Psychological and Vibrational Profile Complete

For: **Marc Delacroix**

By: **Alexandre Anatman**

Introduction

My very dear Marc,

It is with infinite gentleness and deep respect for your soul's journey that I speak to you today. As I connected with your energy and read through the lines of your story, I was immediately touched by the nobility of your heart. There is in you a rare sensitivity, a quality of “guardian of harmony” that has sought, since your earliest childhood, to navigate between the shadows to find the light.

You are like an oak that grew on ground that was sometimes arid, sometimes unstable. To rise toward the sky, you had to develop roots of incredible complexity, working around the stones of authority and drawing water where the earth seemed dry of joy. This document is not a judgment; it is a sacred mirror. A mirror polished with the wisdom of the teachings on human relationships and the Theory of Reality Creation (TCR).

My aim, through these words, is to help you see the invisible mechanisms that have woven the fabric of your existence. I want you to be able to look at the little boy you once were and tell him: “I see you, I understand you, and I love you.” Together, we are going to decode your past so that you can take up the pen again and write the next chapters with complete sovereignty.

Part 1: The Archaeology of the Soul – Origins, Body and Fundamental Wounds

Welcome to this journey into the heart of yourself, Marc. To understand the perfectionist, sensitive and sometimes discouraged man you are today, we must go back to the source, to your “Vibrational Genesis.”

I. The Vibrational Genesis and the Initial Positioning

Everything begins with a primordial vibration. The atmosphere you were immersed in as a child acted as the first “Coder of Reality” in your existence. According to the TCR, the family environment is no accident; it is the vibrational soil chosen by your soul to experience certain wounds and, ultimately, to transcend them.

- **The Context: A Duality between Shadow and Order**

  You grew up in an environment marked by a striking duality. On one side, a gentle, loving, “devout” Mom, but veiled by the fog of chronic depression. A mother who was physically present (she cooked lovely meals, took care of the house), but whose soul sometimes seemed elsewhere, swallowed up by an old sadness. On the other, a Dad who was an insurance agent, a figure of authority and structure, working from home, imposing a rigid, perfectionist framework.

  This atmosphere created a climate in which spontaneous joy (the Free Child) was either smothered by your mother's sadness (outings were canceled when Mom wasn't well) or controlled by your father's demands.

- **The Initial Positioning (P)**

  Faced with this complex equation, little Marc had to adopt a survival positioning very early on. The unconscious message you took in is this:

  “To have the right to exist here, I must not be an extra burden for Mom, who is already suffering, and I must be beyond reproach so as not to trigger Dad's anger or criticism.”

- **The Local Survival Interest**

  To survive emotionally, your unconscious developed a brilliant but costly strategy: The Perfectionist Chameleon.

  You learned to scan your mother's emotional state (is she okay today?) and to anticipate your father's expectations. Your strategy was to “cut yourself off” from your own needs in order to adapt to your parents' needs. You became the good child, the one who forgives (as Mom had learned to), the one who tries to do things right. But deep down, a little voice settled in: “What I am is not enough, I have to DO in order to be loved.”

II. The Body-Temple as a Mirror (Somatic Decoding)

Your body, Marc, is the measuring instrument of your vibration. It never lies. Even though you learned to intellectualize in order to protect yourself, your body has stored the memories of your defense mechanisms. Reading your story, I perceive specific tensions linked to

your mechanisms of “discouragement” and “perfectionism.”

- **The Energetic Symptom: The Fatigue of “Giving Up”**

  In your story you mention this defense mechanism: “Getting discouraged and giving up.”

  - **Symbolism**: The arms are the extension of the heart for acting in the world. “Throwing up your arms” and giving up is the body's confession, saying: “What's the point? The bar is too high.” It is the physical manifestation of the Injustice wound (I will never be perfect enough) coupled with the Abandonment wound (I don't have the emotional support I need to keep going).
  - **Link with the wound**: This expresses the fear of collapse. Your body probably carries a load in the shoulders and trapezius muscles (the weight of responsibilities and of your father's perfectionism) and a fragility in the lower back or pelvis (the emotional insecurity linked to your mother's depression).
  - **The body's message**: When you procrastinate, it isn't laziness, my friend. It is your nervous system going into “freeze” because the pressure of “Perfectionism” has become a threat to your integrity. Your body is telling you: “If I can't do it perfectly, I'd rather do nothing at all so as not to risk criticism.”

