Anatman Origin Profile

Marie

January 08, 1980 • In a relationship • Administrative Assistant

Authentic anonymized profile — Identity changed to preserve confidentiality

🌟 Introduction

My dearest Marie, 💙

It is with infinite gentleness and deep respect for your journey that I speak to you today. 🌸 As I analyzed the lines of your life, I was deeply touched by your inner light, that quiet strength that has allowed you to go through so many trials and rise again each time more beautiful, wiser, more grounded.

You are like a tree with deep roots 🌳 — a tree that has known storms, droughts and icy winters, yet whose branches keep rising toward the sky with grace and determination. This document is not a judgment, Marie. It is a sacred mirror 🪞 — a mirror polished with the wisdom of the teachings on human relationships, Lise Bourbeau's five fundamental wounds, Eric Berne's transactional analysis, and the Theory of Reality Creation (TCR).

My aim is to help you see the invisible mechanisms that have woven the fabric of your existence, so that you can take up the pen again and write the next chapters with sovereignty and joy. ✨

PART 1

The Archaeology of the Soul

Origins, Body and Fundamental Wounds

Welcome to this journey to the heart of yourself, Marie. To understand the luminous woman you are today, we must go back to the source — to your **Vibrational Genesis**, where it all began.

I Vibrational Genesis and Initial Positioning

Marie, everything begins with a primordial vibration — that of your conception and your arrival in this world. You were born on January 08, 1980 into a family of six: your two parents, your two older brothers, five to six years older than you, and your twin sister, that mirror-soul who has been by your side since your very first breath.

Initial Positioning, according to the TCR, is the vibrational imprint that forms in the very first years of your life. In your case, Marie, the context was rich but complex. On one side, a father passionate about and committed to politics and civic life — a man who passed on values of hard work and rigor, sometimes with a certain harshness. On the other, a devoted, loving and spiritual mother, gifted with clairvoyance, who embodied unconditional love and openness to the subtle.

These two parental polarities — paternal rigor and maternal tenderness — created in you a founding tension between the concrete and the spiritual, between the harshness of the world and the gentleness of the soul. The message little Marie received was paradoxical: “The world demands strength and performance, but love exists too, gentle and luminous, somewhere in between.”

The **Local Survival Interest** your unconscious developed was **adaptation**. You learned very early to navigate between these two worlds — to be both the strong daughter your father expected and the sensitive child your mother nourished with love. This adaptation strategy, Marie, became your superpower… but also, as we will see, a source of deep emotional fatigue.

> *“I grew up between two worlds — the world of my father's rigor and the world of my mother's love. I learned to exist between the two, searching for my place in that in-between space.”*

II The Family Constellation: The Source of the Masks

💙 The Mother — Luminous Love and the Invisible Weight

Marie, your mother was a woman overflowing with love and kindness, devoted body and soul to her children. 🌺 You describe this relationship with great tenderness — you have always had a very good relationship with her and you received an enormous amount of love. Her spiritual sensitivity and her gifts of clairvoyance opened the doors of an invisible world to you, the world of intuition and of connection beyond the visible.

However, Marie, through your therapy, you understood something fundamental: as a child, you most likely carried part of your mother's unhappiness. 👧 This realization is precious, because it reveals a mechanism called **emotional parentification**. The sensitive child — and you were deeply sensitive, Marie — absorbs the mother's suffering like a sponge, and takes it onto her little shoulders, unconsciously believing it is her mission to save her.

This pattern, Marie, is directly linked to the **abandonment wound** in Lise Bourbeau's work. The child who carries the parent's unhappiness develops the **mask of the dependent** — they learn to exist through the other, to define themselves by their ability to support, to comfort, to be there for those they love. You no longer carry this burden today, and that is wonderful.
✨ But this imprint has left traces in the way you relate to others.

🔥 The Father — Rigor, Absence and Betrayal

Marie, your father embodied both intellectual passion and harshness in upbringing. Involved in politics, intelligent and cultured, he knew how to pass on strong values. But you also describe him, with touching honesty, as someone who was “a real pain” when he was at home — strict in his parenting, sometimes rigid and drunk.

Your parents' divorce when you were **9** was a turning point in your life, Marie. Your father's departure created a deep emotional paradox: on one side, a liberation — the house became lighter, freer; on the other, the disappearance of a secure framework. From then on, you were somewhat “left to yourself,” handed an autonomy you had never asked for.

What makes this wound even more complex, Marie, is that your father cheated on your mother several times before finally leaving with her best friend. For a **9-year-old** girl, this betrayal — even if it is not directly aimed at you — becomes deeply inscribed in the unconscious. 🌊 The encoded message was: “Men leave. Promises don't hold. Security is an illusion.”

According to Lise Bourbeau, the **betrayal wound** forms between the ages of 2 and 4 with the parent of the opposite sex — here, your father. And it is violently reactivated by events such as divorce and infidelity. The **mask of the Controller**, Marie, is the unconscious's response: you must anticipate everything, master everything, so as never again to be caught off guard.

A remarkable and luminous fact 🌟: you forgave him at 29, Marie. This forgiveness — sincere and courageous — bears witness to a rare emotional maturity. Your relationship is good today, even if you only see each other once or twice a year. You recognize your parents' good sides and you understand their life journeys. It is an act of deep healing. 🙏

🤝 The Siblings — The Twin Mirror and the Older Brothers

Marie, your siblings played a fundamental role in your development. Your two older brothers, five to six years older than you, probably represented secondary authority figures — role models or sometimes rivals for parental attention. After the divorce, without the paternal framework, the sibling dynamic had to reorganize itself, each one finding their place in this new configuration.

