Complete Psychological and Vibrational Profile

For: Naya (Brigitte)

By: Alexandre Anatman

Introduction

My dearest Naya,

It is with infinite tenderness and deep respect for the woman you are that I speak to you today. As I traced the lines of your life and listened to the vibration of your voice, I was touched right in the heart by your silent resilience and by that immense capacity to love which, despite the emotional winters, still keeps seeking the sun.

You are like a lotus flower: you took root in waters that were sometimes murky, made of silences and absences, yet you knew how to rise through the mud to seek the light and open yourself to consciousness. Your choice to be called “Naya” (which evokes greatness, the elevated soul) is no coincidence; it is the cry of your Being finally claiming its place, its sovereignty and its true worth.

This document is not a judgment. It is a loving mirror. A mirror polished with the wisdom of the teachings on the wounds of the soul and the mechanics of reality creation. 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 Love and Freedom.

Breathe deeply... We are about to begin this sacred journey toward the origin of yourself.

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

To understand the highly sensitive and intuitive woman you are today, we must return to the source, to that “Vibrational Genesis” which encoded your first beliefs about life and love.

I. The Vibrational Genesis and the Initial Positioning

Everything begins with a primordial vibration, that of your conception and your arrival into the world. In your story, this vibration is tinged with a particular frequency: that of surprise and of not being expected.

- **The Context:** You arrived in a family of farmers, people of the land, of “doing”, where emotional words were rare. But above all, you arrived as a “surprise”. Your parents were not expecting two children, or were perhaps hoping for a single boy. This initial disappointment, this conscious or unconscious “not being wanted” on your parents’ part, left an indelible mark in your baby cells. From your very first breath, you felt that your presence was not celebrated as something self-evident, but received as an extra, something unplanned.
- **The Initial Positioning (P):** According to the Theory of Reality Creation, this context defined your starting vibrational identity. The message your soul received and encoded is: “*I am too much. I was not invited. To have the right to be here, I must not disturb anyone.*”
  - What’s more, being a twin created a major confusion of identity. People spoke of “the twins”, not of Brigitte. Your identity was therefore built in fusion and lack of differentiation. You were not “One”, you were “One half of Us”. This laid the foundations of a difficulty in existing by yourself and for yourself.
- **The Local Survival Interest:** To survive in this atmosphere where affection went unspoken, your unconscious developed a strategy: **Self-Effacement and Fusion**. You clung to your twin brother, Gabriel, like an emotional lifebuoy. Your survival depended on the bond with the other, because the bond with yourself (your individuality) seemed dangerous or unvalidated. You learned to be “good”, not to make any noise, hoping that by making yourself very small, they would end up forgiving you for being there.

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

Your body, my sweet Naya, is the measuring instrument of your vibration. It never lies. Your symptoms, your pains and your relationship with it are direct **Echoes (E)** of your soul wounds.

- **Emotional Eating and Weight:**
  - You told me that as a baby, when you cried (expressing an emotion, a sadness, a need for contact), your mother responded with the bottle.

■ **Symbolism:** A powerful programming took hold: “Emotion = Eating”. Your mother, in her inability to handle emotions, “plugged” your sadness with food.

■ **Link with the wound:** This expresses the wound of Abandonment. The need to “fill” the inner emptiness, the lack of maternal warmth, was compensated by food. Even today, you say you eat when you are stressed. It is your inner child desperately seeking the comforting “feeding” she never received in the form of arms and gentle words.

• **Bodily Disconnection (Dissociation):**

■ You explain that during great disappointments, your mind “lets go” and you cut yourself off from your bodily sensations. You mentioned a recent pain in your liver.

■ **Symbolism:** This is an ultimate defense mechanism linked to the wound of Rejection. When reality is too painful (when you feel rejected or unloved), you “leave”. You leave your body to take refuge in the mind, in the ether, where it doesn’t hurt.

■ **Link with the wound:** In Chinese medicine and in symbolism, the liver is the seat of repressed anger and frustration. This pain is telling you: “It hurts not to be recognized, it hurts not to be able to digest this loveless life”. Your relationship with your body also tells of your rejection of your own feminine polarity, perhaps out of loyalty to your parents’ unconscious wish for a boy.

III. The Family Constellation: The Source of the Masks

Your parents and your siblings were the first actors in the play of your life. They handed you your first masks.

