Complete Psychological and Vibrational Profile

For: Clara FONTAINE

By: Alexandre Anatman

Introduction

My dearest Clara,

It is with infinite gentleness and deep respect for the radiant woman you have become that I speak to you today. As I traveled through the lines of your life, from the little girl born as a twin to the hiking guide who walks the trails to reconnect with the divine, I was deeply moved by your luminous resilience and your quest for truth.

You are like a lotus flower that managed to grow through waters that were sometimes murky and turbulent, to finally offer its beauty to the sun. You have come through the emotional chaos of divorce, the dryness of a strict upbringing by your father, and the challenges of independence, to carve out for yourself a life that today seeks perfect alignment between Earth (hiking, the security of the European Institutions) and Heaven (yoga, your mom's spirituality).

This document is not a judgment. It is a sacred mirror. A mirror polished with the wisdom of teachings on human relationships, depth psychology and the Theory of Reality Creation (TCR). My aim, Clara, is to help you see the invisible mechanisms – those famous "Coders of Reality" – that have woven the fabric of your existence up to this day.

You have already done immense work ("Know thyself..."), and this profile is here to bring you the final keys, the ones that open the doors locked by the unconscious (the cigarettes, the extinguished relationship, the fear of lack). Together, we are going to look at your soul with kindness so that you can write your next chapters with complete sovereignty.

Ready for the journey? Breathe... Here we go.

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

Welcome to this journey into the heart of yourself. To understand why you are living certain situations today (like this "roommate" relationship or this cigarette that keeps hanging on), we need to go back to the source, to your "Vibrational Genesis". That is where your first programs were installed.

I. Vibrational Genesis and Initial Positioning

Everything begins with a primordial vibration. Your arrival on Earth is no small thing: you arrived accompanied. Being a twin means vibrating, from conception onward, connection, sharing, and the "we".

• **The Context:** You grew up in a tribe, one of four siblings, in a home where two energies stood almost radically opposed. On one side, a mother “overflowing with love”, intuitive, connected to the subtle (your current spiritual heritage). On the other, a father who was “passionate but a pain”, strict, a bearer of values of hardness and work, and ultimately, of infidelity. The great upheaval came when you were 12: the divorce. The framework shattered. Your father left with your mother's best friend. It was a vibrational earthquake.

• **Initial Positioning:** According to TCR, this context defined your starting vibrational identity. Faced with this hard father who valued work and this loving but wounded mother (whose unhappiness you carried as a child, like a little emotional sponge), you had to adopt a complex positioning. The message you received was: “To survive, I have to be strong and independent because the framework can disappear overnight, but I also have to carry the sensitivity of the world.” You vibrated the insecurity of the framework (your father's departure) mixed with loyalty to your mother's suffering.

• **The Local Survival Interest:** To survive this emotional chaos and this sudden, frightening freedom at 13 (“left to fend for ourselves”), your unconscious developed a brilliant strategy: **Resilient Autonomy**. You went abroad at 20 to “make peace with life”. It was a magnificent act of survival! You sought to recreate your own security far from the broken home. But this autonomy hides a fear: the fear of relying on someone else and being disappointed again.

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

Your body, Clara, is the measuring instrument of your vibration. It never lies. Your symptoms and physical behaviors are Echoes of your soul wounds seeking to be heard.

• **Tobacco Addiction (For 7 years):**

■ **Symbolism:** The lungs are the seat of life and breath, but also of sadness and freedom. Smoking means creating a “smoke screen” between yourself and reality. Symbolically, it is also a way of giving yourself composure, of “filling” a void with something warm, but toxic.

■ **Link with the wound:** This often reveals a poorly healed Wound of Rejection or Abandonment. The cigarette is often the adult's “security blanket”, the one that doesn't leave us, unlike humans (like dad). It is there, faithful, available. It soothes the underlying anxiety.

■ **Message from the Coders:** “I take in air (freedom), but I pollute it (guilt).” It is the conflict between the part of you that wants to live (Yoga, Hiking) and the part of you that is quietly self-destructing to stay loyal to an old suffering or to manage an inner pressure that is too strong (the need for financial security, retirement).

• **The need for a "Framework" (European Institutions vs Independence):**

■ This is not an illness, but a strong behavioral symptom. After 15 years of independence, your body and mind demanded the security of a civil service job.

