Complete Psychological and Vibrational Profile

For: Jade (Monique) LAURENT

By: Alexandre Anatman

Introduction

My dearest Jade,

It is with infinite gentleness and deep respect for your soul's journey that I speak to you today. As I immersed myself in the lines of your story, in the vibration of your voice and in the writings of your life, I was immediately touched by your Light and your thirst for Truth.

You are like a **rough Diamond** that long agreed to stay covered in earth so as not to dazzle others, but which today, at the dawn of this magnificent career change, has decided to shine in all its brilliance. This document is not a judgment, far from it. 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, Jade, is to help you see the invisible mechanisms that have woven the fabric of your existence since that spring of 1968, so that you can take up the pen again and write the next chapters with complete sovereignty. You are no longer only Monique, the one who "endured" the lack of recognition; you are Jade, the one who is awakening.

Let us step together, with kindness, into the archaeology of your soul.

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

Welcome to this journey into the heart of yourself. To understand the resilient woman and the guide you are becoming, we must return to the source, to your "Vibrational Genesis."

I. The Vibrational Genesis and the Initial Positioning

Everything begins with a primordial vibration. Your arrival on Earth, in the spring of 1968, marks the beginning of your encoding.

The Context:

You were born in an era of great change (1968), but your personal context seems marked by an immediate quest for identity. From what I perceive of your story and of the "weaknesses" you feel (lack of confidence, a sense of illegitimacy), you arrived on ground where you had to earn your place very early on. It is likely that your family environment, though present, was unable to offer you that unconditional mirror a child needs in order to feel "enough" just as they are.

The Initial Positioning (P):

According to the Theory of Reality Creation (TCR), this context defined your starting vibrational identity. Faced with this lack of validation or of pure emotional attention, the message your unconscious encoded was:

"*I am not good enough as I am. To be loved, I must be useful, I must rescue, or I must erase myself.*"

The Local Survival Interest:

To survive psychologically, your inner child developed a brilliant but costly strategy: the **Nurse and Fighter Syndrome**.

You learned to compensate for your sense of illegitimacy through Doing. You raised your son alone (an immense proof of strength), you created businesses, you fought against disrespectful hierarchies. Your strategy was to give what you so longed to receive: help, support, humanity. By becoming the one who "manages" and who "helps" (notably through your term as an elected official or your relationships with people struggling with addiction), you secured an indispensable place for yourself. It was your way of crying out to the world: "Look, I deserve to be here!"

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

Your body is the measuring instrument of your vibration. It never lies. Your physical sensations and your professional path tell a story that your words sometimes hide out of modesty.

Unease at Work & Nervous Exhaustion:

You mention suffering in the face of a hierarchy "without kindness," focused on "productivity at the expense of health."

- **Symbolism:** This reflects a saturation of your nervous system. It is the cry of your body refusing to keep submitting to an authority that does not recognize you (a likely echo of parental or paternal authority).
- **Link to the wound:** This expresses the **Wound of Injustice**. Your body stiffens, tires and feels oppressed because it seeks perfection in order to be recognized, but runs into coldness (of the system/of the parent). This constant tension between "I want to do well" and "no one sees me" creates a vibrational dissonance that drains your vital reserves.

The Attraction to Crystals and Energy:

This is not an illness, but a symptom of healing. Your body is calling for high vibration (crystals, spirituality) to offset the heaviness of the energies you have carried for others (suffering employees, difficult partners). It is the sign that your "Body-Temple" is seeking to purify itself.

III. The Family Constellation: The Source of the Masks

Your current relationships, especially those in which you try to "save" the other person, are replicas of your original family constellation.

The Authority Figure (Father / Hierarchy):

Given your painful experience with hierarchy in the workplace (lack of respect, dehumanization), it is a safe bet that the father figure or authority in your childhood was either absent, authoritarian/cold, or unjust.

- **Encoding:** You internalized the belief that authority is dangerous or blind, and that you will never be recognized for your true worth by "the Boss" (the Father). This fueled your need for independence (starting businesses) but also your fear of not being "legitimate."

