker 1:** ...would that be a benefit to you? Would that be a service to you?

**Speaker 2:** Yes. Feels very good. How do we do that?

**Speaker 1:** I was wondering, I have a process, and it's called *Lots Can Happen*.

**Speaker 2:** Um-mmm.

**Speaker 1:** And usually when there's, um... like, the voice of doubt, I think the voice of doubt is a different process.

So, usually when there's, like, um... we're not sure, like, if things could really happen, we're doubting it.

**Speaker 2:** Um-mmm.

**Speaker 1:** Then Lots Can Happen could bring up the vibration and the belief!

And then we could continue exploring um... how to get you to that place of freedom with your, with your... money that you've paid back.

**Speaker 2:** Mm-hmm.

**Speaker 1:** And would you like to try it?

**Speaker 2:** Yeah, okay.

**Speaker 1:** So, um... so, we're going to start.

So, basically, you're just going to start. You're going to say, Lots Can Happen, Lots Can Happen. And I could just, you know... I could just be myself receiving the money, paying back the money, or I could just have my husband on the board, or I could just...

You just, like, brainstorm many things that can happen.

**Speaker 2:** Mm-hmm. Can I just say it?

**Speaker 1:** Yeah. Mm-hmm.

**Speaker 2:** Okay. So, I start with Lots Can Happen?

**Speaker 1:** Yeah, Lots Can Happen.

[11:09 - 13:01]

**Speaker 2:** Okay. So, Lots Can Happen. Money could just, like, come to me, so I can just pay back money that I need to pay back.

Um, my husband could just be so interested in, you know, working this out together with me.

Um, I could have more opportunities of making money, more opportunities of money just coming in from different places.

Um, more opportunities, um... Also, like, maybe, like, I could get more time to work this out.

Because, really, I could use more time. Um, so, you know, I could get all the money back. Um...

**Speaker 1:** So, I could be more freed of the tension.

**Speaker 2:** Yeah!

And also, like, um, maybe I could be more...

I could just be more allowing of the money to come in. It could just, like, flow into me. Um, maybe... Yeah. Like, there could just come new opportunities that I would just... Wouldn't even think of. It could just, like, come in.

It could just... All of a sudden, money could just show up, like it did in many other... Yeah. ...in many other places. ...in many other times in my life. And, um, maybe somebody just wants to help me.

Um, maybe just, like, um... I don't know.

Maybe you have more ideas for me. Like, what else can I...

**Speaker 1:** Can I ask you; you say... you were saying what else can I ask you. But I would just love to stop you for a moment. I forgot to ask you, um, scale of one (1) to ten (10), like, how much would you rate the stress level?

[13:02 - 15:07]

**Speaker 2:** Um, the stress about the money being paid back. Um, might have shifted in between, um... So, I would say... like seven (7), eight (8).

**Speaker 1:** Yeah, that's pretty high.

**Speaker 2:** Yeah.

**Speaker 1:** So, we're saying lots can happen. You could feel freed of the tension. So, the timing could be, you know, could have more time.

**Speaker 2:** Could allow yourself the money to just flow in. New opportunities can happen. Um, the money could just show up, um, in many different ways.

Um, I think also, like, I wish, like, like, um... I would have new ideas and new ways of thinking of it.

Like, I, I keep thinking of the same thing again and again and again. It's really bogging me down. It's like I could just break the pattern, Ah...

**Speaker 1:** Ah...

**Speaker 2: (*Speaker 2 laughs*)** ... And come up with a new and better plan. I could just have more, um, I could have more insight from new opportunities, new ideas. That could calm my weight.

I had a payback and new perspective. And then... That, like, take off the stress. Like, it shouldn't be, like, the stress is just, like, something that I'm doing. Just, like, if you get everything else, I'm doing that.

Because, like, a little bit, it feels like, it's like a little bit, like, degrading. Like, it doesn't feel good. Like, I don't want to be in that place. So, maybe even just the thought of being in, in, uh...