But of course it is with your twin sister that the bond is deepest and most meaningful. 💙 This twin relationship is an extraordinary gift — a mirror of yourself, an anchor in existence. Creating **Sagesse des Sommets** together is the most beautiful manifestation of this bond: you fulfilled a dream of working together, combining a passion for hiking with your sisterly connection. 🏔️ This project, Marie, is a vibrational repair — it is proof that the sibling bond can become a source of creation and joy rather than competition.

🌿 Scouting and Adolescence — Between Freedom and Solitude

Marie, youth movements and scouting were an essential space of renewal for you. You lived beautiful moments there, surrounded by precious friends, with a sense of belonging that made up for the family instability. ✨ This outside framework — with its rules, its rituals, its community spirit — met the need for structure that home could no longer offer after your father left.

In transactional analysis, according to Eric Berne, we observe an interesting phenomenon here: little Marie was seeking outside — in scouting, in friendships — the **nurturing Parent-Child** transaction that was missing at home. The scout framework became the absent “Structuring Parent,” while the group of friends offered the **positive strokes** that every child needs to feel seen, recognized and loved.

And yet, Marie, despite this beautiful youth, the reality of forced autonomy from the age of 9 left its mark. Being “left to yourself” so young means learning that safety depends on you alone — a premature lesson that feeds the **abandonment wound** and the feeling that you can only ever count on yourself.

III The Initiatory Journey: Canada and Rebirth

Marie, your trip to **Canada** at **23** is an initiatory turning point in your life 🌟 — a tipping point when the wounded young woman began to make peace with existence. There you discovered NLP (Neuro-Linguistic Programming), you experienced extraordinary synchronicities, and you came back more confident, more aligned with yourself.

In the TCR, this journey represents a fundamental change of **Positioning**. For the first time, Marie, you chose to place yourself in a radically new context — far from family, far from familiar patterns, far from the usual echo of your wounds. 🦋 The **Reality Coders**, receiving this new vibrational signal of openness and curiosity, coded a different reality: meaningful encounters, deep realizations, moments of grace when the universe seemed to conspire for your happiness.

This journey was your first great experience of **vibrational coherence** — when the conscious signal ("I want to discover myself, to free myself") and the unconscious signal were aligned in the same direction. The result? Synchronicities, joy, a feeling of reconciliation with life.

Marie, remember this precious lesson 🗝️: every time you place yourself in a new context with a pure intention, the Reality Coders respond. This trip to Canada is living proof that you are capable of transforming your reality when you dare to step out of familiar patterns.

> *"Canada reconciled me with life. I discovered NLP and I lived wonderful moments of synchronicity. I came back more confident."*

IV Summary of Active Wounds (Lise Bourbeau)

Marie, here is the map of your wounds as it took shape in your childhood. Each wound is an unconscious program that sought to protect you — but which, today, can still influence your choices, your relationships and the way you create your reality.

DOMINANT WOUND: ABANDONMENT — 65%

Mask: The Dependent

Marie, the abandonment wound is the most present in your story. Your parents' divorce when you were 9, your father's departure, the forced autonomy from then on — all of this forged in you a deep feeling that the people you love end up leaving. The Dependent mask shows up as a need for physical presence and material security — even at the expense of emotional connection. Your current relationship — 18 years together, 10 of them without romantic connection, but in the comfort of a supportive flatshare — is its most eloquent illustration. As a child, you carried your mother's unhappiness, and this emotional parentification reinforced the mask: you existed through your ability to support the other. The fact that you have worked a great deal on your autonomy and your inner security shows your awareness of this wound and your will to heal it.

SECONDARY WOUND: BETRAYAL — 50%

Mask: The Controller

Marie, the betrayal wound appears subtly in your journey. Your father's infidelities, his leaving with your mother's best friend — these events encoded in you the belief that trust can be betrayed at any moment, even by the people closest to you. The Controller mask shows up in your life in a nuanced way. Your addiction to tobacco — which you describe as a 7-year battle — is a form of self-betrayal: you know what is good for you, but a part of you resists, as if keeping total control were impossible. Your 6 successful months without smoking last year, however, prove your ability to honor your commitments to yourself. In your relationship, betrayal takes a silent form: the initial love contract — the commitment to a shared love — has not been honored for 10 years. You sense that your partner has "closed his heart" because you have already left several times. This dynamic of mutual betrayal of the loving bond is a direct Echo of the original wound.

TERTIARY WOUND: INJUSTICE — 45%

Mask: The Rigid

Marie, the injustice wound shows up in your relationship to work and structure. Your father embodied the “values of work and hardness,” creating an environment where performance and rigor took precedence over emotional expression. The Rigid mask seeks order, fairness and clear rules. You feel better “with a framework and fewer responsibilities” — and you appreciate an administration without commercial pressure. After years of being self-employed, Marie, you chose an environment where the rules are clear and fair. This quest to become a civil servant to secure a reasonable pension — after facing the prospect of only €450 — also reflects this feeling of injustice toward the system. Creating Sagesse des Sommets with your twin sister represents a beautiful repair: a fair space, where collaboration replaces competition.

V Psychological Games: The Invisible Scripts

Marie, according to Eric Berne in *Games People Play*, psychological games are sequences of repetitive, unconscious transactions, with predictable roles (Victim, Persecutor, Rescuer) and a hidden payoff. 💡 These games are set up in childhood and replayed in adulthood like automatic programs. Here are the games I perceive in your journey.

💎 Game 1 — “The Golden Cage” (in the couple)

Marie, your relationship is the perfect illustration of what Berne calls a game of time structuring without true intimacy. For 10 years, you have become “good flatmates” — supportive, helping each other financially, each in their own room, each free to come and go. On the surface, everything is fine. The comfort is there. So is the material security.