• **The Mother (The Anxious Manager):**

■ Your mother was a woman of duty, structuring, organizing, but cut off from her emotional heart. She was physically present, but vibrationally absent (“an anxious presence”).

■ She taught you that love is not felt; it is eaten, or it is earned through service. With her, you absorbed the idea that to be loved, you had to be useful.

■ **Her impact:** She fed your wound of Injustice (having to be perfect/useful) and of Abandonment (lack of emotional nourishment). She passed on to you anxiety and difficulty letting go.

• **The Father (The Present Absentee - The “Evasive One”):**

■ Your father is described as a patriarchal authority figure, but above all as a great absentee, even when he was there (“a warm relationship without interaction”). He fled contact, emotions, intimacy.

■ For a little girl, the father is the first male gaze that validates her worth. His silence was deafening. He did not reject you violently; he rejected you through emptiness.

■ **His impact:** He is the main architect of your wound of Rejection. By fleeing from you, he taught you that you were not interesting enough for someone to stop, to

talk to you, to take you in their arms. You learned to love men who are “not there” (like your current husband).

- **The Twin Brother (Gabriel - The Lost Paradise):**
  - This is the key relationship. Fusional, total. You played “mommy” with him (thereby making up for your own failing mother).
  - But at 11 years old, the drama: he says “Stop”. To build his identity as a man, he has to reject you.
  - **Its impact:** It was a terrible tearing apart. The only source of unconditional love and fusion withdrew. This violently reactivated Rejection and Abandonment. You lost your “other half,” leaving you alone facing your emptiness.

IV. Synthesis of the Active Wounds

By cross-referencing your story with the work of Lise Bourbeau, here is the precise map of your wounds. To understand this is to begin healing.

1. The Wound of REJECTION (Dominant)

This is your fundamental wound, the one that settled in from your conception (“surprise,” disappointment).

- **Activated by:** Your father’s averted gaze, being an undifferentiated “twin,” and later, your husband’s distance.
- **Your Mask:** The WITHDRAWER.
- **Typical behavior in you:**
  - You tend to make yourself very small, not wanting to be a bother.
  - Above all, you have developed a capacity to dissociate: “I cut off my bodily sensations,” “I go off into my head.” This is your way of fleeing a reality that hurts you.
  - You take refuge in spirituality, yoga, meditation, sometimes not to embody yourself, but to leave this material world where you don't feel welcome. You seek to become invisible or ethereal so as to stop suffering.
  - The underlying fear is **Panic**. Panic at existing, panic at not being able to cope.

2. The Wound of ABANDONMENT (Secondary but powerful)

It was born from the lack of maternal warmth (the bottle instead of the cuddle) and from the fusional rupture with Gabriel.

- **Activated by:** The absence of cuddles from your husband, the surrounding emotional coldness.
- **Your Mask:** The DEPENDENT.
- **Typical behavior in you:**
  - You have an immense thirst for affection, for cuddles (which you give a lot to your children to compensate).
  - You have stayed in a toxic and empty relationship for years (no intimacy at all since 2014), because for the “Dependent,” suffering is preferable to being

alone. The idea of cutting the bond and finding yourself face to face with yourself unconsciously terrifies you.

■ You tend to “beg” for love or attention, or to fall ill/have pain so that your body expresses the need to be taken care of.

■ The underlying fear is **Loneliness**.

3. The Wound of INJUSTICE (In the background)

Linked to your mother and to this need to “do” in order to be.

- **Your Mask:** The RIGID.
- **Typical behavior in you:**

■ You impose a certain demandingness on yourself. You mentioned wanting to be “perfect,” or at least “useful,” as a child.

■ You find it hard to respect your limits; you give your energy to the point of exhaustion (in your relationship, where you say your energy is “drained”).

■ You cut yourself off from your feelings (this is also a trait of the Rigid) in order to keep going, to hold on, out of loyalty and duty.

Part 2: The Relational Analysis - Decoding the Games and Mirrors

My dear Naya,

We saw in the first part how your original soil sowed the seeds of Rejection and Abandonment. But these wounds did not stay asleep in your childhood. They grew up with you. They sought to stage themselves in your adult life in order to be seen, validated, and ideally, healed.

