Psychological and Vibrational Profile

Complete

For: Sophie L.

By: Alexandre Anatman

Introduction

My dearest Sophie,

It is with infinite gentleness and deep respect for your journey that I speak to you today. As I immersed myself in the lines of your life and listened again to the trembling of your soul during our conversation, I was deeply moved by your silent resilience. You are a survivor, Sophie. A warrior of light who does not yet know it.

You are like a reed that has bent under storms of unimaginable violence – early bereavement, your mother's depression, the loss of your husband – yet has never broken. You carried the world on your shoulders as a child, and then as a woman. This document is not a judgment; it is a sacred mirror. A mirror polished with the wisdom of the teachings on human relationships, the psychology of wounds and the Theory of Reality Creation (TCR).

My aim is to help you see the invisible mechanisms that have woven the fabric of your existence, so that you can finally lay down this burden, pick up the pen again and write the next chapters with sovereignty and joy. You deserve happiness, Sophie. Absolutely and completely.

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

Welcome to this journey into the heart of yourself. To understand the woman you are today – the one who seeks love while being afraid, the one who gives away her power – we must go back to the source, to your "Vibrational Genesis".

I. The Vibrational Genesis and the Initial Positioning

Everything begins with a primordial vibration, that of your arrival in the world and your first years. You were born in 1967, the second of five siblings, the fruit of a mixed-race union between a blonde, green-eyed mother and a father from the West Indies.

- The Context: You have carried duality within you since birth. You told me you "suffered from being different". Very early on, you absorbed the idea that you were "not like the others". But the real vibrational earthquake came when you were 10. The sudden death of your father, Marc, from a cardiac arrest in the middle of the night. That moment froze time.
- The Initial Positioning (P): According to the TCR, this trauma defined your vibrational survival identity. You watched your mother sink (depression, alcohol, a suicide attempt). At 10 years old, little Sophie received this terrible message: "The world is dangerous, the men I love die, and Mom can't protect me."
- The Local Survival Interest: To survive the chaos and the "financial downfall", your unconscious developed a radical strategy: Becoming the Parent of your parents. You took on the role of the "Rescuer". You wanted to "heal your mother", to support your brothers and sisters. You learned to forget yourself to keep the ship afloat. You learned to be "the nice one", the one who makes no noise so as not to add to the drama. This is where, for the first time, you surrendered your sovereignty for the survival of the clan.

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

Your body is the measuring instrument of your vibration. It never lies. During our session, you mentioned very precise sensations that are direct Echoes (E) of your unhealed soul wounds.

- The "Point" in the right lung and the solar plexus:
  - Symbolism: The lungs are the seat of sadness, of unexpressed grief and of the capacity to "take in life" (to inhale). The right side is linked to the father, to action and to authority. The solar plexus is the center of the emotions and of the place we take in the world.
  - Link with the wound: This painful point that "squeezes" you is the crystallized cry of 10-year-old little Sophie. It is the grief for your father that has remained stuck. You could not fall apart because you had to hold your mother up. This blockage also tells of your difficulty breathing for yourself, existing outside the role of supporter. It is the suffocation of your own needs.
- The Stiffness of the body (mentioned during yoga):
  - Symbolism: Physical stiffness is often the reflection of mental rigidity, of a need for control in order to protect oneself. It is armor.

○ Link with the wound: It is the breastplate you had to forge to get through the violence (your father's slaps, the violence of your mother's partners) and the insecurity. If you let go, you are afraid of collapsing. Your body "holds on" because your mind believes it is still in danger of death or abandonment.

III. The Family Constellation: The Source of the Masks

Your parents and those around you were the first actors in your psychological games.

● The Father (Marc): He is the figure of lost love and feared authority. You loved him, you would "pull out his white hairs", but he could be violent (the slaps). His death left you with a feeling of total injustice and an abyssal void. He encoded in you the belief: "The men I love abandon me brutally". This is the foundation of your fear of future commitment.