The hidden payoff of this game is twofold: on the one hand, you avoid the pain of abandonment (by staying physically together); on the other hand, you avoid the vulnerability of true intimacy (by keeping a comfortable emotional distance). In transactional analysis terms, the visible transaction is Adult-Adult (logistics, organization, finances), but the hidden transaction is Wounded Child-Wounded Child: two people who are afraid of real intimacy and who prefer the safety of predictability to the uncertainty of true love.

The question you have been asking yourself for 7 years — “Should I stay or should I go?” — is itself part of the game. As long as the question remains unanswered, the status quo is maintained, and the secondary gain — avoiding loneliness and change — is preserved.

🔥 Game 2 — “Yes, but…” (with cigarettes)

Marie, your 7-year battle against tobacco reveals a subtle psychological game. You know what is good for you, you managed 6 months of abstinence, you visualize the day of your liberation with beautiful serenity… Yes, but you keep smoking.

The “Yes, but…” game described by Berne works like this: the person asks for help (or gives themselves advice), receives perfectly valid solutions… then rejects them one after another with a “yes, but…”. The hidden payoff is not the cigarette itself — it is the unconscious confirmation that the problem is insurmountable, which protects against a change far deeper than the simple matter of tobacco.

Because, Marie, the cigarette is not just a physical addiction — it is a symbolic veil. Behind it perhaps hides the fear of your full potential, of this “**DARE TO BE**” that you long to live fully. Quitting smoking means agreeing to breathe deeply, with full lungs — literally and figuratively. It means welcoming all the life that wants to enter you. ✨

💙 Game 3 — “I am the one who carries” (the Rescuer role)

Marie, the parentification pattern experienced in childhood — carrying your mother’s unhappiness — has probably been replayed in several of your adult relationships. In transactional analysis, this is the role of the **Rescuer** in Karpman’s drama triangle: a position that seems noble and generous, but which unconsciously feeds the need to be indispensable — and therefore never to be abandoned.

This game shows up in your extraordinary ability to maintain harmony — in your couple, in your family, in your work. You are a yoga teacher 🧘, a hiking guide 🏔️, co-creator of a project with your sister, an administrative assistant at the **European Institutions**… In every role, Marie, you carry, you support, you hold things together. The hidden payoff is the confirmation that you have value — but sometimes at the cost of your own deepest emotional needs.

Moving from Rescuer to Creator is your next great challenge, Marie. No longer carrying others, but carrying yourself toward the light you deserve. 🦋

VI Conclusion of Part 1

Marie, this first archaeological journey into the heart of your story reveals a woman of remarkable resilience and deep emotional intelligence. 🌟 The wounds of your childhood — abandonment, betrayal, injustice — have not defined you. They shaped you, yes, but you knew how to transform them into springboards for growth.

The contrast between your father's values (rigour, commitment) and your mother's (spirituality, love) has created a magnificent synthesis in you 💎: you are both grounded in the concrete — your work at the **European Institutions**, your rigour in competitive exams — and open to the subtle — yoga 🧘, hiking in the heart of nature 🏔️, the self-knowledge inspired by Socrates.

The psychological games you still play unconsciously — the Golden Cage in your relationship, the “Yes, but…” when it comes to cigarettes, the role of Rescuer — are so many programs waiting to be brought into the light so they can be transformed. And that is exactly what we are doing here, Marie.

In the rest of this profile, we will dive into the analysis of your adult relationships, the TCR mechanics of how you create your reality, and your rebirth protocol. But for now, Marie, take a moment to honour the path you have travelled.

> *“Know thyself and you will know the universe and the gods.” — Socrates Marie, you are on this path. And the little 9-year-old girl who went through her parents' divorce, the teenager left to fend for herself, the young woman transformed by Canada — all these versions of you have helped make you this luminous woman who longs to carry love in her gaze. You have all the resources within you.*

PART 2

The Relational Analysis

Decoding the Games and Mirrors

Marie, your adult relationships are not failures — they are revealers. 💍 Every bond you weave, every dynamic you create, carries within it the imprint of your childhood wounds. In this second part, we are going to decode together the relational mechanisms at play in your life — drawing on Eric Berne's transactional analysis, the psychological games of *Games People Play*, and teachings on couple dynamics.

I The Couple Relationship: The Central Mirror

🌊 The Dynamic — Eighteen years of love, ten years of silence

Marie, your relationship is at the heart of your current questioning, and rightly so. Eighteen years spent alongside the same man — ten of them without any real loving connection. You have become, in your own words, “good flatmates”, united in family life, attentive co-parents to your son **Thomas**, fifteen, whom you describe as amazing. Each with your own bedroom, each with your own comings and goings, as long as you keep each other informed about Thomas. The material comfort is there, and so is the financial security. But love, Marie — vibrant love, the connection of the heart — fell silent a long time ago. 💙

You sense that your partner closed his heart because you have already left several times. In transactional analysis, the pattern is that of a crossed transaction: your **Free Child** Ego State seeks passionate love — but in your partner it meets a **Wounded Child** withdrawn behind a protective wall. The exchanges stay at the Adult-Adult level — logistics, finances, organisation — without ever descending into emotional intimacy.

🗝️ The Game — “If It Weren't For You” (IWFY)

Marie, the main psychological game I perceive in your relationship is a variant of the famous “If It Weren't For You” described by Berne. This game works like this: a part of you stays in this relationship while unconsciously telling yourself, “If I didn't have Thomas to protect, if we didn't have this financial stability, I would already have left.” Your partner, for his part, might be thinking: “If she hadn't left so many times, I would have kept my heart open.”

The hidden payoff is formidably effective: this game protects the abandonment wound. By staying, you avoid loneliness. By no longer committing emotionally, you avoid the risk of being betrayed again. Both partners protect each other from their wounds — at the cost of true intimacy. The existential payoff, according to Berne, is the

confirmation of the belief “True love is out of reach for me”.