Your current relationships, and especially the one with your husband, are not “mistakes” of destiny nor simple twists of fate. They are **high-precision mirrors**. They are theaters where the unresolved scenarios of your past are replayed, day after day. As Transactional Analysis puts it, we often enter into relationship not “Heart to Heart,” but “Wound to Wound.”

Let's look together at what is really playing out behind the curtain of your daily life.

I. The Couple Relationship: The Mirror of the Father and the “Fortress of Silence”

You have shared your life since the early 1990s with the father of your three children. Today you describe this relationship as “toxic,” exhausting (“I'm fighting”), and marked by an abysmal emptiness: no more cuddles, no more sexual or emotional intimacy since 2014. You feel financially dependent, which turns your home into a gilded (or not so gilded) prison whose key you cannot find.

1. Transactional Analysis: Who is speaking to whom?

In this couple, communication is blocked. Why? Because you are not speaking to each other from the same floor of your psyche.

- **You (The Ego State: ADAPTED / REBELLIOUS CHILD):**
  - ■ Facing him, you often activate your suffering Inner Child.
  - ■ Either in Submissive Adapted Child mode (Victim): You wait for him to change, for him to finally give you that hug, that recognition, that energy he doesn't give you. You stay there, dependent (the way a child depends on their parents to survive financially and emotionally). You endure the situation, hoping that one day the "emotional baby bottle" will arrive.
  - ■ Or in Rebellious Child mode: This is the part of you that says "I'm fighting." You are angry, you judge his silence, you find him "toxic." It is the cry of the child stamping their foot because the parent doesn't meet their need.
- **Him (Ego State: CONTROLLING PARENT / SULKING CHILD):**
  - ■ He seems to swing between two postures that lock the relationship.
  - ■ The Controlling/Distant Parent: He embodies silent Authority, the one who holds the resources (money, land, material security), thus perfectly reproducing your father's pattern (the taciturn patriarch who works the land and doesn't give hugs). He punishes your "betrayal" of 2014 by withdrawing his affection.

■ The Sulking Child: Since 2014, after you fell for someone else, he has closed himself off. He sulks. He felt wounded in his ego and, rather than expressing his pain as an Adult ("I'm sad, let's talk about it"), he uses silence as a punitive weapon.

• **The Crossed Transaction:**

■ You (from the heart): "Love me! Look at me! I want warmth!" (A request from the Child to the Nurturing Parent).

■ Him (from the mind): "You betrayed me. I'm giving you nothing. Stay in your place." (A response from the Critical Parent or the Wounded Child).

■ The lines never meet. It is a dialogue of the deaf where each of you cries out your wound in a language the other doesn't want to hear.

2. The Major Psychological Game: "If It Weren't For You..." (IWFY)

According to the book *Games People Play*, the two of you are playing a very classic and destructive game called “If It Weren’t For You” (*If It Weren't For You*).

• **Your version of the game:** “If it weren’t for you (and your toxicity, and your financial control), I would be free, I would be fulfilled, I would be loved.”

■ By casting him as the "toxic" jailer who drains your energy, you avoid looking at your own fear of freedom. This game lets you stay in the uncomfortable comfort zone of dependence. It serves as your excuse not to spread your wings.

• **His version of the game:** “If it weren’t for you (and your instability, your betrayal of 2014), I would be a respected and peaceful man.”

■ He uses your "slip" of 2014 to justify his eternal coldness. This spares him from questioning his own inability to be intimate (which he probably had long before 2014, being "cerebral" and "avoidant" by nature).

3. The Drama Triangle (Karpman)

You are dancing a sad three-step waltz in the Karpman Triangle:

• **You as the VICTIM:** You feel imprisoned, neglected, untouched, financially dependent. You endure his coldness just as you endured your father’s silence. “I get no hugs.”

• **Him as the PERSECUTOR:** In your eyes, he is the one who refuses love, who punishes, who withholds money or affection. He is the “bad guy” of the story who keeps you from being happy.

• **The Fantasized RESCUER:** Sometimes it’s yoga, sometimes it’s an imaginary love (as in 2014), sometimes it’s your children, whom you smother with hugs to compensate. You seek salvation outside the couple, which reinforces your victim position within the couple.

4. The Hidden (Unconscious) Benefit

Why stay so long (and more than ten years without love) in such a relationship? It's the question that stings, but that sets you free. According to the Theory of Reality Creation, there is always a secondary benefit.