● The Mother: She embodies the wound of Abandonment and of Humiliation. By sinking into alcohol and depression, by attempting suicide (a traumatic scene in which you found her "dead" at 14), she abandoned you twice over. She could not be your refuge. On the contrary, she became your burden. Her withdrawal reflected back to you the image that you were not important enough for her to stay "alive" and present for you.

● The Cousin (The abuse): This episode of sexual touching around the age of 5-7 in the stable is fundamental. It imprinted a sense of defilement, shame (the Wound of Humiliation) and a loss of bodily boundaries. You learned that your body could be an object for someone else's desire, reinforcing a vulnerability to predatory men.

IV. Synthesis of the Active Wounds (Lise Bourbeau)

Here is the precise map of your wounds. This is crucial, Sophie, because it is through these filters that you look at your love relationships today.

● DOMINANT WOUND: ABANDONMENT

○ Activated by: The sudden death of your father, your mother's depression, and later on, the death of your husband.

○ Your Mask: The Dependent.

○ Typical behavior: My sweet Sophie, it is this mask that makes you say "I can't decide on my own", "I ask my son's opinion about my sweetheart". The Dependent has a panicked fear of loneliness and constantly seeks outside support. You merged with your brother Thomas, then with your husband who "decided everything", and today you risk merging with your son. You are looking for a "Rescuer" or a protector so as not to relive the terrifying void of when you were 10. You believe you cannot stand on your own two feet.

● SECONDARY WOUND: HUMILIATION

○ Activated by: The social "downfall" after your father's death, your alcoholic mother, your cousin's abuse, and the fact of having attracted men who "took your money".

○ Your Mask: The Masochist.

○ Typical behavior: It is the part of you that sacrifices itself. The one who played the "Rescuer" of her mother to her own detriment. The one who feels guilty about "losing money" or not succeeding. The Masochist unconsciously arranges to end up in situations where it endures, where it gets

"had" (by partners who take your time and your money), to confirm that it does not deserve happiness. It is a form of unconscious self-punishment.

- TERTIARY WOUND: REJECTION
  - Triggered by: Your difference (being mixed-race), your older sister's jealousy, your mother's emotional unavailability.
  - Your Mask: The Withdrawer.
  - Typical behaviour: You learned to make yourself "very small" so you wouldn't get slapped, so you wouldn't be a bother. Today, this shows up as a difficulty asserting yourself, saying "I WANT". You prefer to withdraw or stay alone rather than risk being rejected again.

Sophie, this portrait may feel heavy, but it is the first step towards liberation. You are NOT these wounds. You are the magnificent consciousness that survived all of this. These masks allowed you to survive until today. But they have become too small for the woman you are ready to become.

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

My sweet Sophie,

If the first part of our journey was about exploring the foundations of your being, this second stage invites us to enter the sacred and sometimes painful dance of your relationships. As the Theory of Reality Creation (TCR) teaches us, the Other is never a casting mistake. The Other is a messenger. They are the precise mirror, sometimes magnifying, sometimes distorting, of what is secretly vibrating within us.

Your romantic and family relationships are not failures, Sophie. They are your soul's courageous attempts to solve the impossible equation of your childhood: "How can I be loved without disappearing? How can I be safe without being submissive?".

Let's dive together, with kindness, into these invisible mechanisms to give you back the keys to your relational sovereignty.

I. The "Refuge" Relationship: The Protective Marriage (The Past)

Let's begin with this structuring relationship that lasted 15 years with your husband, this "protective" man who made you feel "safe". After the emotional chaos of your childhood (your father's sudden death, your mother's depression), it is entirely logical that your being sought calm, solidity, a rampart.

- The Dynamic (Transactional Analysis): The Parent and the Child

In this union, you unconsciously replayed a very classic but unbalanced transaction described by Eric Berne. Your husband held the position of the Controlling and Nurturing Parent (the one who knows, who decides, who protects), while you slipped into the role of the Submissive Adapted Child.