The question you have been carrying for seven years — “Should I stay or should I go?” — is itself a piece of the game. As long as it remains unresolved, the status quo continues, and each of you avoids facing your own fundamental wound. When communication is reduced to logistics, unexpressed resentments build up and create an Echo of distance that the Reality Coders faithfully manifest.

CONSCIOUS SIGNAL	UNCONSCIOUS SIGNAL
“I want love, joy, the connection of the heart”	*“If I open my heart, I will be betrayed again”*

II The Mirror Relationships: The Father and Repetition

Marie, your relationship with your father is the original mirror of the way you love. 🪞 A passionate, intelligent, committed man — but also strict, sometimes unpleasant, and a drinker. A man who cheated on your mother several times before leaving with her best friend.

Notice the parallel, Marie: in your current relationship, you live with a man for whom you feel deep respect — you use those very words yourself — but with whom the loving connection has died out. You have already left several times, then come back. Your father, for his part, left for good. The betrayal wound, activated by the parent of the opposite sex according to Lise Bourbeau, creates a pattern of repetition: you swing between the fear of leaving (becoming like your father, betraying in turn) and the fear of staying (enduring the absence of love as your mother endured it).

In TCR terms, this oscillation creates considerable **signal interference**. 🌊 Your **Conscious Signal** says: “I want love, joy, to DARE TO BE.” But your **Unconscious Signal**, fed by the betrayal wound, answers: “Leaving is betraying, staying is dying a slow death.” The Reality Coders, receiving these two contradictory commands, code a reality of painful status quo — exactly the in-between you have found yourself in for ten years.

The forgiveness you granted your father at 29 is a major act of healing. 🙏 But intellectual forgiveness is not always cellular forgiveness. Have you forgiven in your head, or also in your body, in every cell that vibrated with pain when he left?

III The Sacred Bond: The Mother and the Weight of Love

Marie, your relationship with your mother is imbued with deep and sincere love. 💙 You describe a relationship that has always been good, an ocean of love received. And yet, your therapy revealed to you that you carried part of her unhappiness — and this revelation is fundamental.

In transactional analysis, this mechanism corresponds to a **reversal of the Parent-Child roles**. Instead of only receiving her mother's protection and love, little Marie also took on the role of **Nurturing Parent** towards her — picking up her sadness, absorbing her sorrows, trying to comfort her through her mere presence. This silent psychological game is “Let Me Help You” in its most tender form: the child becomes the invisible rescuer of the wounded parent.

The hidden payoff of this pattern was twofold for little Marie: on the one hand, by carrying your mother's unhappiness, you made yourself indispensable — and therefore impossible to abandon. On the other hand, you found an identity: that of the strong daughter, the one who carries, the one who supports. Paradoxically, this pattern fed your abandonment wound: so as not to be left, you learned to be the one people cannot do without.

Today, Marie, you say you no longer carry this burden — and that is admirable. ✨ But notice whether this pattern isn't subtly replaying itself: in your role as a yoga teacher, in your co-parenting, in your work at the **European Institutions**. Karpman's drama triangle is fluid: yesterday's Rescuer can still be hiding in today's gestures.

IV The Twin Bond: Strength and Challenge

Marie, your relationship with your twin sister is a rare treasure — a bond that transcends the ordinary sibling relationship. 💙 You shared the same womb, the same trials, and today you share a dream come true: **Sagesse des Sommets**🏔️.

In the language of TCR, this project is a magnificent **positive Echo**. It was born of a clear Positioning: two sisters who choose to create together, in joy and in nature. The Reality Coders received a coherent signal — free of the interference of fear or competition — and manifested an aligned reality.

However, Marie, the twin bond can also become a space where identities merge. In the context of your aspiration to DARE TO BE: do you fully define yourself as Marie, or does a part of you still exist as “the twin of”? 🧿 This is an invitation to explore the contours of your own sovereign identity, while celebrating this sacred bond.

V The Self-Sabotage Patterns: Cigarettes and Indecision

Marie, two self-sabotage patterns dominate your current life, and they are more intimately connected than you think: the addiction to tobacco and the chronic indecision about your relationship. 💡 Both are **Echoes** of your fundamental wounds.

The cigarette, Marie, is a substitute for presence. When you smoke, you are never alone — it is always there, faithful, predictable. It doesn't leave, it doesn't betray. In the language of wounds, it is the perfect antidote to abandonment. Quitting means agreeing to face an emptiness — that same emptiness the little girl felt when the family structure disappeared.

As for your indecision about your relationship, it works like a never-ending game of “Why Don't You… Yes, But”. You give yourself reasons to leave (no romantic connection for ten years), then reasons to stay (Thomas, comfort, financial solidarity). Every argument is followed by a “yes, but…” that cancels it out. The existential payoff, according to Berne, is the confirmation of your life position: “Important decisions are dangerous — better not to choose.”

Marie, these two patterns share the same root: the **fear of total freedom**🦋. Quitting smoking means breathing with your lungs wide open. Leaving or reinventing your relationship means living with your heart wide open. Both require the same courage — the courage to DARE TO BE fully, without a safety net, without smoke to hide behind, without the status quo to keep you safe.

> *“The block is not the cigarette. The block is not the relationship. The block is the fear of who you would become if you were totally free — free to breathe, free to love, free to be. And that freedom, Marie, is waiting for you on the other side of fear.”*

VI Conclusion of Part 2

Marie, this relational analysis reveals a coherent and deeply human pattern. 🌟 Your adult relationships are faithful mirrors of your childhood wounds — not to punish you, but to show you what is still asking to be healed.

Your relationship is the mirror of the abandonment wound: staying so as not to be alone, yet living in emotional loneliness. Your father is the mirror of the betrayal wound: the forgiveness granted in your head is still waiting to descend into your body. Your mother is the mirror of parentification: the love you received also carried the weight of a rescue mission that the child should never have had to take on.