■ **Symbolism:** You are looking for the “positive Father” you never had. A structure that doesn't abandon you, that guarantees you a pension (future security), that has clear rules. It is a vibrational repair of the chaos of ages 12-13.

III. The Family Constellation: The Source of the Masks

Let's look at the archetypes that built you. This is where the "Games" you still unconsciously take part in were formed.

• **The Father (The Failing Authority):** He embodied rigor, being “a pain”, but also intelligence and civic engagement. However, by leaving with your mother's best friend, he set off an emotional atomic bomb in you: **BETRAYAL**.

■ **His impact:** He taught you (in spite of himself) that “men are hard”, “men can betray”, and that “security doesn't come from men”. No wonder, Clara, that you have built a life where you are a financially “supportive roommate”, but where you keep your heart closed or protected in your room. You “forgave” at 29 (well done!), but the inner child is still wary.

• **The Mother (Sacrificial Love):** She represented gentleness, spirituality, but also the victim.

■ **Her impact:** You said it yourself: “I carried part of her unhappiness”. That is very heavy for a child. It connected you to the **Wound of HUMILIATION** (making yourself small, carrying the other's burden, feeling guilty for being happy if the other isn't). Fortunately, you transformed her spiritual gift by becoming a Yoga teacher and the creator of Sentiers d'Éveil. You sublimated this heritage!

• **The Twin (The Mirror of the Soul):**

■ She is your strength. Sentiers d'Éveil is proof that a healthy union is possible. With her, you repair the separation. She is your positive anchor.

IV. Summary of Active Wounds (Lise Bourbeau)

Here is the precise map of your wounds, Clara. Understanding this is already 50% of the healing. You'll see, everything becomes clear.

1. THE WOUND OF BETRAYAL (Dominant)

- **Origin:** Your father. His departure, his hardness, his infidelity with the “best friend” (double betrayal). He is the first man in your life who broke the contract of trust.
- **Your Mask:** The CONTROLLER.
- **How does it show up in you?**
  - You need to plan for the future (that specific anxiety about your retirement pension). The Controller is afraid of the unexpected because the unexpected was dangerous in the past.
  - You organize your life as a couple like a functional business (logistics, finances, separate bedrooms). It is control to avoid emotional suffering. If you don't love each other passionately, you can't be brutally betrayed.
  - Your strength of character, your ability to manage projects, to be a guide, also comes from this mask. It is a strong mask, the mask of leaders. But it keeps you from letting go completely in love.

2. THE ABANDONMENT WOUND (Secondary but very active)

- **Origin:** The divorce at 12, the feeling of being “left to fend for yourself” at 13. The lack of a tender presence from your father.
- **Your Mask:** The DEPENDENT.
- **How does this show up in you?**
  - Paradoxically, smoking is a sign of oral dependency (linked to the mother/to emotional lack).
  - Your relationship: For 10 years you have stayed in a relationship that no longer nourishes you emotionally. Why? Because the Dependent has a terrifying fear of total solitude. Better a nice "roommate" and financial security (the clan) than the unknown void. You say "I've already left several times," but you came back or stayed. The mask whispers to you: "Alone, it's too hard."

3. THE INJUSTICE WOUND (In the background)

- **Origin:** Your father's coldness, the strictness imposed on you.
- **Your Mask:** The RIGID.
- **How does this show up?**
  - Your perfectionism, your desire to be a "civil servant" (the height of justice and statutory fairness).
  - You are very demanding of yourself (the challenge of quitting smoking, which you experience as a struggle). The Rigid cuts itself off from its feelings in order to be "perfect" and high-performing.

To sum up this first part:

Clara, you are a magnificent soul who has built a fortress of security (job, house, organization) to protect a little girl who was terribly afraid of being betrayed and abandoned at 12.

Your smoking is the smoke signaling that inside the fortress, there is an emotional fire that has not been put out. Your current relationship is a "security compromise": it reassures your Abandonment wound, but it activates your Betrayal wound (because you betray yourself by not living the Great Love you deserve).

But the good news is that you already have all the resources. Your trip abroad, your Yoga, your relationship with your sister prove that you know how to create beauty. All that remains is to reassure 12-year-old little Clara so that she agrees to let go of cigarettes and false securities.

Part 2: Relational Analysis - Decoding the Games and Mirrors

My dear Clara,

If the first part of our exploration laid the foundations of your "Inner Temple," this second part will allow us to look at the stained-glass windows through which you see the world, and above all, the people you let into (or keep out of) this temple.