The Maternal Figure / Care:

By taking on the role of the one who "supports suffering employees" and who raises her child alone, you may have taken on the role you wished your mother had played for you, or you may have repeated a pattern of maternal sacrifice. You learned that love comes through self-sacrifice and taking care of the other.

Siblings and Those Around You:

Your feeling of a "lack of confidence" suggests that you may have been compared, or that you felt "different," perhaps less "visible" than other members of your family. You became the "Rescuer" in order to have a distinct role.

IV. Summary of Active Wounds (according to Lise Bourbeau)

Here is the map of your wounds as it took shape in your childhood and as it is being reactivated today in your life as Jade. This is where everything becomes clear.

1. THE ABANDONMENT WOUND (Dominant)

Activated by the parent of the opposite sex (or the absence of emotional connection).

- **Your Mask:** The Dependent (here, in the form of the “Rescuer”).
- **The Glaring Clue:** In your private session, you talk about your relationships with people who have addictions and your desire to “save” them because they have “good sides.” This is the absolute marker of this wound.
- **The Mechanism:** You are so afraid of emotional loneliness or of not being loved that you attach yourself to “troubled” people. Why? Because as long as they need you to save them, they won't leave you. You make yourself indispensable to avoid being abandoned. You confuse “being useful” with “being loved.”
- **The Psychological Game:** You play the Rescuer in the Karpman Triangle. But be careful, Jade: every Rescuer ends up becoming the Victim (when the other doesn't change) or the Persecutor (when you blame them for not making any effort).

2. THE INJUSTICE WOUND (Significant)

Activated by the parent of the same sex (or cold authority).

- **Your Mask:** The Rigid.
- **The Glaring Clue:** Your relationship with work. “Lack of recognition,” “productivity at the expense of people,” “no values.” You are extremely sensitive to what is FAIR or not.
- **The Behavior:** You are high-performing, you can handle everything (raising a son on your own, starting businesses), you are a warrior. You sometimes cut yourself off from your feelings (you “hold on”) until it becomes too much (burnout/being fed up). You seek perfection and legitimacy through merit.
- **The Limiting Belief:** “If I am perfect and I work hard, people will eventually recognize my worth.” (Spoiler: As long as you don't recognize it yourself, the outside world won't either).

3. THE REJECTION WOUND (In the background)

- **Your Mask:** The Withdrawer.
- **The Clue:** Your “lack of legitimacy” and your desire to “change everything,” to go somewhere else (move to the countryside, change your life). It is a form of escape to go and recharge, because you feel rejected by the “materialistic” and “harsh” world of the conventional corporate world. You feel like an alien (which is normal for an awakened soul like you!).

My dear Jade, this is the starting picture. It is not a fate, it is your treasure map.

These wounds (Abandonment, Injustice) are not you. They are the distorting glasses through which little Monique learned to see the world in order to survive. Today, you have the power to take off these glasses.

You have spent your life trying to prove your worth by saving others and fighting injustice. The next step of your journey is to learn that **your worth is intrinsic**. You don't need to save anyone to deserve Love.

Ready for what comes next? In the next part, we will explore how this plays out in your adult relationships.

Part 2: Relational Analysis - Decoding the Games and Mirrors

My sweet Jade,

We have explored your roots. Now we are going to look at the flowers that have grown on this tree, in other words, your relationships. I know this part can sometimes sting the heart a little, because it asks us to take responsibility for what we have lived through.

But remember this: **Your past relationships are not failures. They are laboratories.** They are perfect stagings, orchestrated by your soul and the Universe, to show you exactly where you needed to heal. You are not “unlucky” with men or with bosses; you have a very powerful guidance system that has sent you “Mirrors of Pain” to wake you up.

Breathe deeply. Together, we are going to decode the invisible games you have been playing without knowing it.