The psychological games — “If It Weren't for You” in your relationship, “Yes, But…” with the cigarettes, “Let Me Help You” in the Rescuer role — are programs you can now observe consciously, without judgment, with the love you know so well how to give to others… turned this time toward yourself. 💙

In the rest of this profile, we will explore the TCR mechanics of how you create your reality, and your rebirth protocol. But until then, Marie, remember this: every relationship in your life is a **Reality Coder** disguised as a human being, come to show you exactly where your light is waiting to be set free. ✨

PART 3

The TCR Matrix

The Invisible Mechanics of Your Creation

Marie, we are now going to lift the hood of the Universe. 🔧 Everything you have lived through — the joys, the trials, the encounters, the dead ends — is not the result of chance. It is the result of a precise vibrational mechanism, described by the **Theory of Reality Creation (TCR)**. In this third part, we will decode how your wounds, your masks and your psychological games have sent precise commands to the Reality Coders — and how you can take back control of that signal.

I Positioning (P): Your Vibrational Identity

Marie, **Positioning** is the inner stance you choose — consciously or not — in the face of life. ⚓ It is not what you do, it is what you vibrate. It is the frequency you emit into the Universe at every moment, and the Reality Coders receive it as a command.

Your current Positioning, Marie, is that of a woman in **conscious transition**. On one side, you vibrate wisdom, self-knowledge, grounding in nature and in yoga. 🧘 On the other, a part of you still vibrates the fear of abandonment, doubt when facing decisions, and the self-betrayal of the cigarette. This double positioning creates what TCR calls a **mixed signal** — like a radio broadcasting on two frequencies at the same time.

Notice, Marie: when you teach yoga, when you go hiking with your sister, when you support Thomas — your Positioning is clear and aligned. 🌟 The Reality Coders receive a coherent signal, and the Echo is luminous: the joy of **Sagesse des Sommets**, the balance you have reached, the beauty of your weekends in nature. But when you find yourself facing the question of your relationship or facing the cigarette, your Positioning becomes blurred, and the Echo reflects that confusion: status quo, indecision, repetition.

II The Signal (S) and Vibrational Interference

Marie, the **Signal** is the energy you emit into the universe with every thought, every emotion, every action. 🌊 Your **Integral Vibration** is the sum of three layers: your conscious mind (what you want), your unconscious (what your wounds want) and your subconscious (what your soul seeks to experience). The Reality Coders encode it all, neutrally, without any filter.

Here is the map of your Signal, Marie:

CONSCIOUS SIGNAL	UNCONSCIOUS SIGNAL
“I want joy in every moment”	*“If I choose, I risk losing everything”*
“I want to DARE TO BE fully”	*“If I open up, I will be betrayed”*
“I want love in my eyes”	*“Security is worth more than freedom”*

This interference, Marie, is the central mechanism that explains why your life is at once so beautiful and so blocked in certain areas. The Reality Coders receive two contradictory commands. On one side: “Give me love, freedom, my full potential.” On the other: “Protect me from change, from loneliness, from betrayal.” The result? They code an in-between — exactly where you are now.

The abandonment wound scrambles your relational signal: it broadcasts “stay, even without love, it hurts less than loneliness”. The betrayal wound scrambles your decision-making signal: it whispers “don't trust anyone, not even yourself” — hence the self-betrayal of the cigarette. The injustice wound scrambles your professional signal: it demands clear rules and a secure framework, sometimes limiting creative boldness. 💡

Understand this clearly, Marie: the Reality Coders are not punishing you. They are neutral executors, impartial agents who faithfully translate your Integral Vibration into reality. A painful Echo is not a sentence, it is a mirror 🪞 showing you precisely where to purify your signal.

III The Echo (E): Your Reality as a Mirror

Marie, the **Echo** is what the universe sends back to you — the reality that the Reality Coders manifest in response to your Integral Vibration. ✨ Every event in your life is an Echo. Not a punishment, but loving feedback that shows you exactly where your signal is clear… and where it is scrambled.

> 🌊 ***Echo 1 — The relationship without love*** *Ten years of living together without a romantic connection are the perfect Echo of your abandonment-betrayal interference. Your conscious mind wants vibrant love, your unconscious wants the security of the familiar. The Coders have coded the exact compromise: a relationship that doesn't make you suffer… but doesn't make you come alive either. What is remarkable, Marie, is that this Echo is not a failure — it is a faithful response to your inner command. You asked for security AND love, but with more intensity on security. The Coders delivered exactly that. The day your signal becomes "I choose love AND I am safe within myself", the Echo will change radically.*

> 🔥 ***Echo 2 — The tobacco addiction*** *The cigarette is the Echo of self-betrayal and of the fear of emptiness. Every cigarette you light is a command sent to the Coders: "I am not ready to welcome my full potential." Your six months without smoking last year? The Echo of a moment when your signal was clear and coherent. Proof that when you command clearly, the Coders obey. Marie, your vision of quitting — that morning when you wake up and simply tell yourself "it's over" — is a vibrational command of extraordinary power. In TCR, this is exactly how instant change works: a new Positioning, a pure signal, and the Coders recompile reality immediately. You already carry this vision within you.*

> 🏔️ ***Echo 3 — Sagesse des Sommets and yoga*** *These two spaces are your most powerful positive Echoes, Marie. They were born from a pure Positioning — a passion for nature, the twin bond, the desire to share — without any interference from fear or competition. The Coders received a crystal-clear command and manifested an aligned reality: joy, beauty, a dream come true. It is living proof that your capacity to create is intact and powerful.*

> 🌟 ***Echo 4 — Canada at 23*** *Your initiatory journey is the founding Echo of your life, Marie. By radically changing your context, you emitted a brand-new signal — curiosity, openness, a desire for renewal. The Coders, freed from your usual programs, coded synchronicities, transformative encounters, a feeling of reconciliation with existence. This is your reference model — proof that you know how to create a magnificent reality when your signal is aligned.*

IV Observation (O): The Spotlight of Your Consciousness

Marie, in TCR, **Observation** is the act that sets reality in place. 👁 As long as you do not observe, the possibilities remain suspended. It is the moment when you rest your gaze on a situation and, through that very act, make it real.