Human relationships are never the result of chance. In the vision of the Theory of Reality Creation and depth psychology, the Other is always a Mirror. Sometimes it is a flattering mirror that shows us our beauty (like your twin sister or your son Raphaël), but often it is a "scratchy" mirror, a magnifying mirror that presses right where our soul still has a splinter.

Your relational story is fascinating, Clara. It is marked by duration (18 years as a couple), but also by a kind of suspension of time (10 years of loveless "cohabitation"). It is not a failure, it is a laboratory. Your soul chose this precise configuration to learn something vital about Love, Freedom and Security.

Together we are going to decode the invisible mechanisms, the "Psychological Games" (according to Eric Berne's Transactional Analysis) and the unconscious loyalties that keep this situation in place. Ready to look behind the veil?

I. The Couple Relationship: The Mirror of the "Golden Cohabitation"

You describe your marital situation with disarming honesty: "We live under the same roof but no longer share anything except logistics and finances... Good roommate... Separate bedrooms." For 10 years the heart of the couple has stopped beating, and yet the body of the couple (the house, the son, the organization) is kept artificially alive.

Why? That is the fundamental question.

1. Transactional Analysis: Who is talking to whom?

Transactional Analysis (TA) teaches us that we communicate through three "Ego States": the Parent (who judges or protects), the Adult (who analyzes coldly) and the Child (who feels, creates or is afraid).

In your current dynamic, here is what is playing out:

- **You, Clara (The ADULT and NURTURING PARENT Ego State):** You manage the logistics, you provide financial security together with him, you look after Raphaël's well-being. You are in “functional” mode. It is the Adult saying: “It's comfortable, we help each other.” But there is also a part of the Nurturing Parent that “holds the structure together” so that the family doesn't explode, the way the family of your childhood exploded.
- **Him (The WITHDRAWN CHILD or CRITICAL PARENT Ego State):** You say he has “closed his heart.” This is typical of a Wounded Child who withdraws so as to no longer

suffer. He accepts the logistics (comfortable for the Child), but refuses intimacy (dangerous).

• **The Transaction:** Your exchanges have become purely complementary transactions on the logistical level (Adult to Adult: “Did you pay the rent?”, “Yes”), but completely nonexistent on the emotional level. The “Child to Child” channel (play, sexuality, closeness, laughter) is cut off. It is a “living-dead” relationship.

2. The Psychological Game: "Sleeping Beauty" (Modern Version)

According to Eric Berne, a "Game" is a series of hidden transactions leading to an unconscious benefit. You are probably playing a variant of the game "If It Weren't For..." or "See How Reasonable I Am."

• **The Script:** You stay in an unsatisfying situation, telling yourself it is “for comfort,” “for Raphaël,” or “because he's kind.” You tried to leave, but you came back.

• **The Hidden Benefit (The *Payoff*):**

■ **Security vs. the Unknown:** Your Abandonment wound (activated at 12) screams as soon as you consider truly finding yourself alone. This “lukewarm” relationship acts like a hot-water bottle: it doesn't burn with passion, but it keeps you from freezing in loneliness.

■ **Avoiding Intimacy:** Paradoxically, staying with a man who has “closed his heart” is the best way to avoid the risk of being loved and then rejected again. If you were with a passionate man, the risk of suffering would be immense. Here, the risk is zero. You control the distance (separate bedrooms). It is the mask of the Controller (Betrayal Wound) that signed this contract.

II. The Father's Shadow in the Couple: The Invisible Repetition

Clara, this is where we touch a sensitive nerve. Freud said that we never meet anyone by chance; we only “recognize” familiar figures.

Your father was “strict, a pain, drank, didn't know how to be tender and loving.” He ended up leaving (betrayal/abandonment).

Your current partner is a man you respect, but who “no longer shares anything” and has “closed his heart.”

Do you see the resonance?

1. Emotional Unavailability: You have recreated, in a different form (perhaps less of “a pain” and more of a “roommate,” but just as closed), the emotional climate of your childhood. You live with a man who, like your father, doesn't know how to nourish you with tenderness day to day.

2. The Impossible Repair: Unconsciously, little Clara may be hoping that through patience, “fine values” and kindness, this closed heart will open. If you manage to make this man who no longer loves you “romantically” love you, then you

will have symbolically “healed” the father who couldn't love you tenderly. It's an unconscious quest doomed to fail, because the other only changes if he decides to.