I. The Dynamic of the “Sacrificed Rescuer”

Looking at your story, especially the fact that you courageously raised your son on your own, your role as an elected representative helping employees in distress, and your relationships with partners who had addictions, a major relational pattern emerges. It is the common thread of your love life.

1. The Karpman Triangle (The Relational Drama)

You probably already know this concept, but let's apply it specifically to your story. In your significant relationships, you almost always enter through the door of the **RESCUER**.

- **The Scenario:** You meet someone (a man or even a colleague) who is not doing well. You see their potential, their “hidden light” (the “good sides” you talked about). Your immense heart, combined with your need for legitimacy, tells you: “I'm going to help him. With my love/my support, he will change.”
- **The Trap:** By wanting to save the other person, you unconsciously validate them in their role as VICTIM. You take away their responsibility.
- **The Shift:** Since the other person doesn't change (or not fast enough), you wear yourself out. You feel unrecognized for your efforts. And then you slide into the position of VICTIM (“After everything I've done for him...”). Sometimes, you can even become the PERSECUTOR in the other person's eyes by blaming them (“You're not making any effort!”).

This game is energetically exhausting. It has kept you in low vibrations, preventing you from taking care of the only person you can truly save: **yourself**.

2. Transactional Analysis (Ego States)

In your interactions, especially with these “troubled” partners or this childish/toxic management, here is what is playing out:

• **You (Nurturing / Controlling Parent State):** You are the one who manages, who cares for, who sets the boundaries, who carries the mental load. You are in “Doing” mode. This is your “Warrior” and “Nurse” side.

• **The Other (Adapted or Rebellious Child State):** Faced with your strength, the other person takes the position of a child. Either they let themselves be carried (passive child), or they rebel against your help or your advice (rebellious child).

The problem with this configuration: There is no room for two sovereign Adults. The relationship becomes vertical (Mother/Son) rather than horizontal (Woman/Man). This kills desire and creates emotional dependency, not free love.

II. “Mirrors of Pain” Relationships (The Case of Addictions)

You mentioned attracting people with addictions or heavy issues, while focusing on their “good sides.” This is a crucial point of your vibrational profile according to the Theory of Reality Creation (TCR).

1. Why Addiction in front of you?

According to the law of the mirror, the outside reflects the inside. If you attract dependent men (alcohol, drugs, gambling, or emotional dependency), it is because this resonates with a part of you.

• **The Direct Mirror Effect:** What are you yourself "addicted" to, Jade? Not necessarily to a substance. But perhaps you are addicted to hope? Addicted to feeling indispensable? Or addicted to the emotional intensity of complicated relationships?

• **The Inverted Mirror Effect:** The addict runs away from reality. You, with your mask of the Rigid (wound of injustice) and of the Controller, are perhaps too anchored in "managing" reality. The other shows you, through the opposite excess, your need to let go (but not in that self-destructive way, of course).

2. The "In Love with Potential" Syndrome

This is a major trait of empathic souls like yours. You don't fall in love with the reality of the man in front of you (who may be unavailable, ill or disrespectful). You fall in love with what he **could become** if he healed.

• **The illusion:** You superimpose a luminous hologram onto a dark reality. You fight for that hologram.

• **The spiritual lesson:** The Universe sends you these relationships to teach you a harsh but liberating lesson: **You cannot change anyone.** To love is to accept the other as they are now, or to leave. Staying while hoping he will change is a form of control, not love. It is hard to hear, but it is the key to your freedom.

III. The Analysis of the Professional Sphere as a Relationship

Let's not forget your professional experience, because for the unconscious, the company is a "symbolic family". Your suffering at work also comes from mirror relationships.

• **The Mirror of Injustice:** You described a hierarchy "without kindness", focused on "productivity". This activated your wound of Injustice.

• **The Game played:** "Look how devoted I am". You gave a great deal (supporting employees, creating trips, your mandate as an elected representative). You tried to humanize a robotic system.

• **Why it hurt:** You were waiting for the "Father" (the company) to tell you "Well done, my daughter, you are worthy". But the system answered with indifference.