The problem, Marie, is that your Observation is sometimes tinted by your wounds. When you look at your relationship, you look at it through the filter of the abandonment wound — and you see a man who has closed his heart. When you watch yourself smoking, you observe yourself through the filter of failure — and you validate the belief “I can't do it”.

But remember Socrates, whom you quote so aptly: “Know thyself and you will know the universe and the gods.” This sentence is a TCR key, Marie. Knowing yourself means purifying your Observation — it means learning to look without the filter of your wounds, through the eyes of your essential being. And you have already come a long way on this path. The work on your autonomy and your inner security, yoga, self-knowledge — all of this refines your Observation, day after day.

The turning point of your Observation came in Canada, at 23. For the first time, you looked at the world not as a place of survival, but as a field of discovery. You observed synchronicities instead of coincidences, magic instead of chaos. This transformed Observation was enough to change your signal — and the Coders responded. ✨

Today, Marie, you stand at the dawn of a new turning point. The very act of reading this profile is an act of conscious Observation — you are looking at your mechanisms with clarity and courage. And in the TCR, observing an unconscious program with awareness is enough to change its command. That is why awareness is the first step of any transformation: it literally changes the signal the Coders receive.

V Conclusion of Part 3

Marie, the TCR Matrix of your life reveals this: you are a **powerful creator** whose signal is partially scrambled by three unconscious programs rooted in childhood. 💎 Abandonment holds you in the safety of the familiar, betrayal keeps you from trusting — including trusting yourself — and injustice pushes you toward reassuring frameworks at the expense of creative boldness.

But the positive Echoes of your life — Sagesse des Sommets, yoga, Canada, the beauty of your weekends in nature, creating with your sister — prove that your signal, when it is pure and coherent, generates an extraordinary reality. The Reality Coders are waiting for just that, Marie: a clear command. And the P-S-E-O loop — Positioning, Signal, Echo, Observation — is the key to moving from the ego's reactive mode to the creative mode of the awakened being.

In the final part of this profile, together we will build your Rebirth Protocol — the new Positioning, the reprogramming mantras, and the concrete actions to purify your signal and finally free that version of you who longs to DARE TO BE. You have already proven — in Canada, with Sagesse des Sommets, in your inner work — that you know how to create a luminous reality. It is time to apply that same power to the last strongholds of resistance. The Reality Coders are ready, Marie. All that remains is to give them the order. 🔑

> *“You are not the victim of your programs. You are the consciousness that can observe them, understand them and transform them. Every painful Echo is a Reality Coder disguised as a trial, come to show you exactly where your signal is waiting to be purified.”*

PART 4

The Rebirth Protocol

Becoming the Creator of Your Reality

Marie, you are no longer the victim of the default program. 🦋 You have gone through the first three parts of this profile with courage — you have explored your origins, decoded your relationships, and understood the vibrational mechanics that have shaped your reality. Now, Marie, it is time to reprogram the Reality Coders.

This fourth and final part is your **Rebirth Protocol**🌟 — a set of new Positionings, healing mantras, transformation techniques and guided meditations designed specifically for you. It is your sacred toolbox, Marie, the one that will accompany you in the weeks and months ahead to purify your signal and finally free the version of you who longs to DARE TO BE.

Remember, Marie: the Reality Coders only carry out your commands. Until now, some of those commands were scrambled by the unconscious programs born of your childhood wounds. From now on, you have the awareness you need to observe these programs and replace them with clear commands, aligned with your true being. The transformation can be instantaneous — because when the Language is rewritten without ambiguity, the Temple-Body reorganizes itself immediately.

I The New Positioning (P): Who You Choose to Be

Marie, the first act of your rebirth is to change your vibrational identity. 🌟 This is not about denying who you have been — but about consciously choosing who you are becoming. Positioning, in the TCR, is a declaration of frequency — it means telling the Reality Coders: “This is who I am now, this is the command.”

> ***Old Vibrational Identity:*** *“I am the one who carries other people's unhappiness. I am the one who stays for security. I am the one who has been hesitating for seven years. I am the one who can't manage to quit smoking. I am the one who waits for the right moment to dare.”*

> ***New Vibrational Identity:*** *“I am Marie, a Divine Intention incarnate, luminous and sovereign. I am the one who chooses with clarity and owns her choices with love. I am free to breathe deeply, free to love with an open heart, free to be fully myself. My security is within me — it depends neither on a partner, nor on a cigarette, nor on a status. I am the sun of my own existence.”*

Marie, this new Positioning is not an affirmation to repeat mechanically. It is a vibrational declaration to speak from the heart, from your deepest being, with the conviction of someone who knows — because you do know, Marie. You proved it in Canada, you prove it every weekend in the mountains, you prove it in every yoga class. The Vocal Language of the TCR — the mantra spoken with authority from the Temple-Body — is a vibrational order that the Reality Coders receive and carry out. 🌟

II The Healing Mantras: Reprogramming Your Language

Marie, **Language (L)** is the tool through which transformation happens. 🎵 In TCR 2.0, healing is a linguistic reprogramming: we rewrite the inner code — beliefs, conditioning, programs — so that the Temple-Body reorganizes itself and the Reality Coders receive a fresh signal. Here are your personalized mantras, one for each wound and each challenge. Speak them out loud, with love and conviction, every morning for 21 days.

