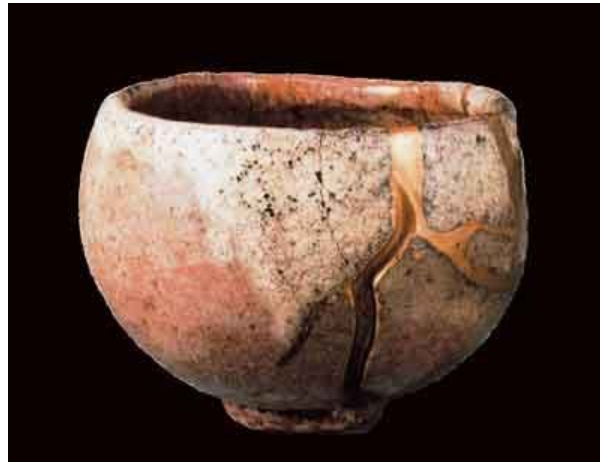


**“Feeling Good”**  
with host Marisa Calvi  
**“Aspects and Integration”**  
with guests Norma Delaney and Garret Annofsky  
March 14, 2014



*Kintsugi is the ancient Japanese method of repairing broken pottery.  
The repairs are highlighted with gold as the cracks  
are seen as a beautiful part of the pottery's history.*

This channel was originally broadcast  
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MARISA: Hello to you wherever you are tuned in from. This is the Awakening Zone, the awesome Internet radio network for the new consciousness. My name is Marisa Calvi. I'm coming to you from a glorious autumn morning in Sydney, Australia, and this is a show I call "Feeling Good," which is all about celebrating life in the New Energy, celebrating life as creative, celebrating life here in joy and wonder and ease and grace.

If you are tuned in over at Blog Talk Radio, I would love to invite you to come over and check out the Awakening Zone. It's at awakeningzone.com. I've got a chatroom going, so you can ask questions through there or you can chat to other likeminded people who are tuned into the same show. We have a whole heap of great shows from all over the world, and they're live as well as being archived. So you can come over and dive in and explore a whole universe of great shows to support you in your awakening. And, of course, we will be taking questions today later on, but we'll get to that a little bit later.

Now, normally, this is the spot where I would do some breathing. But I'm going to skip that today, because I'm so excited because I have two Masters of new breath here as guests on my show today, and they've graciously accepted to do that breathing once I've introduced them.

So where the hell do I start at introducing Norma and Garret. They are two of my most profound teachers in this life, as they have been and are to many, many people. They have been doing remarkable work together, all centered around the simplicity of the breath and the grandeur of living with your soul. They have traveled the world sharing their experiences and teaching their workshops, and Norma and Garret are also Awakening Zone hosts broadcasting a show each month from their home in Colorado.

I could tell you so much more, but I'd rather spend the time having you listen to their wisdom directly. So with a great big deep conscious breath of gratitude, please join me in welcoming Norma and Garret to the show today. So hello guys all the way from over there in beautiful Colorado.

NORMA: Hello. Thank you so much for inviting us to be with you. Truly, it is our joy. We've been looking forward to this. The bubbles of champagne in your voice are just celebration in itself. But what a treat. Special treat for us.

MARISA: Thank you so much. Now, Garret, while he's here and we've got his wonderful presence, he won't be talking so much today. So we'll just be having Norma's voice with

us. But Garret is sitting right there with you with the puppy dogs. So your whole beautiful little family of teachers is there with us today.

NORMA: Yep! (she chuckles) The whole gang of us are right here! Yes. Yes.

MARISA: So, it's wonderful. So thank you so much.

Now, the theme of today's show was, because you guys do so much work with this as well, and it's something that so many people going through awakening and inviting their enlightenment in is all about aspects and integration. And I've kind of found, well, first of all, I'm going to be open with you. This is a bit self-indulgent, because I want clarity around these terms, and I think there are a lot of people who would love it as well. And we were chatting just before and I said, "I really feel that aspects and integration, they've become a little bit of platitudes and buzz words, and we've kind of lost what they truly are with our awakening and with our enlightenment." So today we're going to get back to the absolute basics of what they are with Norma and Garret. So Norma, let's start off with what is an aspect?