- **Loyalty to the Clan:** By marrying a taciturn man, a worker of the land, emotionally avoidant, you married... your father. You recreated the exact atmosphere of your childhood (“a warm relationship without interaction,” “no hugs”). Your unconscious feels “at home” in this emotional desert. It’s familiar. It’s reassuring for your nervous system, which was wired this way.
- **Protection against Real Intimacy:** Paradoxically, as long as you are with a man who doesn’t touch you, you don’t have to face your deep fear of being truly seen and loved. The Rejection wound is afraid of intrusion. A distant husband is the perfect protection against the risk of being invaded or abandoned again. He is there (basic security, like the physically present mother) but he is not there (the father’s distance). It is the perfect neurotic compromise for your wounds.

II. The Pivotal Event of 2014: Illusion and Escape

In 2014, everything shifts. You "fall in love" with another person. You yourself say it was an "illusion," a relationship that never manifested in the physical world, but that shattered your official couple.

1. The Quest for "Paradise Lost"

This event is no coincidence. It happened when you were probably already suffocating. Your soul was looking for a way out.

- This fantasized or platonic relationship acted as an emotional spark. It allowed you to feel again, to vibrate, to feel alive, something your "avoidant" husband no longer allowed you.
- It was a desperate attempt by your Inner Child to recover the lost fusion with your twin Gabriel. You projected onto this "other" all the ideal, unconditional and fusional love you no longer had.

2. The Dissociation Mechanism (The Escape)

You noted that during great disappointments (like the failure of this illusory relationship), you "cut off your bodily sensations."

- This is where the Rejection wound takes on its full meaning. The Withdrawer's mask activates. When reality becomes too heavy (the husband who finds out, the other who doesn't come), you unplug. You leave your body.
- It is an archaic survival mechanism. But the price to pay is high: by cutting yourself off from pain, you also cut yourself off from joy, from grounding and from your ability to act concretely to change your life (leaving, working, becoming independent). You float in an "in-between."

III. Transgenerational Mirrors and Invisible Loyalty

Naya, your relationships are not only yours. They are inhabited by ghosts.

1. Loyalty to the "Sacrificed" Mother

Your mother was an "organizer," a woman of duty, anxious, who "didn't talk about her feelings."

By staying in a marriage where you feel extinguished, where you manage daily life without deep joy, you are **loyal to your mother's destiny**. You validate the family belief: "Being a woman means serving, keeping the house, putting up with men's silence, and not asking too much for yourself."

Breaking this pattern (by divorcing, by being happy on your own, or by finding a loving man) would be an unconscious betrayal of the line of women in your family who "held on".

2. Loyalty to the "Unreachable" Father

By choosing a man who denies you access to his heart, you keep trying to "earn" your father's love. The Child within you tells herself: "If I manage to make my husband change, if I manage to make him love me, then I will finally have healed the wound with Daddy."

But it is a battle lost before it begins. You don't heal the past by trying to change the present with the same actors. Your husband is not your father, but you have made him wear the costume. And he plays the role to perfection.

IV. The TCR Matrix: What you vibrate, you create

According to the Theory of Reality Creation, the Universe does not judge. It photocopies your vibration. The "Coders of Reality" are neutral.

- **The Signal (S) you send out:** "I am dependent. I am not worthy of being touched. Love is an illusion or a suffering. I am a victim of authority (husband/father)."
- **The Echo (E) you receive:**
  - A husband who controls you through money (the materialization of your vibration of dependence).
  - A body that closes up or falls ill (the materialization of your refusal to feel).
  - An absence of hugs (the materialization of your belief "I am one too many/rejected").

You say "I'm fighting." But fighting is still being in reaction. It is still giving your power to the other. The opposite of submission is not rebellion (fighting), it is **Sovereignty**.

As long as you vibrate "Lack" (I need him to hug me, I need him to give me money), the Universe sends "Lack" back to you.

The Good News

The good news is that if you are the one who co-created this reality (unconsciously, to validate your wounds), you are the one who has the power to **un-create** it.

Your husband is not the tormentor. He is an actor you hired (vibrationally) to show you precisely where you don't yet love yourself enough to leave or to assert yourself. He shows you your own dependence. He shows you your own silence (which you fill with unspoken expectations).