• **The TCR Truth:** You vibrated the "need for recognition" (which is a lack). The Universe sent you a situation that gave you no recognition, to force you to give it to yourself. The burnout, or the feeling of being fed up, was the moment your soul said: "Stop, I will no longer beg for love from people incapable of loving me".

IV. The Patterns of Escape and Self-Sabotage

Now that you are moving toward the light and toward your new life as a therapist/coach, beware of the old demons that could be hiding in the shadows.

1. The Fear of Boredom (Sabotaging What Is Healthy)

If tomorrow you meet a healthy, balanced, autonomous man, who doesn't need to be saved and who simply loves you... it is quite possible that you will find him boring at first. Why? Because your nervous system is used to emotional roller coasters. To a former "Rescuer", calm feels like emptiness.

• **The Risk:** That you reject a healthy relationship (the Rejection Wound activating out of fear of true intimacy) by telling yourself "There's no passion".

• **The Reality:** Dramatic passion is not love. Peace is the new standard you must learn to savor.

2. The Belief "Love Must Be Earned"

Your story suggests that you believe you must "pay" for your right to happiness through work or suffering.

• **The internal psychological game:** "If it's too easy, it's suspicious."

• **Decoding:** This is a family or karmic loyalty. You have the right to receive without giving back immediately. You have the right to be loved for who you ARE (Jade), and not for what you DO (the nurse, the elected representative, the courageous mother).

Summary of Part 2: What your Soul is crying out to you

Jade, looking into these mirrors, here is the coded message your relationships have been sending you for 20, 30 years:

1. "**I am not your redemption.**" (Message from your partners). They showed you that you cannot find your worth by repairing others.

2. "**Respect yourself first.**" (Message from your toxic bosses). They showed you what happens when you cast your pearls before swine. They pushed you to the limit so that you would reclaim your sovereignty and leave to create YOUR own structure.

3. "**You are enough.**" This is the final message. You no longer need to play roles. The mask falls.

In your future relationships, you will need to practice **loving vigilance**. Every time you feel the urge to help someone who hasn't asked you for anything, ask yourself: "Am I doing this out of love, or to reassure myself about my worth?"

You are moving from the status of "She who carries the world" to "**She who illuminates the world**". The difference is subtle, but vibrationally, it changes everything. You are no longer the firefighter, you are the **Lighthouse**. The lighthouse does not run after the boats to save them from shipwreck; it shines, still and powerful, and the boats find their way thanks to it.

Ready to discover the invisible mechanics of your creation in Part 3? That is where we will see how you ordered all of this from the Universe without knowing it... and how to change your order.

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

My luminous Jade,

Take a deep breath. Until now, we have looked at the past (the archaeology) and at relationships (the theater). Now, we are going to lift the hood of the Universe. We are going to enter the "Engine Room".

This is often the most dizzying stage, because it implies taking total responsibility. But it is also the most liberating. If you created — even unconsciously — the past scenarios, it means you have the absolute power to create the future paradise. You are not a dead leaf carried away by the wind of destiny; you are the Wind itself, which has simply forgotten its direction.

In this part, I will use the Theory of Reality Creation (TCR) to decode the silent algorithms that have directed your life as a woman, a mother and a professional, right up to this great turning point of awakening.

I. The Concept of the "Cosmic Order"

Imagine that the Universe is an immense cosmic restaurant, run by neutral and tireless waiters we call the **Coders of Reality**. These Coders have no moods. They do not judge whether your order is "good" or "bad" for you. They simply carry out what is written on your order slip.

The problem, my dear Jade, is that we place two types of orders simultaneously:

1. **The Conscious Order** (what you say you want): "I want a healthy relationship", "I want to be recognized at work", "I want peace".
2. **The Vibrational Command** (what you emit through your wounds): “I have to fight,” “I'm worth nothing unless I'm helping,” “Authority is dangerous.”

The Coders of Reality always listen to the strongest command. And guess which one that is? It's the one charged with emotion and deep beliefs: the **vibrational command**.