NORMA: I love to call them leftovers. I know that they truly are. They truly are. I have discovered in a very lighthearted way, when we are a child starting out in this wild thing called being a human, life seems so daunting, so big. It's like, wow, that's too big to deal with. So out of loving compassion, your soul says, "We'll wrap that up in a package, put it in your refrigerator of life and save it for later." And when you are older and wiser, soul knows that we can awaken that piece of treat that you put away, and she will assist in the integration of it, which in turn, sets you free to be the authentic you.

So how's that for a bit of a humorous, I think, way to consider what is an aspect.

MARISA: That is wonderful.

NORMA: Because child – and the fun thing is, you know, the child believes I know what it is and I can do it! And soul lovingly, compassionately, who's right there says, "Eh, we'll have the fullness, the wisdom of it a little later." And we create them.

You know, I really came to discover having worked with so many multiples that an aspect is created because the human does not have the skills, the wisdom, the ability to cope with life. So we really do have the love of our soul who says, "We'll put that away for now and we'll deal with it later." I see it over and over as one of the most compassionate gifts from our soul so that we can launch into the journey of becoming a human. I have had such appreciation working with people who've been abused, people who are multiples, people who have had very giant struggles early in life.

So I let them be simple, let them be easy. Just put it away for another day. And through breath and through compassion, the soul is very clear, "Oh! This human is available now to start the awakening, the integrating and all of this." And so then the

fun really begins, because people are always telling me, "Oh, I know very clearly why I'm doing this!" And we have some interesting discussions to see why you are still at this age enjoying sitting on the floor playing with crayons. I am not joking.

But when we add the humor that soul lovingly brings, we can begin to investigate how I am distracted, manipulated and sold on an idea that in truth might not be the wisest choice for the adult I am today. Would you like to make a comment?

MARISA: You know, the next question I had about was why do we create them? But you pretty much answered that. It's just when things just get too difficult and confronting, that we just close a little part of ourselves off.

NORMA: That's it! That's it!

MARISA: So it doesn't feel the hurt so much.

NORMA: That's it! That's it! It is ...

MARISA: The next part of it was, you know, I was going to say why did we create a dimension to come and play in that was so difficult that we even had to do that? And I think you kind of answered it a little bit in that, well, this is how we were able to throw ourselves into the depths of experience.

NORMA: Exactly. And since most people live with parents or other adults in their early years, the adults are being so loving – "I have to teach my child the rules. Be sure you eat with your mouth closed. Be sure you don't spill your food. Be sure you ..." And so they are so busy training the child. The child in a way seems to forget that soul is right there. They become so focused on being a good human, being just like Mommy and Daddy, being so capable to be a mind human. Do you follow that idea?

So often for their early years it may seem they have lost touch with the compassionate soul who has the awareness, the wisdom and the – I remember when Quan Yin told me, "I was waiting for you to grow up, Norma. I knew you wanted so much to have education, to have children, to have all the human adventures. And only when you were finished with those did we begin the journey of soul coming forward and learning soul work." Yeah.

And another, you know, a key aspect that runs our life often is the beliefs we have adopted from our family, from our school, from our journey through life, and without realizing it's a belief. It's not a fact. Helping people discover the difference between what is a belief and what is a fact.

So those aspects stay hidden in the mind because after all we know my Mommy wouldn't tell me a fib. Therefore, I keep believing all the things she told me. Mm hmm.