A few tips to maximize their power, Marie: say them standing up, in front of a mirror if possible, looking yourself in the eyes. Vocal Language — the sound, the vibration of your voice — gives physical power to Narrative Language. Don't mumble them half-heartedly — affirm them with the authority of someone who knows she is a Divine Intention. If you feel a block in your throat, that's normal: the throat chakra is often scrambled by things left unsaid and repressed emotions. Persist gently, and the passage will open. ✨

Mantra 1 Abandonment	*I give myself the right to exist fully without depending on anyone. I am safe even when others move away. My love for myself is my unshakable foundation. I release with love every fear of being alone.*
Mantra 2 Betrayal	*I trust life and I trust myself. The promises I make to myself are sacred. I choose to respect myself in every decision, big or small. I release with love all mistrust inherited from my past.*
Mantra 3 Injustice	*I deserve an abundant and fair life. I no longer need to prove my worth through work or performance. I give myself the right to receive with the same generosity with which I give. I release with love every need for control.*
Mantra 4 Cigarettes	*My body is my sacred temple. I choose to nourish it only with what uplifts and purifies it. I breathe in freedom deeply. I am a non-smoker — it is decided, it is done, it is released.*

Mantra 5 The Couple	*I deserve a relationship where love flows freely. I allow myself to choose what makes me come alive. Whatever my decision, I am at peace and safe within myself. I release with love every fear of change.*
Mantra 6 DARE TO BE	*DARING TO BE is my birthright. I allow myself to shine with all my light without fearing the gaze of others or my own. I am the creator of my life. Every day, I choose joy, love and freedom.*
Mantra 7 Gratitude	*I give thanks for every trial that has shaped me, every person who has taught me, every wound that has revealed me. I am grateful to be Marie — this luminous, resilient and loving woman.*

III The "Confront and Replace" Protocol

Marie, the **Confront and Replace** technique is the central transformation tool of the TCR. 🗝️ It works in three simple but powerful steps: first, you confront reality as it is, without judgment — like an objective camera that observes. Next, you envision your ideal reaction — that of your higher self, calm and confident. Finally, you focus on the desired reality, giving it more attention than the old problem. The key: whatever you give the most attention to ends up winning.

In the TCR, this technique is an act of pure vibrational reprogramming. Confrontation corresponds to Observation (O) — you cast a neutral gaze on your current reality. The New Reaction corresponds to the change of Positioning (P) — you choose a new frequency. And Replacement corresponds to the Signal (S) — you send out a fresh command that the Reality Coders receive and carry out. This technique, repeated regularly, creates a vibrational Coupling that gradually stabilizes the new signal, until it becomes your dominant frequency.

🔥 Confront and Replace — Cigarettes

Step 1 Confrontation	Observe reality without judgment: "I still smoke. My body has carried this habit for years. I feel the craving, the tension, and the shame too. I look at all of this gently, like a kind witness."
Step 2 New Reaction	Visualize your ideal reaction: "I see myself one morning, calm and determined, simply saying 'it's over.' I breathe deeply. I am serene. My body celebrates. I feel whole, free, alive."
Step 3 Replacement	Focus on the reality you desire: "I am a non-smoker. The air flows into my lungs and lifts me up. My full potential unfolds. Every breath is an act of love toward myself."

💙 Confront and Replace — The Couple

Step 1 Confrontation	Observe without judgment: “We have lived under the same roof without a loving connection for ten years. I feel respect, weariness, and a question that haunts me. I look at this reality with honesty and compassion.”
Step 2 New Reaction	Visualize your ideal reaction: “Instead of hesitating yet again, I see myself making a decision aligned with my heart — whatever it may be. I see myself at peace with this decision. I feel strong, free and loving.”
Step 3 Replacement	Focus on the reality you desire: “I live a relationship — with myself first — where love flows freely. My inner security allows me to make the choices that nourish my soul. Thomas is growing up in a home where authenticity reigns.”

IV Managing the Environment: The Current Echo

💙 In your relationship and your family

Marie, whatever you decide about your relationship, the first step is to step out of the psychological game. Stop playing “If It Weren’t for You.” Ask yourself the real question — not “Should I stay or leave?” but “Who am I when I am fully aligned?” The answer to that question will naturally determine what comes next.

No longer say “I would like” — say “I AM.” I AM a woman who deserves vibrant love. I AM a loving mother who shows her son the example of authenticity. I AM at peace with my choices.

Turn living together into a space of clarity. If you stay, let it be a conscious choice and not an escape. If you leave, let it be an act of love — toward yourself, toward him, toward Thomas. Either way, the key is the same: honesty of the heart.

Remember, Marie: your son Thomas, at fifteen, is learning from you how to love, how to choose, how to live authentically. 👧 The most beautiful gift you can give him is not the stability of the status quo — it is the example of a mother who dares to live in harmony with her deepest values.

🏅 In your professional life

Marie, your goal of becoming a civil servant at the **European Institutions** and securing a new contract before **2031** is a clear and legitimate Positioning. ⚓ Phrase it in TCR terms: “I AM a European civil servant. My competence is recognized. My network builds itself naturally. The competitive exams are opportunities I welcome with confidence.”

Stop seeing the prospect of a €450 pension as an injustice — it is an Echo of the old signal. The new signal is: “My financial future is abundant and secure because I take actions aligned with my worth.” The Reality Coders receive this command and open doors you do not yet suspect. 🔑

🏔️ In Sagesse des Sommets and yoga

Marie, these two spaces are your zones of pure signal — protect them, nourish them, help them grow. **Sagesse des Sommets** with your twin sister is living proof of your creative power. Every guided hike, every yoga class is an embodied mantra — an act of pure Positioning that sends out a signal of joy, connection and sharing.

Keep investing in these spaces, Marie — they are your anchor, your source, your model of what your whole life can become when the signal is clear. And whenever you doubt your ability to create the reality you want, always come back to **Sagesse des Sommets** and yoga — they are the irrefutable proof that you know how to manifest your dreams when your heart and your signal are aligned.