The path of the relationship, here, is not necessarily about “saving the couple” (which seems extinguished in its current form), but about **saving yourself** from this pattern. About withdrawing your energy from him (stopping waiting for him to change) to bring it back to yourself. Becoming your own Mother (who reassures), your own Father (who provides financial security and protects), and your own Lover (who loves and respects herself).

This is the great challenge of your life, Naya. Moving from the “dependent Twin” to the **Solar and Whole Woman**.

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

My luminous Naya,

We now arrive at the heart of the reactor. So far, we have explored what happened to you (your story) and what you are living (your relationships). But the fundamental question that must be burning on your lips is: “**Why?**”.

Why, when your heart longs so strongly for Love, Joy and Freedom, does your reality still serve you this cold platter of silence and dependence? Is it a punishment? Bad karma? Not at all.

According to the Theory of Reality Creation (TCR), the Universe is a **gigantic photocopier**. It does not judge your desires, it does not sort your requests according to whether they are “good” or “bad”. It simply responds, with mathematical precision, to the Dominant Vibration you emit every second.

The "Coders of Reality" – those invisible agents of the Matrix – do not speak English. They do not understand your words when you say "I want to be free". They scan your frequency. And until now, your frequency was telling another story.

Let us look together, with courage and clarity, at the mechanics of your creation.

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

For a reality to manifest (for example: a loving relationship, financial abundance), the signal you send must be clear, coherent and powerful. Yet in you, there is intense interference between your Conscious Signal and your Unconscious Signal. This is what we call **Vibrational Dissonance**.

1. Your Conscious Signal (What you think you are asking for)

It is the voice of your head, of your adult desires and of your spiritual aspirations.

- "I want to live consciously, with Love."
- "I want to be financially free and develop my massage activities."
- "I want hugs, tenderness, a deep connection."
- "I want to let go and live in the present moment."

If the Universe listened only to that, you would already be living in a golden ashram, surrounded by love and abundance! But this signal is weak. It represents only 5% of your creative power.

2. Your Unconscious Signal (What you truly vibrate)

It is the voice of your wounds, of your inner child and of your cellular memories. It is this signal, 95% powerful, that the Coders of Reality receive 24/7. And it contradicts everything else.

- **The "I am one too many / Illegitimate" Signal:**
  - ■ You were born as a "surprise", a potential disappointment, an undifferentiated twin.
  - ■ **Vibration emitted:** “I don’t really have my place. I must make myself small. I don’t deserve to take up space (neither financial nor emotional). I am a burden.”
  - ■ **Consequence:** The Universe cannot send you abundance (which is a taking of space) if you vibrate an apology for existing.
- **The “Love is Dangerous / Absent” Signal:**
  - ■ Your father didn't touch you, your mother fed you instead of comforting you. Your brother pushed you away in order to grow up.
  - ■ **Vibration emitted:** “True Love is out of reach or painful. Safety means distance. If someone loves me too much, they will abandon me or smother me.”
  - ■ **Consequence:** You attract and maintain a relationship with an “elusive” man because, vibrationally, that is what you know as “safe love.” Your unconscious is afraid of “True Love” (the sacred Us) because it associates it with the twin tearing-apart.
- **The “I am a Dependent Child” Signal:**
  - ■ Your current financial situation (dependence on your husband) and your past (eating to make up for emotion, like a baby with its bottle) keep you in a childlike posture.
  - ■ **Vibration emitted:** “I cannot survive alone. I need a ‘Parent’ (husband) to take care of me, even if that parent is harsh.”
  - ■ **Consequence:** The Universe keeps you in a situation where you have no power, because you are vibrating “incapacity.”

3. The Result: Static Noise

Imagine a radio. You are trying to tune in to the “Love and Joy” station, but your inner dial is stuck on “Fear and Lack.”

The Universe receives: “I want love... BUT I'm afraid of intimacy. I want money... BUT I'm a dependent little girl.”

The result? It sends you a mixed, blurry, blocked reality. An “in-between” reality, where you are neither entirely unhappy (you have security, yoga, the children) nor truly alive. It is a **vibrational waiting room**.