I remember as a child being puzzled because my grandmother always said, "Do not laugh in the morning or you will be crying by night." Now, that is a belief she offered me, and I remember so clearly thinking, "I love my grandmother," but I decided I didn't like that idea. So I did not adopt it as one of my beliefs or which would turn into an aspect to run my life. Yeah. It can come from this lifetime, previous lifetimes. It's stunning to see how we carry them from lifetime to lifetime keeping us limited, keeping us fearful, keeping us shut down. That is the incredible gift of this lifetime. We are offered so fully from Kuthumi, from Adamus, from St. Germain, from so many Masters saying, "I'll help hold the energy in this lifetime." It is like the ultimately housecleaning lifetime that we have this loving support for integration, or as some call, healing of old wounds, old beliefs, old fears and old stories. So we can begin to live more fully with the soul consciousness that has been waiting for us to be free from old, old fears. Yeah.

I can keep talking, but if you hear me and you want to interrupt, by all means.

MARISA: The wonderful thing about the way you're talking is that a question pops up and you're answering it almost straightaway. But I do have one question that I would kind of, that my mind is asking, so I'd love some clarity. Why the hell would we carry an aspect from one lifetime to the next? Apart from staying small. I mean, that's the generally answer. Why do we do that?

NORMA: Yeah! Yeah, that's a great reason and – and remember we were trained in early eons of time about how bad we are. So I stay guilty, so I – and we were also trained about karma. You have been so bad that your karma is going to follow you, and we believe it, almost like it's glued to us. But now that we are awakening, connecting with consciousness for our Self, this is the grand opportunity to even hear wisdom and truth from our soul, not the stories of the mind. Yeah.

MARISA: Which probably brings us next to – we had Jade in the chatroom was talking about really knowing the difference... she's really now embracing the difference between breathing with her mind and breathing with her actual feeling space, that breathing down into the belly.

NORMA: Oh wonderful! Wonderful!

MARISA: Isn't that wonderful.

NORMA: That is so grand. You know, I've had that discussion with so many people, because they want to do it right.

And the mind insists you must follow the rules. You must do it right. And remember the mind was created for that element of keeping us subservient, and that was the gift the Atlantean energy brought – to bring duality. So mind insists do it right or you're in trouble. You're getting it wrong. Blah, blah, all that judgment. Yeah!

So we are going beyond the mind to this pure space where we can sense. We can truly sense mind creates emotion, but soul offers us sensing and feeling, where this compassionate love waits for us. Yeah.

MARISA: Thank you. Thank you. One of the things that a lot of people talk about now is I feel there's an aspect that's come up for me. And a lot of people go into that space where they feel something has come up, and they'll call it an aspect or I did that because of an aspect.

I can't live on in life because of an aspect. Would you like to talk a little bit about that?

NORMA: It's become one of my pet topics, because it's such a wonderful game of being a victim. Well, I can't choose. My aspect has to give me permission. And I look at that and go wait a minute. Many of you tell me you are God, and now you say, "Well, I'm God, but I have this aspect who runs my life, and so I'm helpless. I really can't do or create, or I can't have money, I can't have a partner, and I just can't, can't, can't ..." And I go wow! So you're telling me the fear of your mind is far more powerful than this soul vibration, the God Source, that you truly are.

I get a little challenging with that with people to say look how much you want to stay in hiding, to be shut down, to be childlike, and then I can just be this victim who has no choice.

So I invite people to relook at the words they are offering me and invite them to notice is that what you really want to say and want me to know about you? That you are a helpless victim? And so I kind of get a little pushy about it at times. People do like to have their beliefs in hiding places.

MARISA: Absolutely. I think that speaks – I said to you that I really feel like that that's become a bit of a platitude with a lot of people who are awakening.

NORMA: Yes, I agree.

MARISA: But, oh, you know, I didn't – oh, you know, I was behaving badly at that time because of an aspect that came up.

You know, and I'll have to admit too one of the reasons this show came about was when I actually kind of had a writer's block with my last book, and it was chatting with you that there was kind of an old aspect there that just didn't want to go to part of the story yet. It just wasn't ready to face it, and I had to really get to that point of compassion with that part of me to let it move through.

