

22.5.24

Rebecca Valades.

Not great.

Got a fine - traffic offence. 1pt + \$130

WISE 2 - messy cable

Safe to say

I feel like this is how I've been.

literally how I've been

A lot of confusion

Different aspects

curly, straight, colour

Curly ones think more - more difficult
more delicate

Straight ones

intertwined & difficult one

DH colours - diff feelings

Yellow = happy but only 2 + to one side

Green = earth, nature can ground us

only one on its own. so v. weak in its
purpose

Red/pink = dominant; so much chaos

Trauma; red; stop sign; caution

Blue = mellow; b/w happiness & red

v. hidden; have to pay attn to pick them up

Not as evident

Outside of a home. a blanket = warming

whoever living there

They're trapped in there

Elect. danger

DANGER - whole picture ^{rolling} appears

Telegraph pole - a cross. A lot going on around
world; choke holding everything

Blue - sorrow & healing

Green - just the 1 - world doesn't care about

Red - trauma ^{representing} the lack of importance ^{nature}

Greed, money, power, war (Red) (2)
Blue - healing; trying to fix / make a difference but
overpowered by congestion of ones dominating it.

Holding strong to pole (? yellow)

Happiness is at its' closest (to faith)
all the reddish one

Blue - trying to get there & green but cut off / interrupted
by man of the red.

Family in that house highly affected by it.

A home & family - what they've created.

There's faith there

But so much turmoil & not a peace - diving to
earth & another nature + Blue (faith + peace)

Blue - barely visible

Screams Chaos - spiritual or unstable.

My state of mind

- moments of happiness - my kids keep me in
higher situation; strong hold; keep me grounded.

Antidote my negative feelings

Kids are the yellow

Blue - everyone looking after me - my Ki
Counsellors, physio, Ki

Green - I can feel that; earth - is little done.

Everything else - chaos.

What happened to me; daughter; fallen velvet in
friends & family; work cover

Chaos tangles the rest of the.

If could remove the curly ones,

The dominance sends it into chaos.

(3)

EXP.

Head - like the image; tangled; where do I start?
I'd rather cut it + pull apart
Mind - overload; can't undo
Time I'd waste + won't get it done
will make mistakes + might make mistakes tighter
Can't fix it; just leave it

⇒ Anxious; overwhelmed

Pami; when I want to fix this?

things pile up (eg ironing)

f: I can't breathe; breathless; as if

Someone presses chest + not allowing me to breathe
suffocation

not bag over head

I feel helpless; I've made the wrong decision - can't
get out; tied up; can't get self out of situation
R: I give up.

Pami attacks consume me. I allow myself to
overcome me.

R: helplessness. want to do it but don't as

overpowering; easy to say "I fight back +
untangle, but I feel overwhelming + weak;

(Family breakdowns - M^o; 50)

don't have pushing power to fight

? opp of picture

- the black lines. straight

Bad; power; greed; wanting to dominate;

getting away in it. better things are struggling
wiggly ones are the soldiers. keeping bad guys -
business

? opp. chaos

? has it ever existed?

My life in '90s; not aware of what going on in
world.

Innocence = the world; don't know what going on.
1st born & taught to hunt
Born & taught love, or hate & strength & courage

Innocence

- love, kindness
- starting from scratch
- cleansed

+

I need recovery & interventions to get better.

Innocence of not knowing the danger
in life

- not knowing
- unaware