You say it yourself with touching honesty: "He was the one who decided. I went along. I had disappeared.". You traded your identity for security. It was a survival pact: "I leave you the power, and in exchange, you promise me that I won't die, that I won't be alone, that I won't be responsible."

- The Psychological Game: "The Golden Cage"

Without knowing it, you played a game in which each of you got something out of it (the famous "secondary gain").

  - For him: It perhaps fed a need for control or importance (the Controller mask).
  - For you: It soothed your Fear of making mistakes. If the other decides, you can't be wrong. If you don't decide, you're not to blame. It was a powerful anaesthetic against the anguish of living. But the cost was exorbitant: forgetting the Sacred Woman within you.

II. The Fusional "Mother-Son" Relationship: The Unconscious Substitute

This is where, Sophie, I invite you to breathe deeply. We are touching a sensitive nerve, perhaps the most important point of your current profile. Your relationship with your 26-year-old son.

You describe a "fusional" bond, a "mutual support". But in reality, vibrationally, something very heavy happened for both of you: Your son took the energetic place of the Spouse.

- Inverted Authority

You confided in me that you need your future sweetheart to "please your son" to keep the family together, even going as far as feeling that your son has "authority" over you.

That's the world turned upside down, my beautiful soul!

In Transactional Analysis, you are placing yourself here as the Child seeking validation from their Parent (your son). You handed him the sceptre of your power. Why? Because the void left by your husband (and your father) was too frightening. Your son, out of loyalty and love, filled that void. He became his mum's "Knight in Shining Armour".

- The Game: "If It Weren't for You..." (Variant)

There is a risk of a subtle psychological game here. As long as you tell yourself "I have to wait for my son to approve", you have a perfect excuse not to truly commit elsewhere. You are unconsciously using your son as a shield against the romantic intimacy that frightens you.

    - Hidden gain: It protects you from the risk of being abandoned by a man (since your son, at least, is there) and it spares you from taking on your responsibilities as an adult woman. It is a form of invisible loyalty to your fear.

III. The "Mirrors of Pain" Relationships: The Recent Encounters

You mentioned "awful" recent relationships, men who took your money or your time, and a last relationship in which you accepted being with someone who "didn't love you".

- The Law of Vibration (TCR)

Why do you attract this, Sophie? It is a universal law: We don't attract what we want, we attract what we ARE (vibrationally).

If you vibrate the belief "I don't deserve to be happy" and "I am a little girl who needs to be saved", you will attract two types of predatory or dysfunctional profiles:

    - The toxic "Rescuer": The one who takes power (like your husband, but perhaps with less kindness) and who ends up becoming a Persecutor (Controller).

    - The "Vampire": The one who senses your weak spot (Humiliation/Masochist Wound) and comes to "take" (money, energy) because you don't know how to set boundaries. Your inner door is open to every wind because you haven't posted the guardian of "No".

- The Psychological Game: "Kick Me" (Kick Me)

Eric Berne describes this tragic game in which a person wears an invisible sign on their back saying "I'm worthless, hit me".

By accepting a relationship with a man who didn't love you enough, you validated your Rejection wound. You replayed the script of your childhood: "I settle for crumbs so as not to be alone." You preferred the familiar suffering (being poorly loved) to the terrifying unknown (being alone and sovereign).

This is the Abandonment Wound screaming here: "Anyone rather than the void!".

- The Karpman Drama Triangle

You keep circling inside this cursed triangle:

  - Victim: "I attracted partners who took a lot from me...". You endure life, you endure men, you endure death.
  - Rescuer: You wanted to save your mother, your brothers. Today, you may be trying to "save" the harmony with your son at the cost of your happiness as a woman.
  - Persecutor (towards yourself): You judge yourself harshly, you feel guilty about "losing money", you stop yourself from living.

IV. The Patterns of Escape and Self-Sabotage

Why these repetitions, Sophie? Why this difficulty in "taking the step" of commitment?