III. The Family Constellation: The Source of the Masks

Let us look tenderly at the actors in your original play. They did the best they could with their own wounds, but they left deep imprints on you.

- **The Mother (Absent Gentleness): The Mask of the Masochist and of Abandonment**

  Your mother, described as gentle, kind, calm and very devout, embodied the Humiliation Wound (putting herself at the service of others, forgetting herself, “helping Dad”) and above all the Abandonment Wound. Her depression was a form of absence. For a child, a depressed mother is a mother who is there without being there.

  - **Her impact on you**: You learned “passive Rescuing.” You had to be an easy child so as not to weigh her down. She passed on to you the value of “Forgiveness,” which is beautiful, but which, misunderstood in childhood, can become a prohibition against feeling anger. You learned to repress your “negative” emotions so as not to disturb her fragile balance. You encoded that love is tinged with sadness and sacrifice.
- **The Father (Law and Order): The Mask of the Rigid and of Injustice**

  Your father, an insurance agent, a handyman, authoritarian and perfectionist, embodies the archetype of the Injustice Wound. He was cold, demanding, “especially with you” (less so with your sister, which reinforced the feeling of injustice).

  - **His impact on you**: He taught you that a man's worth lies in what he does and in the quality of his work (renovations, files). His authority cut you off from your sensitivity. He encoded in you the limiting belief: “I must be perfect to be accepted. If I make a mistake, I am guilty.” He passed on to you the fear of authority, which makes you uncomfortable today around “imposing personalities.”

- **The Family Dynamic:**

  Between a “Victim” mother (of her illness) and a “Persecutor/Rescuer” father (who directs, controls), you navigated, trying to find your place. The camping vacations were perhaps the only moments of “truce,” where nature allowed a little more freedom, but the framework was still defined by your father.

IV. Summary of Active Wounds (Lise Bourbeau)

Marc, here is the vibrational map of your wounds. It can be painful to read at times, but it is the key to your liberation. You mainly carry two major wounds that dance together.

1. The Dominant Wound: INJUSTICE

This is the wound awakened by the parent of the same sex (your father). It is the one that runs your professional life and your relationship to action.

- **Activated by**: Your father's coldness, his authoritarianism, his demands for perfection, the fact that he was harder on you than on your sister.
- **Your Mask**: THE RIGID.
- **Typical behavior in you:**
  - **Perfectionism**: You name it yourself as a defense mechanism. You want everything to be "right", "perfect", "high-quality". The "good side" (quality) is your strength, but the "bad side" (never good enough) is your prison.
  - **Difficulty receiving**: The Rigid prefers to give (service, work) rather than receive, because receiving puts him in a position of vulnerability.
  - **Cutting off from feeling**: To survive Dad's authority, you had to cut yourself off from your emotions. You intellectualize a lot (you try to "control with the mind", as you wrote).
  - **Fear of making mistakes**: You fear criticism more than anything, because it reactivates your father's voice.

2. The Secondary Wound: ABANDONMENT

This is the wound awakened by the parent of the opposite sex (your mother). It is the one that runs your emotional life and your relationship to yourself.

- **Activated by**: Your mother's depression. Even though she was there, her joy "abandoned" you. Her emotional withdrawals when she wasn't doing well made you feel insecure.
- **Your Mask**: THE DEPENDENT.
- **Typical behavior in you:**
  - **The need for support**: You mention wanting to "work with one or more people", seeking "collaboration", a "partner". This is the Dependent looking to lean on the other in order to move forward, because he does not believe enough in his own life force.

- **Discouragement**: When the Rigid in you is exhausted from carrying the world, the Dependent collapses ("giving up"). This is the child waiting for someone to come and pick him up.
- **Procrastination**: It is often a passive resistance. It is the part of you that says: "I can't do it on my own, it's too hard".

Psychological Games (Games People Play)

In your childhood, you had to play unconscious games to obtain "signs of recognition" (strokes):

- **"Look how good I am"**: With your mother, so as not to upset her. You became the model child, religious, forgiving.
- **"I'm trying as hard as I can"**: With your father. Even if you didn't reach his perfection, you showed him you were making an effort. It is an exhausting game in which you hope your effort will be validated in place of your result.