V The 7 Axes of Concrete Transformation

Axis 1 Financial security	Obtain civil servant status and a new contract before 2031. Sit every available competitive exam, build a solid network, with the Positioning: “I AM a competent and recognized professional.”
Axis 2 Freedom from tobacco	Complete the seven-year process by drawing on your six months of success. Use Confront and Replace every morning. Visualize the liberating awakening. Positioning: “I AM a non-smoker, free and light.”
Axis 3 Marital clarification	Make a decision aligned with your heart within the next six months. Not “stay or leave,” but “Who am I when I am fully authentic?” The rest will follow.
Axis 4 DARE TO BE	Every day, take one action that frightens you a little — a true word, a bold choice, a no where you used to say yes out of habit. Daring to be is a muscle that grows stronger with practice.
Axis 5 Cultivate joy	Anchor joy and love as fundamental states, beyond circumstances. Every morning, three gratitudes. Every evening, a moment of celebrating yourself.

Axis 6 Sagesse des Sommets	Continue and develop this adventure with your sister. Set a growth goal: more hikes, a website, client testimonials. This is your positive Echo — nourish it.
Axis 7 Sacred balance	Preserve the balance between professional life, yoga, hiking and family. This balance is not a luxury — it is the structure of your pure signal.

VI Meditations to Transform and Free Yourself

Marie, meditation is an extraordinary tool for transformation. 🧘 As it is written in the TCR, you hold within you infinite resources that are just waiting to be activated. Each meditation is a doorway to your true being, to that pure consciousness that has always been there, beyond all conditioning. Here are the ones I have selected especially for you.

S5 E1	The original breath of life. Letting everything cry out. Total absolution. — This meditation will allow you to release all your held-back emotions and reach a total absolution of your past. It heals the wound of abandonment and the guilt of parentification.
S5 E6	Fully embodying your identity. Aligning the relative and the absolute. Liberation from programs. — It will help you free yourself from the unconscious programs that limit you and fully embody who you truly are. It heals the wound of betrayal toward yourself.
S5 E10	Deprogramming unconscious programs. Reclaiming your divine power. — You will be able to identify and dissolve the conditioning that keeps you from moving forward. It restores your personal power and your ability to make decisions.
S4 E6	Activating the 3rd chakra: reclaiming your divine power. Reclaiming your authority. — This meditation will allow you to take back your inner authority. It heals the wound of injustice and the feeling of not being deserving.
S4 E29	Asserting your autonomy and independence. Liberation from all external influence. — You will learn to assert yourself and free yourself from outside influences. It heals the wound of emotional dependency.
S4 E41	Reconciliation with the physical body. Receiving the activation codes. — This deep meditation will allow you to experience a true inner metamorphosis and to reconcile with your Body-Temple.
S4 E90	I unify all my parts. Unification of the relative and the absolute. Embodied awakening. — This powerful meditation will allow you to unify all the parts of yourself and reach an embodied awakening.

To access more than 100 guided meditations from Anatman TV, visit the online platform. By practicing regularly, Marie, you allow your unlimited potential to unfold naturally. Each meditation is a doorway to your true being, to that pure consciousness that has always been there, beyond conditioning and wounds. ✨

VII Final Conclusion

My very dear Marie, 💙

You spent the first part of your life surviving — adapting, carrying, compensating, navigating between the wounds of abandonment, betrayal and injustice. You developed a remarkable emotional intelligence, a breathtaking resilience, and a self-knowledge that many never attain.

The second part of your life is devoted to celebrating your existence. 🌟

You are no longer the 9-year-old little girl who went through her parents' divorce. You are no longer the teenager left to fend for herself. You are no longer the young woman who needed Canada to make peace with life. All these versions of you have helped make you this luminous woman, this passionate yoga teacher 🧘, this tireless hiker 🏔️, this loving mother, this creator of **Sagesse des Sommets**, this explorer of the human soul who quotes Socrates with such accuracy and truth.

Marie, the Reality Coders are awaiting your new instructions. 🗝️ Your Positioning is clear, your mantras are ready, your Confront and Replace protocol is in hand, your meditations are chosen. What remains is the most beautiful and most courageous act of all: **DARING TO BE**. Daring to be fully yourself — without a mask, without cigarettes, without the status quo. Daring to breathe with your lungs wide open. Daring to love with an open heart. Daring to choose the joy of every moment, as you have always wished.

Your deepest wish — to carry love in your heart and in your eyes, to smile and share joy — is not a distant dream, Marie. It is the most powerful order you can send to the Reality Coders. And when this order is sent with the conviction of your whole being, the entire universe conspires to make it happen.

You have all the resources within you, Marie. You have always known it. Now it is time to live it.

The path you have travelled — from your parents' divorce at 9, to forced autonomy, to the transformative journey to Canada at 23, to the years of professional independence, to the creation of Sagesse des Sommets, to teaching yoga, to the work on your inner autonomy — this path is that of a warrior of light. Not a warrior who fights against the world, but a warrior who is learning, patiently and courageously, to fight for herself.

Marie, the little girl who carried her mother's unhappiness deserves today to have her joy carried. 👧 And it is you, the grown woman, who has this power. Take her in your arms, this child. Tell her she is safe. Tell her you are here now. Tell her you will never leave her again. And then, together, walk toward the light. 🌞

> *“Lift your head, Marie. You are a Creator of Light. The stars shining in the night sky are only a pale reflection of the light you carry within you. The world is waiting for your most authentic, most free, most loving version. And this version is already here — it is only waiting for your permission to unfold.”*

With all my love and an absolute faith in your rebirth,

Alexandre Anatman

You too, discover your own
Anatman Origin Profile
by clicking HERE