- The Fear of Making Mistakes as Paralysis

You said it yourself: "I'm afraid of making mistakes, of choosing wrong, of suffering again". This fear is the voice of the wounded Child within you. The adult knows that a mistake is an experience. The traumatized child believes that a mistake is fatal (like Daddy's death, perceived as a mistake of fate).

So as not to get it wrong, you don't choose. Or you choose impossible situations (unsuitable men) to prove that "it doesn't work". It's brilliant self-sabotage to stay in your comfort zone, which is in reality a familiar zone of suffering.

- The Identification with the "Little Girl"

This is the heart of the problem. Vibrationally, you don't present yourself to the world as a 58-year-old Woman, rich in her experience, her survival, her mixed-race beauty. You present yourself as the little 10-year-old orphan waiting for someone to take her hand.

Yet a little girl has no fulfilled sexuality, no thriving bank account, and no equal husband. She has parents. As long as you vibrate "the child", you will not attract a Partner, but Guardians.

- The Belief: "Love is a Loss"

Your unconscious has made a terrible association: Love = Death/Abandonment.
You loved your father -> He died.
You loved your mother -> She "died" psychically (depression/alcohol).
You loved your husband -> He died.
So a part of you screams: "Don't get attached! If you truly love, they will die or leave."

That is why you sabotage, or why you choose men with whom it can't work. It's an ultimate protection against grief. You prefer failure to loss.

V. Summary of the Analysis

Sophie, look at this picture with compassion. It isn't "you". It's your survival software.

You have built a fortress whose walls are made of dependence (on your son, on protective men) and escape (self-effacement). But inside this fortress, the Queen is still asleep.

You don't have "relationship blocks" because you are defective. You have these blocks because you are trying to drive your adult life with the GPS of a terrified 10-year-old child. This GPS always points you to the "Safety / Submission" route, while your soul wants to take the "Freedom / Love" route.

The work we are going to do is to thank the little girl for holding on, and to tell her gently: "Now it's me, the Grown-up Sophie, the Sacred Woman, who takes the wheel. You can go and play in the back, I've got this."

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

My dear Sophie,

We now arrive at the core of the reactor. If the previous parts allowed you to understand who you have been (the wounded child) and how you have interacted (the psychological games), this third part will explain to you why your life looks the way it does today.

According to the Theory of Reality Creation (TCR), you are not a victim of fate, nor of "bad luck", nor even of the "awful" men you have crossed paths with. You are a Powerful Creator. A White Witch who doesn't know she is one and who, until now, has been using her magic wand backwards.

The Universe is a gigantic vibrational photocopier. It does not judge. It does not decide for you. It simply responds, with mathematical precision, to the silent instructions you send it every second. These instructions are transmitted by neutral agents we call the "Coders of Reality".

Let's look together at the source code of your current reality.

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

Everything starts with you. You are a transmitting antenna. At every moment, you send a Signal (S) into the quantum field. This signal is made up of your thoughts, but above all of your emotions and your deep beliefs. The problem, Sophie, is that you are broadcasting on two contradictory frequencies at the same time. This is what we call Interference.

- Your Conscious Signal (What you ask for with your head):

It is the voice of the 58-year-old woman who wants to live. You expressed it clearly: "I dream of living by the sea, having a house, a harmonious love relationship and a fulfilling professional activity". You are asking for joy, love, abundance. It is a pure, luminous and legitimate intention.

- Your Unconscious Signal (What you vibrate with your gut):

This is where it gets stuck. It is the "background noise" generated by your unhealed wounds. It is a much more powerful signal because it is charged with the fear of the 10-year-old child.

What do the Coders of Reality say when they scan your deep vibration? They hear this:

  - "I don't deserve to be happy".
  - "I am guilty of having lost money and of not earning any".
  - "I am not sovereign, I must ask permission (from my son, from others) to love".
  - "Love is dangerous, those I love die or abandon me".
  - "I am a little girl who needs a guardian to decide".