Today, Marc, these two masks (the Rigid and the Dependent) are fighting inside you. The Rigid tells you "Move forward, be perfect, stay in control!" and the Dependent cries "I'm tired, I need help, I'll never make it". Your path of healing consists in reconciling these two parts: offering the kind structure of the Father (without the rigidity) to the sensitivity of the Child (without the victimhood).

That is where we are going to work. You are not your wounds. You are the Consciousness observing them.

Part 2: Relational Analysis – Decoding the Games and Mirrors

My dear Marc,

We now enter the beating heart of your human experience: your relationships. If the first part was the archaeology of your being, this second part is the study of your dance with the Other.

Know one fundamental thing: your relationships, whether professional, friendly or romantic, are never the result of chance. They are not random encounters, but Vibrational Appointments. As the great texts on relationships and the Theory of Reality Creation (TCR) teach us, the Other is always, without exception, a "Coder of Reality" sent by your soul to show you what you cannot see alone.

Your relationships are not failures, they are revealers. Your childhood wounds (Injustice and Abandonment) were reactivated through specific scenarios that we are going to decode together, with infinite kindness.

I. The Couple Relationship and the Desire for Union

In the recording of our session and in the sharing of your life story, I saw a new vibration, full of hope and light. You spoke of this woman with whom you are considering "a marriage-type commitment, even parenthood". This is a magnificent turning point in your story. However, for this relationship to be the soil of your rebirth and not the repetition of your patterns, we must analyze it through the lens of your wounds.

The Dynamic: The Search for a Reassuring "Partner"

You have expressed several times, especially in your professional life story, this need to "work in pairs", for "cooperation", to not be alone. In love, this dynamic often translates into a search for Fusion.

For the little boy in you who knew a "present-absent" mom (depression), love is synonymous with "never again being alone facing the void".

- **The Risk of Idealization:**

  When you talk about marriage and parenthood, it is your Free Child speaking, the one who finally wants to create the happy, warm family he never quite had (because of the heavy atmosphere). That is beautiful. But be careful: your Abandonment wound can push you to idealize the other, to make her a "Savior" who will come and fill all your emotional gaps. If you place the other on a pedestal, you automatically place yourself below, reactivating the pattern of inferiority.

Transactional Analysis (TA) in your intimate relationships

To understand what is at play, let's use Transactional Analysis. It is a powerful lens for seeing "who is speaking" inside you when you are in a relationship.

- **You (Ego State): Often in the Adapted Child (Submissive or silent Rebel)**

  With a partner, your reflex (linked to your Injustice wound) is to want to be the “perfect companion.” You'll try to guess her needs, to be kind and helpful, a bit like you used to do with your mother to ease her burden.

  - **The danger**: Forgetting yourself. When you're in the Submissive Adapted Child, you don't set your boundaries. You say “yes” when you mean “no.” And when the pressure gets too strong, you tip over into “discouragement” (Wounded Child) or flight.
- **Her (The projection of the Ego State): The Nurturing or Controlling Parent**

  Unconsciously, you tend to attract partners whose energy is either very maternal (to reassure you) or directive (to give you structure, because you doubt your own structure). If your current partner steps into this role of “guide” or “mom,” it can feel comfortable at first, but in the long run it kills desire and keeps you in the posture of a little boy.

The Psychological Game: “Look how hard I'm trying”

Without realizing it, you are probably playing the game of: “Look how well-meaning I am.”

- **The scene**: You invest yourself, you're present, you're gentle.
- **The trigger**: A criticism or a request from the other person.
- **Your reaction**: Instead of asserting yourself (Adult), you feel guilty (Child): “I didn't do well enough.”
- **Hidden Benefit**: It confirms your deep belief (Injustice) that “Whatever I do, it's never perfect enough.” It also lets you stay in the position of the innocent victim, thereby avoiding full and complete responsibility for your power as a man.

II. “Mirrors of Pain” Relationships (The Mirror of Authority)

Marc, this is where we touch the nerve center of your relational profile. You wrote it in black and white: “I don't know how to transform the weakness of not being at ease with imposing personalities.”

This is your Major Mirror. These personalities are not your enemies; they are actors paid by your unconscious to play the role of your Father.

Analysis of the relationship with “Imposing Authority”

Whether it's a demanding client, a dominant business partner or an authority figure, the pattern is the same.