II. The Signal (S): What you really ordered

Let's analyze the Signal (S) you emitted during the first part of your life. It's this signal that sculpted your reality.

A. The Signal “I am the Lone Warrior”

By raising your son alone, by fighting to build your businesses, by standing up to cold hierarchies, you emitted a very powerful signal of STRENGTH.

But beware of the other side of the vibrational coin:

- **Your Signal:** “I can carry everything all by myself. I am strong.”
- **The Coders' Interpretation:** “Message received, Jade. She wants to experience her strength and her ability to carry heavy loads. Let's send her trials, obstacles and unreliable people so she can exercise her strength!”
- **The Result:** You found yourself overloaded. The Universe sent you weights (mental load, responsibilities) because you were vibrating “The Carrier.” If you had vibrated “The Queen who receives help,” the Coders would have sent you support.

B. The Signal “The Nurse of Lost Souls”

This is the crucial point concerning your relationships with people who have addictions or fragilities.

- **Your Signal (unconscious):** “I need to be useful to be loved. I see the light in broken people. I'm going to fix them.”
- **The Coders' Interpretation:** “She wants to fix. She wants to save. So that she can fulfill this function, we must send her... people to fix!”
- **The Tragic Paradox:** As long as you vibrate the “Need to Save,” the Universe CANNOT send you a healthy, balanced, autonomous man. Why? Because a healthy man doesn't need to be saved. He would make you “useless” according to your old program. So the Coders carefully kept healthy partners off your path in order to deliver exactly what your vibration was asking for: human renovation projects.

C. The Signal of Injustice and Illegitimacy

You spoke of your “lack of legitimacy” and of that “hierarchy without kindness.”

- **Your Signal:** “I'm not sure I belong here. I'm not good enough. I'm afraid no one will see me.”
- **The Interference:** This is what we call **Frequency Interference**. You wanted recognition (conscious), but you were vibrating the fear of not being recognized (unconscious). The Universe materialized your fear. It put you in situations that made you feel small or denied, to validate your inner belief.

III. The Coders of Reality and the Mirror Effect

It is vital, Jade, that you don't blame yourself. You didn't make a mistake. You had an experience. The Coders of Reality have been your most faithful servants. They acted with surgical precision to show you who you believed you were.

When you look at your past professional life (that “world of productivity at the expense of the human”), stop seeing it as a punishment. See it as a **Staging**. The actors (bosses, colleagues) played the role of the “Villains” so that you could play the role of the “Rebellious Victim” or the “Avenger.”

If you hadn't had those “oppressors” in front of you, you would never have felt how vital your values of humanity and kindness were to you. Through contrast, they helped you define who you are today: a **Therapist of the Soul**. They expelled you from a world that wasn't yours.

IV. The Echo (E): Reality as Feedback

In the TCR, what happens to you is never the problem. What happens to you is the **Echo (E)**. It's the receipt for your past vibrational command.

1. The Echo “Burnout / Suffering at work”

This event was not a failure. It was **Saturation Feedback**.

Your system sent you an error message flashing in red: SYSTEM ALERT -INCONSISTENCY DETECTED.

Your soul (Jade) could no longer bear the cramped costume of the submissive employee (Monique). Suffering was the necessary tool to break the shell. Without that suffering, you might still be there, slowly fading away. The violent Echo was an act of mercy from life to force you to move.

2. The Echo “Toxic Relationships / Addictions”

These relationships were **Value Feedback**.

Every time you accepted the unacceptable, every time you stayed to “save” someone who was dragging you down, the Echo was telling you: “Look, Jade, look how little esteem you hold for yourself. You accept crumbs when you are a Queen.”

As long as you didn't understand the message, the Echo kept coming back, sometimes stronger.

V. The Observation (O): The Tipping Point

This is where the magic happens. This is where you take your power back.

As long as you Observe (O) your life saying: “It's unfair,” “Why do I always end up with the same kind of people?”, you send out the same Signal (S). And the loop starts again (S -> E -> O -> S...). It's the Wheel of Karma, the hamster wheel.