- The Result: The Creative Cacophony

Imagine you are ordering a meal at the restaurant of the Universe. The waiter (the Coders) arrives.

You say out loud: "I want great love!".
But your body screams in silence: "Absolutely not! It's dangerous! I'm not capable! I want a daddy!".

The waiter is confused. So he brings you a "scrambled" dish: Men who are there... but not really there. Relationships that begin... but never commit. Situations where you are "almost" happy, but where you end up feeling alone and abandoned.

This is not a punishment, Sophie. It is a faithful response to your ambivalence: "I want it, but I'm afraid."

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

In the TCR, what you experience is never the result of chance. It is an Echo (E). It is the physical materialization of your Signal. Your current circumstances are giant billboards telling you: "Look at what you are vibrating!".

Let's analyze your main Echoes to decode the message:

- The Relational Echo: "Awful" or Unavailable Men

You wonder why you are alone or why you attract men who take your energy and your money.

It is the direct Echo of your Humiliation Wound (Masochist) and your lack of Self-Love.

If you vibrate "I am worth nothing" or "I have to pay to be loved", the Coders of Reality send you actors (partners) who will play the perfect role to validate this belief. They will treat you like "nothing" or like a bank. They are not the cause of your unhappiness, they are the proof of your inner lack of self-love. You agreed to be with someone who didn't love you because your signal said: "I'll settle for little". The Universe served you "little".

- The Family Echo: Your Son's Authority

This is the most fascinating and most revealing Echo. You feel that your son has authority over you, that you have to wait for his approval to choose a sweetheart.

It is the perfect Echo of your vibration "I am a child".

Nature abhors a vacuum. If you resign from your post as "Adult Mother" and "Sovereign Woman", the position is open. Your son, out of love and out of energetic necessity, has taken the vacant post of "Head of the Family / Parent". He mirrors back to you your own lack of positioning. He doesn't necessarily want to decide for you, but your vibration of submission forces him to. It is an implacable vibrational geometry: faced with a child's energy, a parent's energy takes shape.

- The Financial and Professional Echo

You talk about "financial blocks" and guilt. You say you went into a "downward spiral" after your father's death.

Money is an energy of life and of value. If you vibrate guilt (which is an energy of closing and punishment) and the fear of lack (inherited from the situation of your widowed mother), you block the flow. The Echo is immediate: survival jobs,

fixed-term contracts, difficulty prospering. You create scarcity to stay loyal to the family story of "the woman alone who struggles".

III. Observation (O): The Lever of Change (or the Trap)

This is where everything is decided, Sophie. This is where you have the power to change everything or to start everything over exactly the same way.

Observation (O) is the way you look at your Echo (your current life).

- The Trap of Reactive Observation (The Vicious Circle)

Until now, you observed your life telling yourself: "Look, I'm alone again. Men are useless. I'm desperate".

By doing this, you validate the Echo. You tell the Coders: "Yes, this really is reality, I'm sure of it."

You judge yourself, you feel like a victim ("I lived my difference badly", "I attracted partners who took from me..."). This observation, charged with negative emotions (sadness, powerlessness), sends out a new Signal identical to the previous one.

Victim signal -> Victim echo -> Observation "I am a victim" -> Reinforced victim signal. This is the infernal loop.

- The Miracle of Conscious Observation (The Lever)

But during our session, something magical happened. You began to see the mechanism.

When you said: "I lovingly release the programs that give my power to others", you stopped the wheel.

Conscious Observation means looking at your Echo (your loneliness, your son making the decisions) and saying: "Ah! Interesting. This is not fate. It's just the result of my old little-girl vibration. I see that I gave away my power. OK. I don't judge myself. I simply see the programming error."

The moment you stop believing that your son has authority and realize that you are the one who gave it to him, you take back the controls. You go from stowaway to pilot.

IV. Reprogramming: Becoming the Architect

Do you understand now, my sweet Sophie?