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

This is the hardest step to accept, but it is the key to your liberation. Everything that makes you suffer today is not an injustice. It is an **Echo (E)**. It is neutral, kind feedback from Life telling you: “Look, Naya, this is what you are vibrating.”

Let's look at your three biggest “problems” no longer as enemies, but as faithful messengers.

1. The “Toxic Husband / No Cuddles” Echo

You complain that you haven't had any cuddles since 2014 and that you live with a closed-off man.

- **The Message of the Echo:** This man is the perfect mirror of your own closedness toward yourself.
- Through his silence, he shows you how much you have silenced your own inner Goddess.
- Through his lack of touch, he shows you how much you have deserted your own body (dissociating whenever you are disappointed). How could a man inhabit and cherish your body if you yourself leave it as soon as things get difficult?
- He validates your deep belief (inherited from your father): “Men are cold authority figures who don't give love.” As long as you believe this, the Universe will provide you with the ideal actor to play that role. Your husband deserves an Oscar for his faithfulness to your unconscious script!

2. The “Golden Cage / Financial Dependence” Echo

You feel trapped because you don't create money.

- **The Message of the Echo:** It is the mirror of your personal worth.
- Money is an energy of circulation and of value. If you vibrate “I am one too many” (birth wound), you cannot attract abundance, because abundance is an affirmation: “I am worth it, I deserve.”
- This dependence is also a safety net for your “Child” part. It forces you to stay. If you had the money tomorrow, you would have to own your freedom, leave, and face solitude (your greatest fear, the Abandonment wound). Unconsciously, you block money so you don't have to face the void of freedom. Your lack of money is your protection against the unknown.

3. The “2014 Romantic Illusion” Echo

You went through a “great disappointment” with this other man, a relationship that never became embodied.

- **The Message of the Echo:** It was the test of Grounding.
- You were looking for an “escape” upward, toward the dream, toward ideal fusion (as with your twin). But you were not grounded in your reality.
- The Universe showed you that the “sacred Us” cannot be built on foundations of escape. That relationship didn't last because it was built on the need to be “rescued” from your husband, and not on the sovereignty of two free adults. Its failure sent you violently back to square one so that you would first learn to love yourself, alone, without a crutch.

III. Observation (O): The Lever of Change

Until now, the way you observe your life has, sadly, reinforced the program.

This is the vicious circle of creation by default:

1. You vibrate Lack.
2. The Universe creates a situation of Lack (a cold husband).
3. You Observe (O) this husband and you say: “He's toxic, I'm unhappy, I'm struggling.”

4. By judging and reacting this way, you re-validate the Victim vibration.

5. You send back the signal “I am a victim.”

6. The Universe says: “Okay, sending the next part of the Victim script,” and the situation goes on.

This is what you call “battling.” But battling against the shadow only gives it more importance. You cannot change the image in the mirror by shouting at the mirror. You must change the face that is reflected in it.

The turning point

Fortunately, you have begun to change your Observation.

• You practice Yoga and Meditation: this is beginning to observe the body and silence no longer as enemies, but as resources.

• You talk about “Deprogramming”: you are aware that there is software to change.

• You have done Ho'oponopono: this is the supreme act of taking responsibility. Saying “I'm sorry, Please forgive me, Thank you, I love you” to your memories means you stop blaming your husband or the past, and begin cleaning the inner projector.

True change will begin the day when, facing your silent husband, you no longer say “He is mean/toxic,” but “Look, here is the actor playing my fear of silence. Thank you for showing me that I am still afraid. I take back my power. I no longer need his silence to know who I am.”

The “Good Girl” Trap

Be careful, Naya. There is a subtle trap in your profile: that of the “Good Spiritual Girl.” You listed values such as “Courage, Honesty, Loyalty, Temperance.” You say you are serene and that you savor inner peace.

That is beautiful, but is it entirely true?

Your interview reveals anger (“I battle,” “Toxic”), frustration (“No cuddles”), and sadness (“Disappointments”).

Sometimes spirituality (yoga, silence) is used as a varnish so as not to see the raw anger of the Inner Child.

To change your Signal, you must not “pretend” to be zen. You must accept being human, being angry, having carnal desires, holding a grudge against your parents.

The Universe does not respond to your surface “niceness.” It responds to your Authenticity.

Your mission, in this matrix, is not to become a saint who endures everything with a smile. It is to become a **Creator** who says: “Enough. This reality no longer fits me. I am changing frequency.”

