

14.8.24

Right side

Rebecca Valade ①

Started drawing

- just the roots: the root of happiness; evil; destruction
where things begin

Not that it's empty; but that it's calm; normality,
roots are flowing; no disturbance; in it wave

Trunk of tree shoots off

I'm the trunk; firm & able to hold up everything (my kids)

One branch is my kids

Son - I do have concerns for him; trying to have more
strand for him to hang on

Middle branch - my daughter; a lot of petals off her;
chaos; a lot happening to her; issues; losing motivation &
her flower drops are falling; loss of nourishment

Dropping on roots, re-feeding her to keep nourishing her
To be strong as a man

Her sadness nourishing me to maintain a strong centre

Youngest one - little one; she's on the branch but circle
around; the lake; not tainted; untouched; innocent; pure
Ring of protection; her own bubble.

Sun represents this is my light; brings the light I have
something to live for; got to be responsible for; nourish

Left side

Dark; dark side; things that have affected me.

Kids shielded from that. Keep it to one side.

Centre - circle - hole; emptiness; helplessness.

Trunk is my core & the hole is in middle & still
affect

Learned a gap from being able to prevent the way I want.
over protection

Void haven't closed through healing

It's lot going on. RESTRICTION; CONSTRICTING.

1 Kt side

air oxygen; can breathe

1 Lt - I feel v. closed in; like being filled in too

CONSTRAINED from empowerment what could be capable of

Trying to claw out to the ground to be stable; rather than come up to topple

Core - overwhelming shadowing as bad things still have a bad hold.

Branches - so many

- kids
- safety
- society
- lack of law & order
- judges so lenient
- criminals out there
- I have to be the one to protect my children - have to watch them 24/7.

A strangulation

I strangle myself - them.

1 Lt - clenched fist; as a lead

parenting - like a highway; cluttered it neg thoughts shoulda coulda woulda

Backed into a corner (on left) a blockage.

A wall

I hide all that; in the shadows; out of sight to world.

Civile - a portal into my world.
allow others in

Probation officer - left hand.

Magistrate - v. validating. Said kid had been severely bullied & went to police school H & not responded.

All that is in the image

Exp the maze

- a pause

Stagnant of everything / expressed about maze
not good nor bad; idle
uncertainty

Neutral not going forward

protective

scared

Deep down

In the hole / portal; deep in there, never ending spiral
& funnel like on top of tornado

Still chaos; debris

Surface; idling; passive

Then ~~back~~; chaos.

World out there is BTD; do things my way (tell kids)

Mum doesn't do well in evil

no ability to control what goes on out house - can't
control what happens in house.

→ Smother them.

That's the center; the hole; the spinning; the abyss.
~~done~~ about future

Exp of abyss

taken my ... vertigo; can't control it; room spinning
want to get off but none there

pressed up against something solid
no control

Something controlling me

Fear; doubt.

Fear height

Project fear onto kids;

Internal but make it external.

Twilight - invisible shield for loved ones

S: tight

head - pressure as if headache; can't concentrate.

Chest - gasping; can't breathe; I need air
suffocating;

Stomach - shooting pain. turning; twisting; poking; messy
② vomit

tight; no room to act; in the chaos
all parts not responding

Someone's taken the wheel; taken my ability to have control.
No control. Scary.

Opposite S

Breathing, still

Surroundings going fast; chaos but I'm calm.

Let everything pass

Not being pulled in any direction
air flowing quickly

Reflections

I feel lighter; breezy; mind is calm.

But head feels heavy as released shoulders.

Nerve block - Friday
anxious about G/A.