- **The Profile facing you**: These are Yang people, directive, perhaps a little cold or very demanding about results. They embody the energy of the Father you knew: Law, Order, Perfection.
- **Why you attracted this (TCR):**

  Your Injustice wound emits a specific frequency: the Fear of Being at Fault. You vibrate the fear of being caught out. So the Universe, which is a giant photocopier, sends you people who will nitpick, put pressure on you or impose their will on you.

  You attract these symbolic “Tormentors” because you are still unconsciously seeking your father's approval through them. You tell yourself: “If I manage to satisfy this difficult client, then at last I'll be worthy.”
- **The Spiritual Lesson:**

  These relationships force you out of the child's fear. They are there to push you to say: “I am competent, I know my worth, and I don't need you to validate me to know that I'm a good professional.”

  As long as you feel small in front of them, they will keep appearing on your path. The day you see these “imposing personalities” no longer as judges but as wounded souls who need control to feel safe (exactly like your father), their power over you will disappear.

III. Patterns of Flight or Self-Sabotage

With healthy relationships or opportunities for success, you have a very particular defense mechanism that you named yourself: “Getting discouraged and giving up.”

It's a pattern of relational flight from life itself.

The Deep Cause: Invisible Loyalty to the Mother

This is a very strong systemic hypothesis: a part of you recorded your mother's sadness and depression.

- **The Unconscious believes**: “If I succeed too much, if I'm too happy, if I fully take my place as a powerful man, I betray my mother, who stayed in the shadows and in suffering.”
- **Or else**: “Ambition and success are Dad's world (cold). Gentleness and withdrawal are Mom's world (warm but sad).”

Out of loyalty and love for her, you sabotage yourself. You stop just before the finish line. You procrastinate. It's not a lack of willpower, Marc, it's an excess of love misdirected toward the ghost of your mother's suffering.

The Mechanism of “Paralyzing Perfectionism”

In your relationships (with yourself and with others), you set the bar so high (your father's legacy) that the Child in you gets scared before even starting.

- You tell yourself: “If I commit to this relationship/project, I'll have to deliver 100%. I won't be allowed to make mistakes anymore.”

- This thought is terrifying. So the safety system trips: Procrastination. It's a way of saying “Time out! I'm not playing anymore.”
- This creates relationships where you may seem “evasive” or “unreliable” in other people's eyes, when in reality you are simply paralyzed by your own demands on yourself.

IV. Communication and Projection (The Healing Tools)

Based on the summaries of books on relationships that you sent me, we can identify keys for your future interactions.

1. Stepping Out of Projection

The book “Couple Therapy Workbook” and the other summaries emphasize the concept of Projection.

When you feel uncomfortable in front of someone imposing, ask yourself this magic question: “What part of myself have I disowned that this person is reflecting back to me?”

Often, what frightens us in others is our own power that we have repressed. You are afraid of other people's authority because you are afraid of your own inner authority. You put your power away in the "Forbidden" closet because you associated it with your father's coldness. But you can be powerful and gentle. You can be an authority and be loving. Reintegrating this part of yourself will instantly change your relationships.

2. Listening to the Echo (TCR)

Every interaction is an Echo.

- If the other person doesn't listen to you, it's because you don't listen to yourself (you listen to your fears).
- If the other person puts pressure on you, it's because you put inhuman pressure on yourself inside.
- If the other person supports you and loves you (like this new woman), it's because you are finally starting to grant yourself gentleness. It's the sign that your vibration is changing! It's a victory to celebrate!

3. Moving from "Need" to "Preference"

In your past relationships, driven by the Abandonment wound, you were in Need: "I need you to feel complete, to work, to move forward".

Healing means moving to Preference: "I am complete on my own, I am capable of moving forward on my own (even if it's hard), but I PREFER to move forward with you because it's more joyful."

It is this shift in frequency that will make your next union (marriage/parenthood) solid. You don't build a house on ground that is afraid of collapsing (Need), but on ground that chooses to welcome a structure (Preference).

Summary of Part 2

Marc, until now your relationships have been the stage for a battle between your need for fusion (Mom/Abandonment) and your fear of judgment (Dad/Injustice). You looked for "partners" to save you, while fearing authority.

Today, you are at the dawn of a new era. This woman you speak of, this desire to build, shows that you are ready to change the game. You are ready to stop playing the "Good Little Boy" and become "The Partner Man".