3. Self-Betrayal: Your father betrayed your mother (infidelity). Today, no one is cheating on you (as far as we know), but you are living a **self-betrayal**. By staying 10 years in a loveless relationship, you betray your own aspiration to “carry love in your heart and in your gaze.” You inflict on yourself the deprivation of love that your father imposed on you by leaving.

III. The “Toxic” Relationship with Cigarettes: An Emotional Substitute?

You mention cigarettes as your “only block” and a “big challenge” for 7 years. In vibrational profiling, addiction is never isolated. It is a **relationship**.

• The Cigarette as a “Companion”:

In a couple where you sleep in separate rooms, where human warmth is lacking, the cigarette becomes a presence. It is warm, it enters inside you (inhalation), it fills your lungs. It simulates a form of inner intimacy. It is an oral and respiratory substitute for loving exchange.

• The Link with the Mother and Orality:

The cigarette is often linked to the mother (the first “breast,” the first nourishment). You said you carried your mother's unhappiness. Smoking may be an unconscious way of continuing to “ingest” something toxic so as not to betray this loyalty of suffering, or on the contrary, a desperate attempt to give yourself something to hold on to in the face of the emotional void left by the couple.

• Self-Sabotage (The Masochist):

Your Humiliation wound (linked to your mother and to carrying her burden) can create a Masochist mask. Smoking is hurting yourself. It is saying: “I don't deserve to breathe life in fully, I don't deserve to be completely pure and free.” It is the last chain holding you in the vibration of “those who suffer a little,” out of family solidarity.

IV. Patterns of Escape and Self-Sabotage: “Leaving in Order to Come Back”

You write: “I think that because I've already left several times, he has closed his heart.” This sentence is crucial, Clara. It contains your guilt and your escape pattern.

1. The Rejection / Abandonment Cycle:

■ You leave (Escape Reaction linked to the Rejection/Injustice Wound): “This isn't right for me, I deserve better!”

■ You come back (Dependence Reaction linked to the Abandonment Wound): “I'm afraid, the world is cold, I prefer what I know.”

■ Result: You have made your partner feel insecure (who in turn activated his Rejection wound and closed his heart to protect himself from your departures), and you have validated your belief that “leaving is impossible.”

2. The Fear of DARING TO BE (Your deep aspiration):

Your soul is screaming its longing to **DARE TO BE**. But a part of you is terrified of your own light.

■ If you truly leave this relationship, you become a free, powerful, “radiant” woman (as during your initiatory journey). You risk attracting attention, judgment, or worse... True Love (which is frightening because it can hurt).

■ Staying in this “fog” (cigarettes + a blurry relationship) is a self-sabotage strategy so as not to shine too brightly. It's tall poppy syndrome: if I stand out too much, they'll cut my head off (or abandon me).

3. The Conflict of Values:

You are torn between “Father” values (Security, Pension, Institutions, Structure) and “Mother/Twin” values (Yoga, Trekking, Freedom, Spirituality).

■ Your current relationship feeds the “Father/Security” part (financial comfort, house).

■ Your desire to leave feeds the “Mother/Freedom” part.

■ As long as these two parts are not reconciled (the union of the Sacred Masculine and Feminine within you), you will keep running in place. You are waiting to get your pension (security) before daring to live (freedom). But life doesn't wait, Clara!

V. Summary of the Relational Analysis

Clara, you are not “stuck.” You are in **protection** mode.

• **Your relationship is a bunker.** It protects you from total loneliness (Abandonment Wound) and from devastating passion (Betrayal Wound). It is an unconscious choice of security at the expense of life.

• **Your partner is a mirror of your fears.** His closed heart reflects your own fear of opening yours completely and taking the risk of being hurt. As long as you are afraid, he stays closed. It's vibrational.

• **The cigarette is the symptom of compromise.** It represents the smoke that hides the truth: you are suffocating in this life that is “comfortable” but not “alive.”

The good news?

You are aware of all this. You wrote, “I wonder if it isn't time to leave my partner.” That's not a question, Clara, it's a disguised statement. Your soul knows.

But to leave this harbor, you must not flee (a reaction of fear). You must **choose** (an act of love). You must thank this “roommate” for the security he offered you while you were dressing your childhood wounds. He has been a faithful guardian. But today, the warrior of light within you has healed her wounds. She no longer needs a nurse or a banker. She needs a King, or the freedom to run alone in her mountains.