But you, Jade, have done something extraordinary recently. You **changed your Observation**.

Instead of saying “I am a victim of the system,” you said: “I am awakening. I am changing everything. I am becoming Jade.”

By deciding on your career change, by taking an interest in crystals, neuroscience and spirituality, you **hacked the system**. You stopped looking at lack and started looking at Potential.

- You stopped wanting to save others and started saving yourself.
- You stopped begging for a boss's recognition and gave yourself your own legitimacy as an entrepreneur.

This is the beginning of **Mastery**.

VI. Jade's New Matrix

Today, we are going to reprogram the Coders. There they are, waiting, pen hovering over their order book. They are asking you: “And now, Mistress, what is your wish?”

Here is why your new life is falling into place (moving to the countryside, a new activity): because your Signal has changed.

- **Old Signal:** Fear, Lack, Sacrifice, Struggle.
- **New Signal (currently stabilizing):** Trust, Abundance, Joy, Sovereignty.

However, stay vigilant. There is what we call the **Inertia of Matter**. Like an ocean liner that has thrown its engines full astern, it keeps moving forward a little on its momentum before it starts to back up.

You may still run into a few “ghosts” from the past (an old financial fear, a man who looks like your exes, a doubt about your legitimacy). These are **Residues**.

When they show up, don't panic. Don't say “It's not working!”. Simply say: “Ah, there you are, old memory. I see you. Thank you for stopping by, but I don't live here anymore.”

Summary of Part 3

My sweet one, you have never been a victim. You were a powerful creator who didn't know it. You created storms to prove you were a good sailor.

Now that you know you are the Captain, you no longer need storms. You can order dead calm, sunshine and favorable winds.

The “Invisible Mechanics” are not your enemy. They are your tool. Until now, you were using them like a child pressing every button in an airplane cockpit while screaming. Now, you are learning to fly. You are learning that your vibration (your joy, your peace, your love for yourself) is the control stick that steers the plane.

In the last part, we will write the **Rebirth Protocol**. We will write the mantras and the concrete actions to seal this new identity of Jade into matter. Because knowing is one thing, embodying is another. And you are ready for embodiment.

Part 4: The Rebirth Protocol - Becoming a Sovereign Creator

My dear Jade,

Here we are. We are at the top of the mountain. You have looked out over the valley of your past, you have understood the storms of your relationships, and you have taken apart the engine of your unconscious creations. All of this is seen, acknowledged and validated.

Now, the question burning on your lips is: “And now? How do I make it last? How do I make sure I don't slip back into the costume of the sacrificed nurse as soon as the pressure drops?”

This fourth part is not theory. It is an **Action Protocol**. It is applied “Spiritual Neuroscience”. You love neuroscience, so you know the brain is plastic. But for it to build new neural highways, it needs repetition, emotion and clarity.

Here is your roadmap for embodying Jade, the Entrepreneur of Light, and letting Monique, the Lonely Fighter, take a well-deserved retirement.

I. The New Positioning (P): Transmutation of Identity

To change your reality (the outside), you must change your identity (the inside). Until now, your default identity was built on reacting to your wounds. We are going to build an identity based on **Intention**.

1. From Survival Identity to Creation Identity

It is imperative to symbolically “kill” the old character. It is a powerful psychomagic act.

- **The Old Identity (The “Monique-Warrior” Program):** She defined herself as: “I am the one who holds on when things get hard. I am the one who picks up the pieces. I am alone against everyone. I must prove that I am capable.” Associated vibration: Struggle, Merit, Gravity.
- **The New Identity (The “Jade-Source” Program):** She defines herself as: “I am a frequency. I have nothing to prove, because I AM. I attract what resembles me. I am a space of healing, not the doctor. I am light, fluid and powerful.” Associated vibration: Magnetism, Joy, Fluidity.