The key to your next relationships fits in one sentence: **Don't try to be perfect for the other person, try to be true to yourself.** The other person won't fall in love with your perfection (which is armor), but with your embraced vulnerability and your gentleness, which is your greatest strength.

Let's continue this journey toward your reprogramming in the next part. You are on the right path, and I am proud of your courage.

Part 3: The TCR Matrix – The Invisible Mechanics of Your Creation

My dear Marc,

We have explored your roots (Part 1) and your relationships (Part 2). Now, I invite you to put on the suit of a Cosmic engineer. We are going to lift the hood of your life and look at the engine.

Until now, you may have felt that life was happening to you, that "imposing personalities" crossed your path by bad luck, or that this feeling of discouragement was a genetic fate. It is nothing of the sort.

According to the Theory of Reality Creation (TCR), you are not a creature in the Universe, you are the Creator of your local Universe. Everything around you — absolutely everything, from the difficult client to the wonderful woman you have just met — is a holographic projection of your inner frequency.

Understanding this is the key to your Sovereignty. If you created the shadow, you can create the light. Let's look at how your reality-creating machine has worked up to today.

I. The Signal (S) and Vibrational "Jamming"

The first law of TCR is simple: The Universe does not respond to what you want (your mind), it responds to what you vibrate (your unconscious).

This is where the drama of your life plays out, in this gap between your head and your gut.

A. Your Conscious Signal (What you ask for)

For years, and especially in your professional and personal journey, you have been sending clear requests to the Universe:

- "I want collaboration, partnership."
- "I want to succeed professionally by being of service."
- "I want harmony, peace, and now, I want to build a family (marriage, child)."

It is a magnificent signal, pure, full of goodwill. It is the signal of your awakened consciousness.

B. Your Unconscious Signal (What you vibrate in the background)

However, beneath this clear signal, there is a "pirate radio station" that has been broadcasting 24/7 since your childhood. It is the frequency of your unhealed wounds.

- **The Frequency of Injustice (Dad)**: It broadcasts the message: "I'm not good enough. If I show myself, I will be judged. I have to be perfect, otherwise it's dangerous."

- **The Frequency of Abandonment (Mom)**: It broadcasts the message: "It's too heavy for me. I don't have the strength to hold on over time. I will be alone in the face of difficulty."

C. The Result: Jamming (Destructive Interference)

When your desire ("I want to succeed") meets your fear ("I'm not perfect enough"), it creates what we call Vibrational Jamming.

The Universe receives a contradictory order: "Move forward... but stop!" or "Show yourself... but hide!".

In concrete terms, this shows up as:

1. **Procrastination**: It isn't laziness, Marc. It is the precise moment when your two signals cancel each other out. Your engine stalls because you are pressing the accelerator (willpower) and the brake (fear of judgment) at the same time.
2. **The "Almost"**: You attract opportunities, but they don't fully materialize, or they become heavy. It is the reflection of your inner hesitation.
3. **The attraction of Authority**: Because you vibrate the fear of authority (linked to your father), the Universe sends you people to justify that fear. You emit a signal "Seeking a Master to judge me," and "imposing personalities" answer the call.

II. The Echo (E): Reality as Neutral Feedback

In the TCR, there is neither punishment nor reward. There is only Feedback. The events of your life are ECHOES. If you shout "Anxiety" in a cave, the echo won't answer you "Serenity." It will send back "Anxiety."

Let's analyze your recurring "Echoes" to understand what they say about your vibration.

Echo no. 1: The "Imposing Personalities"

You identified as a weakness the fact that you don't feel at ease around them.

- **The Message of the Echo**: These people are neutral actors ("Coders of Reality"). They wear a costume that frightens you, that of Authority.
- **What this reveals about you**: This echo is shouting at you: "Marc, you've given your power away to the outside! You're still seeking Dad's validation." As long as you tremble before them, the Universe will keep sending them to you. Why? Because the Universe is trying to make you grow. It sends you the obstacle until you get past it. The echo will stop the day when, faced with an overwhelming personality, you no longer vibrate submission, but Tranquility.

Echo no. 2: The temptation to "Give up"

You described this mechanism of discouragement.