You are ready to move from “Needing the Other” (Dependence) to **Desiring the Other** (Sharing). This is the quantum leap we are going to prepare in the next part.

The mirror has been cleaned. You can now see that this relationship is not a fatality, but a construction built on your fears of yesterday. Yet today’s Clara (47 years old, yogi, guide, radiant) is no longer the little 12-year-old Clara abandoned by Daddy.

It is time to update the software.

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

My dear Clara,

If the first two parts of this profile were an archaeological exploration of your past and your relationships, this third part is a course in quantum physics applied to your soul.

You may feel that you are “enduring” your tobacco addiction, “enduring” the inertia of your relationship, or that you “have to” fight for your financial security. But according to the Theory of Reality Creation (TCR), there are no victims. There are only **Creators**.

The Universe is a gigantic 3D photocopier. It does not judge what you send it as the original document. It simply duplicates it faithfully into matter. Until now, without knowing it, you have been sending contradictory signals to the “Coders of Reality” – those invisible agents who build your life. That is why your reality looks like a chiaroscuro: magnificent in places (Trekking, Yoga, Sister), and greyish in others (Tobacco, Relationship).

Together, we are going to break down the precise mechanics of your creation so that you can take back the controls.

I. The Signal (S) and Vibrational “Jamming”

The first principle of TCR is simple: **The Signal**. You emit a vibration 24/7, made up of your conscious thoughts and, above all, your unconscious beliefs (which account for 95% of the signal).

Right now, Clara, your signal is jammed. It is as if you were pressing the accelerator and the brake at the same time. The Coders of Reality receive two opposite orders, so they create a static, frozen reality that doesn’t really move forward but doesn’t move backward either.

1. Analysis of the Conscious Signal (What you want)

Your consciousness, that luminous part of you that has travelled and quotes Socrates, sends out a very clear and very beautiful signal:

- **Signal A:** “I want Joy, Love in my heart and in my eyes.”
- **Signal B:** “I want to DARE TO BE, to be free, to breathe deeply with my whole lungs (without tobacco).”
- **Signal C:** “I want adventure, nature, vibrant connection (Awakening Trails).”

It is magnificent. If this signal were pure, you would already be a non-smoker, madly in love (or happily single), and totally fulfilled.

2. Analysis of the Unconscious Signal (What you vibrate)

But underneath, in the hold of your ship, your wounds (Betrayal, Abandonment, Injustice) and your fears send out a powerful counter-signal that cancels the first one:

- **Counter-Signal A (Betrayal Wound):** "Love is dangerous. If I open my heart completely, I risk being betrayed like Mum, or abandoned as I was by Dad. So: Security before Passion. I want a man, but not too close."
  - ■ **Result created:** The "flatmate" relationship. It is the Universe's perfect response to this contradictory signal. You have a man (security), but he is closed off (protection against passion/betrayal). It is a stroke of genius from your unconscious!
- **Counter-Signal B (Injustice Wound/Fear of Lack):** "The world is harsh. If I'm not careful, I'll end up with a pitiful pension. I have to cover myself, the system is unfair, I have to fight for my place."
  - ■ **Result created:** The urgent need to become a civil servant at the European Institutions. You are creating a reality where administrative security takes precedence over the total freedom of the entrepreneur (which you left behind). You are creating the need for a framework to soothe the fear of financial emptiness.
- **Counter-Signal C (Abandonment Wound/Mother):** "I am not complete on my own. I need to fill myself up. I can't handle all this stress and these emotions alone."
  - ■ **Result created:** The cigarette. It is the material response to the vibration "I am empty/I am lacking." The Universe gives you something to inhale to fill the void.

3. The Jamming (The "Jamming")

The result of these opposing signals (I want freedom / I am afraid of the void) creates what I call **Jamming**.

Your life is not "bad," it is "on hold." You are in a comfortable waiting room (beautiful house, good job, lovely son), but you sense that the real film of your life is playing in the room next door.

That feeling of "lack of determination" you describe is not laziness, Clara. It is **energetic exhaustion**. Your engines are roaring (desire for life), but your brakes are clamped on hard (fear of insecurity). Running on the spot is exhausting!

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

In TCR, everything that happens to you (or doesn't happen to you) is not a punishment, it is an **Echo**. It is the Universe telling you: "Clara, here is the exact copy of what you are vibrating. Look!"

Your "problems" are in reality precious messages. Let's analyse your three biggest current Echoes.