The Coders of Reality are not your enemies. They are zealous servants. They are simply waiting for new, clear instructions. They are not waiting for you to "heal" everything perfectly before changing your reality. They are waiting for you to change frequency.

For now, your frequency is tuned to "Radio Nostalgia-Suffering 101.5". You listen on repeat to the hits "Daddy Left", "Mommy Is Sad" and "I Don't Know How to Decide".

You have the right, this very second, to turn the dial to "Radio Sovereign-Solar 88.8".

The secret is to understand that identity precedes reality.

You don't wait to have a sweetheart to feel loved. You feel yourself as Love, and the sweetheart appears as an Echo.

You don't wait for your son to give you permission. You give yourself permission, and your son goes back to his place as a son.

You don't wait to have money in order to feel worthy. You feel Worthy, and abundance follows.

It is a complete reversal of perspective. It is dizzying, I know. It takes courage, the courage to let go of the reassuring but limiting hand of the past and leap into the void of your own power. But you have this strength within you. I felt it. It is there, beneath the layer of dust of resignation.

In the final part, we will write together the precise protocol, step by step, to send this new Signal to the Coders and watch your life transform before your wondering eyes.

Part 4: The Rebirth Protocol - Becoming a Sovereign Creator

My very dear Sophie,

Here we are. You have travelled through the layers of your past, you have looked squarely at the wounds of the little 10-year-old girl, and you have decoded the unconscious games that kept you in survival mode. What you have accomplished is a titanic work.

Now, it is no longer about "understanding". It is about becoming.

You are no longer the victim of a default program inherited from a bereavement and a mother's depression. You are the Architect of your reality. The Coders of Reality are waiting, fingers on the keyboard, ready to receive your new commands.

Here is your Rebirth Protocol. It does not ask for effort, it asks for Presence. It asks you to shift from "Reaction" mode (enduring the Echo) to "Creation" mode (emitting the Signal).

I. The New Positioning (P): Changing Your Vibrational Identity

To change your life, you must change "character". Until now, you have been playing the role of "The Devoted Survivor". That role is over. The curtain has fallen.

You are now going to put on the costume of "The Solar Queen".

- The Old Identity (To be thanked and dissolved):

"I am Sophie, the one who lost her daddy and her husband, the one who has to carry her mother, the one who is afraid of being a bother, the one who asks her son's opinion in order to exist, the one who feels guilty for not earning enough money."

This identity vibrates with Lack and Fear. It attracts "guardians" and "thieves".

- The New Identity (To embody starting this morning):

"I am Sophie, a Sacred and Sovereign Woman. I am rich with my mixed heritage. I am the source of my own security. I need no one in order to breathe. I love and I am loved for my Light, not for my sacrifices. I deserve Abundance because I am a divine being."

- Your Reprogramming Mantra:

Repeat this sentence every morning, placing your hand on that painful spot in your chest, to transform it into a hearth of love:

"I release the past. I take back my Sceptre. I am whole, I am worthy, I am the Creator of my joy. The Universe supports me because I support myself."

II. Relational Protocol: Cutting the Ties of Dependency (Especially with Your Son)

This is the most crucial step for unblocking your love life. You must free your son from his role of "Substitute Husband" and "Parent". It is an act of pure love, for him and for you.

- The Magical Act of Restitution

I invite you to perform a symbolic ritual (or a real one if it feels right to you). Visualize your son in front of you.

Say to him inwardly:

"My darling son, I love you infinitely. For a long time, I was afraid and I let you carry the weight of my security. I asked you to validate my choices. It was too heavy for you. Today, I take back my power. I am your Mum, you are my Son. You are not my guardian, nor my judge. I give you back your freedom to simply be my child. And I take back my freedom as a Woman."

- The Daily Practice: The "Stop Validation"

Starting today, commit to no longer asking his opinion on your personal choices (love, clothing, leisure) for 21 days.

If you feel like doing something, do it. If you meet a man, live your story without seeking your son's approval.