- **The Message of the Echo**: It is the materialization of your loyalty to your mother.
- **What this reveals about you**: This echo shows you that you unconsciously associate "Life" with "Struggle." You believe that to succeed, you have to suffer or carry a weight

immense weight. So, when things get difficult, your system short-circuits to protect you. The echo tells you: "You're carrying suitcases that aren't yours."

Echo no. 3: The New Encounter (The Woman)

This is a very important and very positive Echo!

- **The Message of the Echo**: The appearance of this woman with whom you are considering marriage and parenthood is tangible proof that your vibration is changing.
- **What this reveals about you**: A part of you has begun to allow itself happiness. You've emitted a signal of "Building" and "Sharing." It is confirmation that the work you are doing on yourself (therapies, workshops, introspection) is bearing fruit. The Universe is telling you: "Yes, Marc, you are worthy of being loved and of starting a family." It's a major feedback of encouragement!

III. The Coders of Reality: Your Casting Agents

To take the drama out of your life, imagine that the Universe is a huge casting agency. You are the Screenwriter and the Director.

The "Coders of Reality" are the souls who agree to play a role in your film to help you evolve.

1. **The "Rigid Father" Coder**: Your father agreed, at the soul level, to play the role of the "Perfectionist Tyrant." Why? To force you to develop your autonomy and to discover that your worth doesn't depend on your results. He was the toughest coach so that you could become the champion of Self-Love. Paradoxically, it is a spiritual act of love (even if, on a human level, it was difficult).
2. **The "Sad Mother" Coder**: Your mother played the role of "Vulnerability." She taught you sensitivity, empathy, forgiveness. Without her, you might have become a cold robot like your father's mask. She gave you the gift of the Heart.
3. **The "Clients/Bosses" Coders**: They are extras. They have no power over you, except the power you give them. They are there to check: "Does Marc love himself enough to set his boundaries?"

The Revelation: You don't need to hold anything against the actors. They're just following your script. If you change the script (your inner signal), the actors will change how they play, or else they will leave the set to make room for new, kinder actors.

IV. Observation (O): The Lever of Quantum Change

This is where you take back your power. Quantum physics (and the TCR) tells us that the Observer influences the experiment.

As long as you observe your life through the glasses of the "Victim of the past" or the "Imperfect little boy," you freeze that reality. You renew it for tomorrow.

Your tipping point lies in the way you OBSERVE what happens to you.

The Old Observation (The Vicious Circle)

- **Event**: A professional project stalls or a client is unpleasant.
- **Your Observation**: "Here we go, it's starting again. I'm not capable. It's too hard. I give up."
- **Result**: You validate the signal of failure. The Universe says "Loud and clear" and sends you more blockages.

The New Observation (The Virtuous Circle)

You must become a "Conscious Observer," as the books on relationships you've read suggest (Consciousness and Freedom).

- **Event**: A difficulty arises.
- **Your New Observation**: "Well, that's interesting. Here's some resistance. It's not proof that I'm worthless, it's just an old memory coming up. Thank you, dear 'Coder of Reality,' for showing me that I'm still afraid. I choose to breathe and to remember that I am safe."
- **Result**: You hack the system. You no longer react emotionally (you stop feeding the beast). The echo weakens.

The importance of Gratitude:

Gratitude is the most powerful signal for hacking the Matrix. When you give thanks for what you already have (this woman, your talents, your resilience), you send a signal of ABUNDANCE. The Universe can only respond to abundance with abundance.

On the contrary, perfectionism is a signal of LACK (lack of quality, lack of being enough). That's why perfectionism often creates scarcity (of time, money, energy).

V. The Notion of Time and Perseverance (The "Lag")

There is one last crucial concept for you, Marc, since you tend to get discouraged: The Time Delay (The Lag).

In dense matter, manifestation takes time. When you change your signal (for example, you decide to trust yourself), reality doesn't change instantly. There is inertia.

It's like an ocean liner turning: you turn the helm now, but the ship keeps going on its previous course for a few kilometers before it veers.

- **The Trap**: You start to change, you don't see an immediate result, so the Dependent in you says: "It doesn't work" and you give up.
- **The Truth**: It works! But you are in the "Lag". This is the test of Faith.
- **Your Challenge**: You must maintain your new vibration (faith, trust, love) even if the outside world is still showing you the old scenery. That is true Creation. It is believing before seeing.