Echo no. 1: The Cigarette – The Barometer of Anxiety

You say it is your “only block,” your “great challenge.”

• **The Message of the Echo:** The smoke is a screen. It shows you that you are trying to veil something. What? Probably your own light (fear of shining too brightly and being rejected) and your raw emotions.

• Every time you light a cigarette, the Universe sends back to you the echo of your refusal to feel. You inhale smoke so as not to inhale raw life, which has frightened you since you were 12 (your father’s departure was too violent a “breath” of reality).

• The failure to quit (despite 6 months of success) is the echo of your belief: “I am not strong enough to face life without a crutch.” As long as you believe you need a crutch, the Universe will provide you with crutches (tobacco, the flatmate relationship).

Echo no. 2: The “Logistical” Relationship – The Sanctuary of Fear

This relationship is a fascinating echo. It has lasted for 18 years, 10 of them in emotional silence.

• **The Message of the Echo:** This man reflects back to you exactly your level of permission to love. You allow yourself “partnership”, but not “fusion”.

• He is the perfect mirror of your Betrayal Wound. The Controller in you chose a "safe" partner (one who doesn't leave, who pays the bills, who is a good father), but for this partner to stay "safe", he has to be "switched off". A switched-off man doesn't cheat, doesn't leave, doesn't make waves.

• You complain that he has "closed his heart", but vibrationally, you are the one who double-locked the door of the relationship so that nothing dangerous could get in. He is merely the obedient actor in your security script.

Echo no. 3: The Paltry Pension – The Ghost of Lack

This specific fear of an insufficient pension is an echo of your self-worth.

• **The Message of the Echo:** You were self-employed for 15 years (well done!), but you vibrated fear of the future. Today, this paltry figure haunts you. It tells you: “Clara, you don’t believe the Universe can support you without you putting yourself in an administrative box”.

• Your desire to become a civil servant is legitimate, but the energy with which you go about it (fear of lack vs. joy of serving) determines what comes next. If you go for it out of fear ("I don't want to be poor"), you will create a "golden cage" at the European Institutions. If you go for it by choice ("I love this framework, it gives me structure"), you will flourish there. The current echo (the stress of the competitive exams) suggests that you are still in the vibration of Survival (linked to the harsh father/work) rather than of Creation.

III. Observation (O): The Magic Lever of Change

Here is the good news, Clara: You can change all of this. Not by forcing (you’ve already tried that with cigarettes, it doesn’t work), but by changing your **Observation**.

According to quantum physics (the observer effect), reality only exists because we look at it. As long as you observe your life telling yourself "I can't do it, I lack determination, my relationship is dead", you freeze that reality. You "set it in concrete".

1. Coming Out of the Hypnosis of Lack

Right now, you observe what is lacking:

- "I lack the willpower to quit smoking."
- "I lack love in my relationship."
- "I will lack money in retirement."

This obsessive observation sends the order to the Coders of Reality: "Send Clara more LACK, she loves it, it's all she looks at!". And just like that, you receive even more difficulty quitting, or more coldness in your marriage.

2. The New Observation: Seeing Fullness

To hack the Matrix, you must start observing what is already there and what matches your new desired reality.

- **Look at Sentiers d'Éveil:** It is a total success! It is joy, nature, connection. It is proof that you know how to create abundance and happiness. Why not apply this same energy to your relationship or to your health?
- **Look at your body:** It carries you hiking every weekend. It is powerful, enduring. Observe its strength rather than its dependency. Tell yourself: "My body is a machine made for walking, for breathing the pure air of the summits. Smoke is a temporary anomaly, not my identity."

IV. The Paradox of Creation (Specific to Clara)

There is a subtle mechanism in you, Clara, that I must reveal to you. It is the **Vibrational Loyalty Conflict**.

You are a hybrid. You are half-Dad (Need for structure, work, down to earth), half-Mum (Spirituality, love, intuition, sky).

- Your professional life (European Institutions) feeds the Dad in you.
- Your personal life (Yoga, Trekking) feeds the Mum in you.
- But your relationship and your cigarettes are the "collateral damage" of this conflict. The relationship is too "Dad" (cold, structured); the cigarette is a clumsy attempt to manage the "Mum" emotions.

The secret of your liberation lies in Unification.

TCR tells us that the Universe can only respond to a **Unified Intention**. You cannot say "I want to be free" (Trekking) and "I want to be locked in so I can be safe" (Civil servant out of fear) without creating tension.