If your son gives you his opinion without you asking for it, answer gently but firmly: "Thank you, sweetheart, I hear your point of view, but this is my life as a woman and I know what is good for me."

You will feel some resistance (the fear of abandonment), but above all you will feel a new power rising in your belly. It is your sovereignty coming back.

III. "Confront and Replace" Protocol: Managing Residual Emotions

Your body has memorized 58 years of tension. The spot in your lung/solar plexus will try to remind you of its presence. That is normal. Don't fight it.

- When Anxiety or Physical Pain resurfaces:

1. Confront (Welcome): Don't run away. Don't tell yourself "Here it goes again". Stop. Place your hand on the area. Say: "I feel you. I know you are the little 10-year-old girl who is afraid that daddy is dead. I am here now."

2. Replace: Breathe golden light into this area. Imagine that you are "breathing in" your own power. Say: "It's over. We are safe. I am alive. I breathe for myself." Transform the compression into expansion. Imagine your lungs opening like wings.

- Facing the "Ghosts" of Your Exes (and of the Cousin):

If you think back to the men who "took" from you or humiliated you.

Don't replay the scene as a victim. Replay the scene as a Queen.

Visualize yourself facing them, immense, radiant. Say to them: "Thank you for the lesson. You showed me what I no longer want. I take back my energy, I take back my money (symbolically), I take back my dignity. You no longer have access to my temple. Get out."

Close the door. Lock it.

IV. Managing Your Environment and Abundance (Career and Money)

You said you wanted a "fulfilling activity" and to stop feeling guilty about money.

Guilt is a poison that says "I don't deserve it".

Money is an energy of love and life.

- Changing Your Belief About Money:

Your mother went through a "downfall". You associated "Losing a man = Poverty".

You are going to separate the two. Money does not come from men. Money comes from your ability to offer your value to the world.

Look at your path: you sold encyclopedias door to door! You were a real estate agent! You have an incredible sales and people strength.

Stop seeing yourself as a "just-for-the-paycheck employee". See yourself as a Bringer of Solutions.

Starting tomorrow, at work, even if it's just a job to pay the bills, do it like a Queen. Put love into your gestures. Not for the boss, but for yourself. By vibrating "Excellence", you will attract a professional opportunity that matches Excellence. The Universe cannot send a dream job to someone who vibrates drudgery.

V. Creative Visualization: The House by the Sea

This is your "Lighthouse". It is the clear Signal we are going to send.

Every evening, before you fall asleep (the moment when the unconscious is wide open), take this journey:

- Smell the scent of the sea air. Hear the sound of the waves.
- See your house. It is bright, open.
- See yourself inside. You are not alone, waiting. You are busy, joyful, you paint, you write, you dance. You are complete.
- And in this setting, see a masculine figure approaching. He is not there to save you. He is there to share. He is solid, but so are you. You are two pillars holding up the same roof.
- Feel the gratitude as if it were already here. "Thank you for this magnificent life".

Final Conclusion

My dear Sophie,

You spent the first half of your life surviving loss. You were your mother's pillar, your husband's refuge, your son's support. You were admirable.

But that era is over.

You are entering the Era of Celebration.

The 10-year-old orphaned little girl is far behind you. You are a 58-year-old Woman, beautiful, alive, free. Your father and your husband, from the other side of the veil, want only one thing: to see you smile. They don't want you to wear mourning like armor. They want you to live.

The Coders of Reality have received your new message. They are erasing the lines "Victim" and "Loneliness". They are writing in golden letters: "SOPHIE: SOVEREIGN, LOVED, ABUNDANT".

Don't be afraid to shine. Don't be afraid to say NO to your son so you can say YES to your life. Don't be afraid of Love, because this time, you won't wait for it like a lifebuoy, you will welcome it like the cherry on the cake of your already complete happiness.

I believe in you, Sophie. Your soul is ready.

Lift your head, breathe deeply into your lungs (without pain this time), and walk toward the sea. It is waiting for you.

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

Alexandre Anatman