Summary of Part 3

Marc, you are not "broken". Your reality-creation system works perfectly, but it was programmed with faulty data coming from your childhood (Injustice/Abandonment).

The "bugs" you encounter (discouragement, fear of authority) are logical features of your old program.

Today, you have awareness. You know that:

1. The Other is a mirror (TCR).
2. Your emotions are indicators, not truths.
3. You have the power to change the film by changing the way you look at it.

Meeting this woman is the forerunner sign that your new program is being installed. The "Lag" is coming to an end. The liner is turning.

Hold on to the helm. Don't look at the wake (the past), look at the horizon (your vision).

We will now move on to concrete practice to anchor all of this in the final part.

Part 4: The Rebirth Protocol – Becoming a Sovereign Creator

My very dear Marc,

Here we are at the summit of the mountain. We have crossed the valley of your origins, explored the forest of your relationships and decoded the celestial mechanics of your reality. You now know where you come from and how you have created your life up to this day.

But knowledge alone is not enough. As the great spiritual texts say: "Knowledge is a rumor until it is in the muscle". It is time to bring this light down into your cells. It is time to reprogram the "Coders of Reality" who are waiting, motionless, for your new instructions.

You are no longer the victim of the default program "Injustice/Abandonment". You are the programmer. Here is your sacred protocol to activate your sovereignty and build the life of partnership and success that awaits you.

I. The New Positioning (P): The Identity Shedding

For your reality to change, your vibrational identity must change. You cannot get a "King's" life while keeping the vibration of the "Little Boy who is afraid of being a bother".

According to TCR, the Universe does not judge, it validates. If you position yourself as "The one who endures", it sends you tormentors. If you position yourself as "The one who creates", it sends you bricks and mortar.

1. Your Old Identity (To be thanked and dissolved)

Until yesterday, your unconscious identity was:

> *"I am Marc, the dutiful son who must repair Mom's sadness and avoid Dad's anger. I am the one who gives up when it gets too hard because I am not allowed to surpass my parents."*

2. Your New Identity (The Mantra of Sovereignty)

From now on, every morning, before you even put a foot on the floor, you will put on your new vibrational suit. This is not "positive thinking", it is Frequency Definition.

Here is your Mantra, tailor-made to counter your specific wounds (Injustice and Abandonment):

> ***"I am a Divine Intention, worthy and powerful.***
>
> ***I have the right to be imperfect, because my Heart is pure.***

I give my mother back her sadness and I keep her love. I give my father back his rigidity and I keep his structure.

I am the Man who builds, who loves and who stands tall.

I am safe in the face of authority, because I am my own authority.

I deserve this great love and this abundance, here and now."

Repeat it. Feel it. Let the words "I am my own authority" resonate in your solar plexus, where fear used to dwell.

II. "Confront and Replace" Protocol: Deactivating the Games

This is where we use the tools of Couples Therapy and Transactional Analysis to handle moments of crisis. You will have to "hack" your automatic reflexes.

Case A: Facing an "Imposing Personality" (The Father's Mirror)

You are facing a client, a potential partner or an authority figure who is putting pressure on you. Your old reflex is to freeze or to submit (Adapted Child).

1. **The Inner "STOP" (Awareness)**: As soon as you feel your heart speeding up or your shoulders tensing, say "STOP" in your mind. Don't answer right away. Take a deep belly breath.
2. **Identification (Lucidity)**: Tell yourself: "This is not my father. This is just a human being playing a role. His anger or his demands say something about HIM, not about my worth."
3. **The Adult's Response (Replacement)**: Instead of justifying yourself (the Injustice reflex), ask a question or calmly state a boundary.
    - **Magic phrase**: "I understand what you're asking for. Here is what I can do, and here is what I will not do. Does that work for you?"
    - By doing this, you break the psychological game. You no longer play the "Guilty One", so he can no longer play the "Judge".

Case B: Facing the Urge to "Give Up" (The Mother's Mirror)

You are working on a project, a difficulty arises, and a wave of fatigue washes over you. You feel like dropping everything (procrastination).

1. **Welcoming (Gentleness)**: Don't judge yourself ("You're useless again, you're giving up"). Welcome the feeling. "Well, there's the little voice of discouragement. It's the memory of Mom coming back up."
2. **Dissociation (Loyalty)**: Visualize your mother. Tell her inwardly: "Mom, I love you, but I will no longer carry your sadness. I choose Life and Action in your honor."