Summary of Part 3

Naya, you are not the victim of your husband, nor of your childhood, nor of your twin.

You are a **Powerful Magician** who did not know it.

Until today, you have used your magic to create a fortress of protection (distance, weight, silence) because your inner little girl was afraid of dying if she exposed herself to love.

It was a perfect creation for survival.

But today, **you want to live**.

You hold all the levers in your hands. The Signal is you. The Echo is your life. The Observation is the way you look.

If you change the way you look, the Echo will change. It is a physical, spiritual and immutable law.

In the fourth and final part, we will move into practice. I will give you the keys of the “Coder” to rewrite, line by line, the program of your destiny. Get ready, because we are going to summon your sovereignty.

Part 4: The Rebirth Protocol - Becoming a Creator

My dear Naya,

Here we are. You have traveled through your origins, you have looked your wounds in the face, and you have understood the relentless mechanics of the Universe, which only ever responds to your vibration. Now the question is no longer “Why am I hurting?” but “**Who do I decide to be?**”.

You are no longer the “surprise” little girl of your childhood. You are no longer the twin abandoned at 11. You are no longer the victim of a silent husband. These costumes are worn out. They itch, they smother your light. It is time to burn them in the fire of consciousness to let emerge the one you have chosen to name **NAYA**.

This name is no accident. It vibrates “Greatness.” It is your soul that has already sent out the signal of what comes next. Here is your sacred protocol to reprogram the Coders of Reality and embody this greatness.

I. The New Positioning (P): The Coronation of the Sovereign

According to the Theory of Reality Creation, to change the Echo (your life), you must radically change the Signal. You cannot “tinker” with the old signal. You must change your vibrational identity.

1. Leaving the Old Identity

Until yesterday, your default identity was:

> ***“I am Brigitte, the twin who was one too many, the one who bothers people, the one who must make herself small to be tolerated, the one who begs cold men for love and depends on them to survive.”***

This identity is a lie. It was built by a child in order to survive. But the child has grown up. Today, this identity creates the “battle” and the exhaustion.

2. Defining the New Identity (Naya)

You must position yourself no longer as the one who waits for love, but as the one who **is** Love. No longer as the one who needs security, but as the one who **generates** security.

Your new **Positioning Mantra** must be repeated, felt, vibrated every morning and every evening, and above all every time fear (panic of rejection or anguish of abandonment) rears its head.

Your Sovereignty Mantra:

> ***"I am NAYA, a Divine Intention, wanted and legitimate by the simple fact of my existence.***
>
> ***I lovingly release the need to be validated by the outside world.***
>
> ***I am the Source of my own security and my own abundance.***
>
> ***I am complete, whole, and I inhabit my body with joy and power.***
>
> ***I am at home here."***

Why this mantra?

- "Desired and legitimate": To heal the birth wound ("the surprise"). You are telling the Universe: "I am no longer a mistake, I am a divine choice."
- "Source of my security": To cut the cord of financial and emotional dependence on the husband/father.
- "I inhabit my body": To counter dissociation and the escape into the mind.

II. The "Confront and Replace" Protocol: Handling the Mirror (The Husband)

This is the hardest exercise, but the most liberating. Your husband is your "Zen Master." He presses exactly where it hurts (rejection, indifference) to force you to heal. As long as you react with "battle" or sadness, you give him your power. You feed him.

Here is how to apply the **Confront & Replace** protocol with him:

Step 1: The Energetic Stop (Stopping the Hemorrhage)

You say this relationship "takes all your energy." That is not true. No one can take your energy without your consent. You are the one giving your energy away by trying to change him, by hoping for a glance, by getting angry at his silence.

- **The Action:** Starting today, you stop waiting. You stop "battling." You withdraw your troops. You resign from your post as "the woman who wants to save the marriage" or "the victim who wants to be recognized."
- Imagine you are unplugging an electrical cord that connected you to him. You bring that energy back to yourself.

Step 2: Changing the Interpretation (Confront)

When he is cold, silent, or distant:

- **Old Reflex (Rejection Wound):** "He doesn't love me, I'm worthless, it's unfair, he's toxic." -> You feel bad, you eat, or you run away.