You must reconcile these two parts. Accept that structure (European Institutions) serves your freedom (Trekking), and is not a punishment. Accept that emotional security can come from you (and not from a roommate-man), which will allow you to attract a lover-man.

V. Conclusion of Part 3

Clara, the machine works perfectly. You are not "broken". You are a powerful creator who has, until now, created survival security because the 12-year-old little girl in you took the controls after the divorce. She did her job very well! She kept you alive, sheltered, with a roof and a job.

But today, the 47-year-old woman, the one who has travelled to the other side of the world, the one who guides others in the mountains, is ready to take back the wheel. The Coders of Reality are waiting for your new instructions. They are ready to dismantle the "Roommate Couple" and "Stressed Smoker" set to build the new "Free and Radiant Woman" set.

All it takes is changing the Signal. Moving from the fear of losing (security/comfort) to the joy of winning (life/love).

In the last part, we will write the concrete Rebirth Protocol to seal this change. We will give your unconscious permission to let go of the old life buoys so you can finally swim in the deep blue.

Part 4: The Rebirth Protocol - Becoming a Creator

My sweet Clara,

Here we are. This document is the last stone of the edifice we are building together. Until now, you have lived in reaction: reaction to your parents' divorce, reaction to your father's harshness, reaction to the fear of financial lack. You have been a magnificent Survivor, able to adapt, to carry the unhappiness of others, to create security where there was none.

But the Survivor is tired. She wants to rest. She wants to make room for the **Creator**.

The Creator is the woman who founded Sentiers d'Éveil with her twin sister. She is the one who guides others along the trails. She is the one who knows that the mountain is high, but that she has the breath to climb it.

This protocol is not a list of chores (“I have to leave my husband”, “I have to quit smoking”). It is a **manual for reprogramming** your “Coders of Reality”. You are going to give them new orders, clear, sharp and precise. No more static!

Here is your roadmap for the next 6 months.

I. The New Positioning (P): Embodying Your Sovereignty

Change begins with identity. You cannot get a new life with your old identity as the “Tobacco Victim” or the “Resigned Roommate.” You need to change your radio frequency.

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

Until yesterday, your default vibrational identity was:

- “I am Clara, the one who keeps everyone safe but forgets herself. The one who needs a crutch (cigarettes/husband) so she doesn’t have to face the void.”

This identity served to protect you. Thank it. Tell it: “Thank you for keeping me alive when I was 12 and afraid of being abandoned. But today, I am 47 and I am taking over.”

2. The New Identity (The Power Mantra)

Your new identity must merge your two poles: Earth (Security/Father) and Sky (Freedom/Mother). You no longer have to choose between being a civil servant and being free. You are both.

Here is your **Reprogramming Mantra**. I invite you to read it every morning, hand on your heart, before you even set a foot on the floor (and above all before lighting anything!):

"I am Clara, Breath of Life and Pillar of Light.

I no longer need smoke to exist, for I AM the Fire.

I choose the Security that comes from my Soul, and the Freedom that comes from my Heart.

I release the past, I bless the present, and I DARE TO BE who I truly am: Whole, Powerful and Joyful.

The Universe is my partner, and Love is my only compass."

This is not poetry, Clara. It is computer code for your unconscious. By saying "I am the Fire," you cancel the need for the cigarette (toxic fire). By saying "The Universe is my partner," you dissolve the dependence on the "husband-roommate."

II. The "Confront and Replace" Protocol: Emotional Cleansing

Now that the captain is at the helm, the ship's deck needs cleaning. We are going to apply the **Confront and Replace** technique to your two biggest challenges.

1. The Tobacco Challenge: From Smoke to Sacred Breath

You visualized quitting easily, waking up one morning and telling yourself "It's over." That's perfect. That's the quantum method. But for it to last, you need to address the emotional root (the need for oral filling linked to your mother/abandonment).

- **The "Confront" Action:**

The next time the urge rises (the "craving"), don't fight it. Don't judge yourself. Stop. Close your eyes. Observe the emptiness in your chest or your throat. Ask yourself: "What emotion is here, right beneath the urge to smoke?"

Is it boredom? Loneliness? Suppressed anger? Anxiety about the future? Welcome this emotion. Tell it: "I see you. You have the right to be here." Don't smoke it. Breathe it.

- **The "Replace" Action:**

Replace the toxic gesture with a sacred one. You are a Yoga teacher! Use your tools. Every time the urge comes, do 3 minutes of Pranayama (alternate nostril breathing or breath of fire).