3. **The Micro-Action (Movement)**: Don't try to finish the project (paralyzing perfectionism). Just do ONE small, imperfect thing.
    - **The 2-minute rule**: Do one action that takes less than 2 minutes. It gets the engine going again without waking up the fear. Action is the antidote to anxiety.

III. Managing Your Environment and Your Relationships (The Present-Day Echo)

You mentioned wanting a "spiritual path grounded in matter" and working "as a pair". Here is how to structure that.

1. The Couple: Building on Rock (Your new relationship)

This woman is a blessing. For this to become a marriage and a family, apply the principles of the book Couple Therapy Workbook that you shared:

- **Cultivate Friendship**: Don't just be her lover or her "rescuer". Be her best friend. Take an interest in her inner world ("Love Maps") without trying to fix it.
- **Stepping Out of Fusion (Dependence)**: Remember: 1 + 1 = 3. You, Her, and the Relationship. Keep your passions, your time for yourself. If you forget yourself for her (Abandonment wound), you will become uninteresting and you will resent her later.
- **Communication without a Mask**: If you are afraid or if you have doubts, say so. "Darling, today I'm feeling a little vulnerable." That is the greatest proof of strength. The Mask of the Rigid (Perfection) kills intimacy. Vulnerability creates it.

2. Work: The Healthy "Pair"

You are looking for collaboration. That's excellent, but beware of the trap.

- **The Old Pair (Toxic)**: "I need you to reassure me and decide for me."
- **The New Pair (Sovereign)**: "I am competent, you are competent. Together, we go further."
- **Selection criterion**: Choose partners with whom you can be authentic, not people you have to impress. If you feel you have to "play a role" to be accepted by a business partner, run. It's a replay of the father.

3. The Grounded Spiritual Routine (Your Daily Yoga)

You talked about "yoga every morning". This is essential for you, since you tend to "live in your head" and cut yourself off from your body.

- **Your intention during Yoga**: Don't do yoga to be "flexible" (perfectionism). Do yoga to inhabit your body.
- **Grounding Exercise**: In your postures (Asanas), visualize red roots that start at your tailbone and go down to the center of the Earth. With each exhale, send your fears into the earth. With each inhale, draw up the red strength of the Earth. This is what will give you solidity when facing "imposing personalities".

IV. Rewriting the Story (Narrative Therapy)

Marc, you have the right to rewrite your past. Not to change the facts, but to change their meaning.

- **Fact**: Your father was harsh and demanding.
- **New Story**: Your father gave you a taste for excellence and a capacity for hard work. Thanks to him, you know what quality is. Today, you use that quality with kindness. You have transformed lead (cold rigor) into gold (warm excellence).
- **Fact**: Your mother was depressed.
- **New Story**: Your mother opened your heart. Thanks to her, you are capable of a kind of listening and empathy that few men possess. This is what will make you an extraordinary husband and father. You have transformed lead (sadness) into gold (compassion).

You see? You didn't just endure your childhood. You went to Jedi school. You received intensive training to develop exactly the qualities you need for your life mission today.

V. Final Conclusion

Marc,

While writing this profile, I saw a man in the midst of metamorphosis.

The first part of your life was devoted to **Survival**: surviving emotions that were too heavy, surviving expectations that were too high. You wore armor, you played roles, you sometimes gave up so as not to break.

The second part of your life, which begins now, is dedicated to **Life**.

The signs are there. This woman coming into your life is no coincidence; she is the Universe's answer to your shift in vibration. The "Coders of Reality" have received your new message. They are beginning to change the scenery.

You no longer need to be perfect to be loved.

You no longer need to save others to earn the right to exist.

You just need to be Marc. A sensitive, gifted man who has the right to say "no", who has the right to say "I don't know", and who has the right to be happy.

Lift your head, my friend. Look at your hands. They are not made for "giving up". They are made to take the hand of your future wife, to carry your future child, and to sculpt your professional success with the precision of the craftsman and the heart of the healer.

You are an Artisan of Light who has completed his apprenticeship.

Go, and build your Empire of Peace.

With all my love, my kindness and an unshakeable faith in your rebirth,

Alexandre Anatman

Your Profiler and Soul Friend