Understand this clearly: Jade does not *make* efforts to be legitimate. Jade *is* legitimate because she breathes. It is a total paradigm shift for your nervous system, which is used to the adrenaline of effort.

2. The Cellular Anchoring Mantra

I invite you to read this mantra every morning for 21 days (the time of a minimal cellular renewal cycle). Don't read it with your head, read it with your gut, with your heart.

Jade's Sovereignty Mantra:

> ***"Today I declare the end of my probation period on Earth. I have given enough, proven enough, repaired enough.***
>
> ***I thank the Warrior within me who protected me, but I lay down my weapons.***
>
> ***I am Jade, daughter of the Earth and of the Cosmos.***
>
> ***I no longer need to save others to earn my place. My mere presence is medicine.***
>
> ***I choose ease, joy and abundance as my new norms.***
>
> ***I am legitimate in my light as in my shadows.***
>
> ***The Universe supports me at every step, and I allow myself to receive unconditionally.***
>
> ***I am complete. I am free. I am Love."***

II. "Confront and Replace" Protocol: Handling the "Savior" Relapses

This is where your greatest inner battle will be fought. Your addiction to the role of Rescuer (linked to the Abandonment wound) is a conditioned reflex. When you see someone suffering (a future client, a man, a friend), your old neural circuit will light up: "Alert! Distress! I have to step in!".

Here is the precise protocol to defuse this reflex.

Step 1: The Somatic "STOP"

As soon as you feel that pull towards the other person (the urge to give unsolicited advice, to lend money, to spend hours listening to complaints), FREEZE.

Stop everything. Don't speak. Don't move. Feel what is happening in your body. Is your stomach tightening? Is your heart racing?

That is the sign that you are not acting out of Love, but out of Fear (fear that the other person will be unwell, fear of not being useful).

Step 2: The Laser Question

Ask yourself this one single question:

"**If I don't help this person right now, do I feel guilty?**"

- If the answer is **YES**: DO NOTHING. It's your Rescuer ego talking.
- If the answer is **NO** (you are detached from the outcome): You can act, because this is true compassion.

Step 3: The "Bubble of Respect" Technique

Instead of diving into the other person's emotional pool to save them from drowning (at the risk of drowning with them), visualize yourself staying on the edge.

You send them a **Bubble of Pink Light**.

You say to yourself silently: "I love you, I feel for you, but I respect your path, including your suffering. I give you back your power to save yourself. I am not your God."

This is extremely difficult for an empathic personality like yours, but it is the only way to have healthy relationships. By refusing to rescue the other person, you give them the most beautiful of gifts: you see them as a **Capable Adult** and not as a Powerless Victim. You break the Karpman Triangle instantly.

III. Managing Your Environment and Your Future Professional Project

You are in the middle of a career change, moving from salaried employment (apparent security, a golden cage) to entrepreneurship (freedom, apparent insecurity). Your impostor syndrome (legitimacy) is going to try to sabotage you.

1. Redefining Legitimacy

You look for legitimacy in diplomas and trainings (sophrology, neuroscience...). That's fine, it reassures the "Rigid" mind (Injustice wound). But your clients won't come for your diplomas.

They will come for your **Vibration**.

They will come because you have crossed the desert and you know the way through it.

- **Action:** Stop comparing yourself to other therapists. Your method will be unique because it is the sum of "Monique the manager", "Jade the spiritual one", "The courageous mother" and "The expert in toxic relationships". No one else has this mix. It's your "Unique Vibrational Signature".

2. The Ideal Client (Inverted Mirror)

Beware of the trap! As a former Rescuer, you will be tempted to attract “Victim” clients who are waiting for a magic wand.

You must set a clear intention with the Universe:

“*I only want to work with people who are ready to take 100% responsibility. I am not here to carry them, but to enlighten them.*”

This must come through in your communication. Be firm and kind. Your energy must say: “I am the Guide, not the crutch.”

3. The Move (Grounding in the Earth)

You want to move to the countryside. This is not trivial. It is vital.