• **New Reflex (Naya the Observer):** “He is playing his role of the one who flees. That is his own wound. It says nothing about my worth. His silence belongs to him. I leave it with him.”

Step 3: Replacement with Detached Compassion (Replace)

Instead of hatred or submission, you will vibrate **Benevolent Neutrality**.

You look at him like a familiar stranger. You can say to yourself inwardly: “I release you from the obligation to love me the way I would like. I give this love to myself.”

This is what we call “becoming useless” to his neurotic game. If there is no longer a victim across from him crying or screaming, his role of tormentor/persecutor collapses. The game ends for lack of players.

III. Managing the Environment (The Current Echo): Body and Matter

Spirituality is not enough. You must anchor your new vibration in dense matter. You have concrete aspirations: to live consciously, to develop massage, coaching. For that, you have to get out of the “golden cage.”

1. The Body: From Dissociation to Total Embodiment

You tend to “cut off your sensations.” It is your survival mechanism. But you cannot create abundance if you are not in your body. Money and love are earthly energies.

• **The Ritual:** You already practice Yoga. But I am asking you to change the intention. Don't do Yoga to rise up or to escape; do Yoga to **come down**.

• **Exercise:** Every day, place your hands on your belly and on your liver. Speak to your body: “I am here. I am not leaving anymore. Even if it hurts, I stay with you. I allow myself to live all my emotions.”.

• If sadness rises, don't eat. Cry. Scream into a pillow. Let the emotion pass through you. It is the only way to digest stored trauma.

2. Financial Autonomy: The Key to Freedom

You feel economically trapped. It is the echo of your emotional dependence. To heal Abandonment, you must become your own “Nurturing Mother” (the one who fills the fridge).

• **Action:** You are training in massage/coaching. This is vital. Don't see it as a “hobby.” It is your way out.

• **The challenge:** The Universe is waiting for an act of faith. Start monetizing, even in a small way. Every euro you earn by yourself will have a vibrational value a thousand times greater than the money your husband brings home. That money will be charged with your dignity.

• **Money Mantra:** “My service has value. I deserve to be paid for who I am. Abundance is a consequence of my love for myself.”

3. Territory: Creating Your Sanctuary

You live in his home (or in “your” home, but under his control). If you cannot leave right away, you must create a “Naya Territory” inside the house.

• A room, a corner, an armchair that is YOURS. Where you set the rules. Where you feel like a queen. It is symbolic, but crucial for your unconscious. It marks the beginning of reclaiming your vital space.

IV. Healing the Twin: The Inner Marriage

Finally, my sweet one, there is this original wound with Gabriel. You are searching for your lost half. You sought this fusion with your husband (failure), with the lover from 2014 (failure), and perhaps with your children (compensation).

You must understand one absolute spiritual truth: **Your twin is not outside of you.**

What you are looking for is your own inner masculine polarity (your Yang).

• Your **Feminine side (Yin)** is developed: intuition, sensitivity, receptivity, yoga.

• Your **Masculine side (Yang)** is wounded (absent father, rejecting brother). You have projected it onto men.

The purpose of your life is not to find a man who will complete you, but to **become your own man**.

• Your inner Yang must rise up and say: “I will protect you, Naya. I will give you structure. I will go out and get the money. I will set boundaries with those who disrespect you.”

• Once you have activated this Sacred Masculine within you (through action, self-assertion, autonomy), you will no longer need to beg your husband for security. And paradoxically, that is the moment when you will be able to attract, if it is right, a whole man, because you will no longer vibrate the “half” but the whole.

Final Conclusion: The Phoenix Takes Flight

Naya,

You have spent the first part of your life apologizing for being here. Waiting on a station platform for a train (of love, of recognition) to finally stop.

That train will not come from outside. You are the train. You are the tracks. You are the journey.

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

No more interference. No more battle. Make way for Creation.

You carry within you an unsuspected strength. The one that survived the icy silence of childhood, the one that gave life three times, the one that seeks the light through yoga. This strength is your gold.

Do not be afraid of disappointing those who loved you docile and dependent. Do not be afraid of losing what is already dead (an empty relationship). Be afraid of only one thing: missing out on the wonderful woman you are.

Stand up, breathe, anchor yourself in your pelvis, and speak your name with strength.

The world was waiting for you. You are no longer a surprise. You are a Revelation.

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

Alexandre Anatman