Tell your body: "I no longer fill you with death, I fill you with Prana (life)." Replace the "pacifier" (cigarette) with "connection." Call your twin sister, go for a 5-minute walk, drink a big glass of water mindfully.

You are not "losing" the cigarette, you are "gaining" your breath.

2. The Couple Challenge: Leaving the "Roommate Game"

This is the most delicate part, but your freedom depends on it. You cannot Dare to Be if you are hiding in your own home.

- **The "Confront" Action:**

You must stop playing the "Everything's fine, we handle the logistics" game. It is a vibrational lie. You must dare the Truth. This doesn't mean packing a suitcase and slamming the door behind you tomorrow morning (that would be the wounded Child running away). It means having an Adult-to-Adult conversation, with an open heart. You need to break the ice of these 10 years of emotional silence.

- **The "Replace" Action:**

Replace the "Reassuring unspoken" with "Authentic speech." Set up a calm moment (without Raphaël). Tell him, gently but firmly:

"I respect us too much to keep pretending. We are great parents, great managers, but my soul is slowly dying without vibrant love. I can no longer go along with this roommate arrangement of the heart. I want us to think together about what comes next, in truth, not in comfort."

By doing this, you stop being the guardian of his closed heart. You give him back his responsibility. And you give yourself back your freedom. Whether he reacts well or badly, you will be aligned. And that is where the magic happens.

III. Managing the Environment (The Current Echo): Your Pillars of Security

For the caterpillar to become a butterfly, it needs a sturdy branch to hang its cocoon from. Your concrete projects are that branch.

1. Career: The European Institutions as a Springboard, not a Prison

You are afraid of an insufficient pension. That is the Wound of Injustice speaking.

- **Reframing:** Don't see the European Institutions as an "end in itself" or a refuge for the fearful. See them as your **Patron**.
- The Universe is offering you this position and this opportunity to become a civil servant to fund your peace of mind. It is a gift from the "positive Father" (the protective State).
- **Action:** Take your competitive exams with gratitude, not with anxiety. Tell yourself: "Thank you for giving me this financial foundation that allows me to be a yoga teacher and a trekking guide with a light heart." When the fear of lack disappears, passing the exams becomes fluid. You are not going there to survive, you are going there to settle your crown.

2. Paths of Awakening: Your Zone of Genius

This is where your soul breathes. With your twin sister, you have created gold.

- **Action:** Give this project even more energy. It is your vibrational "Plan A" (Joy), even if the European Institutions are your financial "Plan A" (Security).
- When you are hiking, anchor this feeling of freedom. It is this vibration that will help you let go of cigarettes. You don't smoke at the top of a mountain, you breathe! Use this identity of "Guide" to guide yourself out of the valley of fog.

3. The Inner Journey

You often speak of that initiatory journey at 20 as a golden age. Perhaps you are waiting to be able to leave again in order to feel alive.

- **The Secret:** This journey is not a place, it is a **state of being**. It is the state of “Trust and Synchronicity.”
- You can activate this state here and now, in your office at the European Institutions. How? By looking for the magic in everyday life. By smiling at strangers. By listening to your intuition rather than your fears. Bring the energy of your 20-year-old self back into your 47-year-old body.

IV. Final Conclusion

My dear Clara,

We are reaching the end of this profile. Look at how far you have come.

You were born into a loving but fractured family. You survived your father's leaving, your mother's sadness, the jungle of independence. You have built a life that “holds up.”

But today, you no longer want your life to just hold up. You want it to **dance**.

You are right. It is your birthright.

- Your current relationship has been the guardian of your sleep. It is time to wake up.
- Cigarettes have been your inner child's pacifier. It is time to grow up.
- The European Institutions are the ground beneath your feet. It is time to look at the sky.

You don’t need to break everything down abruptly. You just need to be **True**. Truth is the highest vibration there is. It dissolves fears, it keeps addictions away, it clarifies relationships.

You have your father's strength (work, rigor), your mother's gentleness (love, spirituality) and your twin's magic (connection). You are whole.

The Coders of Reality are ready. They are only waiting for your signal.

Take a deep breath (no smoke!), look at yourself in the mirror, and tell yourself: “I am ready.”

Because yes, Clara, you are. Absolutely, divinely ready.

With all my love and my unshakable faith in your light,

Alexandre Anatman

Your benevolent mirror