Your nervous system has been fried by artificial environments and toxic relationships. Nature is the only place where there is no judgment, no mask, no psychological game. A tree is a tree.

See this move not as an “escape” from the city, but as a **Return to Basics**.

- **Vibrational Advice:** Even before you have found the house, start sorting through your current belongings. Throw away everything that carries the memory of “Monique the sacrificed one”. Old files, gifts from toxic ex-partners, clothes from the burnout years. Make room for the new. Emptiness attracts fullness.

IV. Handling Solitude and Love

This is the sensitive topic. You want a healthy relationship. To have one, you must first become the partner you are looking for.

1. Taming the Void (Dopamine Detox)

You have been used to “rollercoaster” relationships (conflicts, reconciliations, rescues). A healthy relationship is calm. You may feel boredom or emptiness. That's normal. It's withdrawal from drama.

- **Exercise:** When you feel lonely in the evening, instead of trying to fill that void (phone, food, rumination), light a candle, take one of your crystals, and sit with the void. Say to it: “Hello Solitude. I am no longer afraid of you. You are the space where I meet myself.”

Transform Solitude (endured) into **Royal Solitude** (chosen). A Queen is never alone, she is in audience with herself.

2. The New Romantic Casting

Make a list. Not a list of physical criteria (dark-haired, tall...), but a list of **Non-Negotiable Emotional Criteria**.

Example:

- He must be financially and emotionally independent (no "I can't live without you").
- He must be able to talk about his emotions without blaming me.
- He must love my light without wanting to put it out.

As soon as a suitor fails to tick a “Non-Negotiable” box: **Next**. No judgment, but no appeal. That is how you honor your worth.

V. Daily Rituals of Spiritual "Bio-Hacking"

You love neuroscience, so let's speak your brain's language. To reprogram your Reticular Activating System (the part of the brain that filters reality), you need rituals.

Morning: Frequency Alignment

Before you touch your phone (very important!), take 5 minutes.

1. **Anticipated Gratitude:** Give thanks for 3 things that haven't happened yet, as if they were already here. “Thank you for this bright, peaceful home. Thank you for these respectful clients.”
2. **Visualization:** Picture yourself coaching with ease. Feel the pride, not the effort.

Daytime: The Reminder Stone

Keep a small crystal in your pocket (a rose quartz for self-love or a citrine for power/joy).

Every time you touch it, it's a “Totem” (like in the movie *Inception*). It reminds you: “I am Jade. I no longer play psychological games.” It's a kinesthetic anchor to switch off your mental autopilot.

Evening: The Energy Shower

You've soaked up other people's emotions all day long (especially as an empath). In the shower, visualize the water as liquid light. It washes away all the energies that don't belong to you.

Say out loud: "I return to the Earth what is not mine. I reclaim all my scattered energy. I am clean, I am at home within myself."

VI. Final Conclusion: The Phoenix Takes Flight

My dearest Jade,

We have come to the end of this profile. This document is dense; it holds truths that are sometimes sharp, but every one of them is steeped in infinite love for the courageous soul that you are.

Look at how far you've come since that spring of 1968.

You were the child searching for her place.

You were the lioness mother protecting her little one alone.

You were the model employee who shattered against a wall of ice so she could learn to seek her own warmth.

You were the nurse-lover who tried to heal men in order to heal herself.

All of it was necessary. Absolutely all of it. There wasn't a single mistake, only lessons.

Today, a new era begins. The era of **Flow**.

You no longer need to force anything. The doors meant to open will open, because you hold the vibrational key. The doors that stay closed (difficult relationships, blockages) are not punishments; they are **Protections**. Thank them and go on your way.

You have the crystals, you have the knowledge, you have known the pain and the joy of rebirth. You are ready.

The world isn't waiting for you to be perfect. It's waiting for you to be You.

Lift your head, breathe deeply, and spread your wings. They are far bigger than you think.

With all my love, my respect, and my absolute faith in your magnificent light,

Alexandre Anatman

Your Soul Profiler