Um, just, just not, not judging. Just being okay with it. And even, let's say, if I, you know, I could ask, um, you know, if I could have some more time. I could just ask it with ease. You know?

And then I could just figure it out. Um, yeah.

So, so it's really, like, like, if it could happen that I could just, just be, just be okay with it.

**[15:08 - 16:48]**

With the process of it. Because, like, I feel like I do need more time. So. So, I'm hearing that, like, maybe it's, like, more accepting of it.

**Speaker 1:** Yes.

**Speaker 2:** Being more accepting of it.

Because, like, having all these... You know, all this, like, the money that needs to be returned. Like, it's just, like, not okay for me. And that's why I keep thinking of it all the time. Like, not, not okay.

Not okay thing to be owing people money.

**Speaker 1:** So, you're judging it.

**Speaker 2:** Yeah. Yeah, I wish I wouldn't judge it.

**Speaker 1:** So, I would be curious, would you like to try, um, the part process?

**Speaker 2:** What's that?

**Speaker 1:** The process that, um, we all have parts in it, in it, in ourselves.

And they're always servicing us for good reason.

But then at one point in our life, um, they're still in us if we don't, you know, dissolve it or compromise with them. And, and they're not serving you.

They might not be serving you anymore because now you're an adult. It might be an inner child part. And this can help you by exploring your parts and having conversation with it and compromising with it. This can help you, um, dissolve the inner judgment and make you feel

more accepting of your situation with paying back the money for the people you owe money.

**Speaker 2:** Okay, sounds good!

**Speaker 1:** Would you like to try it?

**Speaker 2:** Yes, sure!

**Speaker 1:** Okay, so, um, are you sitting in a comfortable chair? Or lying on a bed somewhere cozy?

**Speaker 2:** Yes.

[16:51 - 18:48]

**Speaker 1:** Okay. Now we're just going to take two deep breaths, just grounding ourselves.

**Speaker 2:** Okay.

**Speaker 1:** Deep breath in. And a deep breath out.

And on the breath out, you can just let go of anything that's not serving you right now. And just get heavier into the chair.

Let your facial muscles, the facial muscles, just soften. And you can take another deep breath in., and a deep breath out.

Let your shoulders drop as you're getting heavier and heavier into your chair.

Feel like there's like a cord that's like going up behind your seat on the bottom all the way down into the ground, holding you tight. Not holding you tight, I'm sorry. Keeping you strong into the ground.

**Speaker 2:** Mm-hmm.

**Speaker 1:** Let yourself just be heavy into the chair.

And now, the part of judging. So, we have a choice.

We can put it on a chair. Or we could put it on a chair, or we could find it inside of you. Which one do you choose?

You want me to explain?

So, putting it onto a chair is like we're taking the judgment part, and we're sitting it onto the chair? And, you know, I'm actually feeling like maybe we should sit in onto the chair. So we have a chair, two chairs in front of us.

**Speaker 2:** Mm-hmm.

[18:50 – 20:22]

**Speaker 1:** And the chair, the judgment chair, what would you want to call that chair?

**Speaker 2:** That's the judgment feeling.

**Speaker 1:** What would you want to call that chair?

**Speaker 2:** Or like if there's like an image, um... or just a name.

I feel like a very jumpy thing, like very, very not calm.

It's like anxious. So, there's like an anxious, jumpy thing. Yes.

**Speaker 1:** And what color is it?

**Speaker 2:** Brown.

**Speaker 1:** What?

**Speaker 2:** Brown.

**Speaker 1:** Brown.

So, this jumpy thing – this anxious, jumpy thing is the judgment, and it's brown. So that's sitting on the chair.

**Speaker 2:** Mm-hmm.

**Speaker 1:** And now we're going to have a talk with him and ask.

We're going to ask this jumpy, anxious. Brown thing. So what's your intention?

**Speaker 2:** I asked the... I ask the jumpy, brown thing?

**Speaker 1:** Yeah. What's it intention?

**Speaker 2:** I'm going to make sure that... that you don't forget.