So, you know, maybe if you can talk a little bit about sometimes when we have got these blocks and we can feel into something there. And, I mean, you've kind of said it too. It's not about being the victim, but then a lot of people think that they have to put the aspect in place or they have to talk or understand the story of the aspect to help it

move through. So maybe you can talk a little bit about that is. Well, then what is it when we feel something come up? How do we want to con- ... I'm going to use the word confront. But how do we face it or come to terms with it?

NORMA: I like to use the idea how do I welcome it. So when it seems like I suddenly burst into tears what seems like for no reason, because an aspect has been awakened or come up for, what I call, for integration and healing. If I am willing to stop and take some deep slow breaths, deep into the core of me, I'm allowing the soul of me, the compassion of me, this grand love affair within me to come up to embrace, really, truly feeling the embracing of this compassion that says, "You are so wonderful. I waited so long for you to come. I've been looking for you. I'm so thrilled you came." She may not say exactly those words, but it's that theme. I really am thrilled you're here so that I can love you and invite you to come with me to be so safe, so loved beyond anything you've ever imagined.

And I'm quick to point out to my person I'm speaking with that remember the angel that you were, the soul that you are, has a compassionate love beyond anything mind can comprehend. So let's invite this frightened part can come now to receive fully this quality of love, this quality of acceptance, this quality of peace, warmth and healing. It's so genuine for me. I have witnessed so many times each person's soul come to embrace a piece of old fear that has been limiting that person for so very long. But willing to allow compassionate love, not needing to listen to mind that says, "Be guilty, be ashamed, be wrong." I walk right past that and truly focus on let us wrap you in this breath of grand love affair, here for you. No longer cold, no longer alone, no longer afraid. So deeply loved.

Yeah. It's an immense feeling for me. And the mind cannot do that. Mind can never, ever do that, because soul will not judge. Mind will always judge, and it becomes so clear. The more we embrace this, the more we open to this quality, that I'm willing to let me be loved that much.

MARISA: Thank you. We've got a few questions popping up. There's quite a few that are along the same of the more darker aspects and destructive aspects. And kind of the same is, well, first of all, people are talking about a bit – and I know people you're asking questions in the chatroom. I'm going to wrap this into one question, because I know we'll get one big answer. Talking about darker aspects that we feel want to harm us. Talking about those aspects that actually want to hurt or manipulate other people or sensing those aspects in other people. Maybe if you could talk about why those darker aspects that are there or if we're feeling like those aspects are wanting to then go and interact with other people. If you could talk about those darker aspects for a little while.

NORMA: After doing this this many years, you know, I started with meeting a multiple and come to find out that's what aspects are. All of those fears, beliefs, angers. Anger left over from a past life or anger experienced in this life. The anger will build into a rage that in fact becomes so destructive. I am not joking. Our own anger can build and

become so destructive that you, this adult that we're speaking to right now, it's kind of like you're the parent that that aspect was so enraged at! And it wants to destroy you!

And it is stunning to see how self-anger has no awareness that it's fully anger itself. It's often anger at anyone that looks like a voice of leadership, a voice of wanting to apply a rule. Rage becomes an energy, and I have people tell me, "But that gives me power!" And they have not the awareness to realize that kind of power secretes a toxin that is so poisonous and destructive to your own physical body, that to engage – it's kind of like saying, I know, I work with alcoholics who tell me, "It's so fun to get drunk. I don't have to deal with life." And that's what those rage aspects do. They come to put a wall, a black rage that interferes with me facing, dealing, learning new behaviors and new patterns for coping with life.

So when they say dark energy, guess what? You're meeting yourself. Many people may not like that comment, but I find over and over we have the ability thanks to mind and how life should be and how people should be and how everything should work the way I want it. All of that child anger that begins building that destructive force most of us have witnessed. Children will smash toys, smash brothers and sisters, puppy dogs. Anger knows no boundaries.

This is the willingness to notice I am the creator of that rage. But I also have the ability to transform, integrate and discover through soul's compassion how. You know, she used to tell me very lovingly we do it one breath at a time, one bite at a time, one breath at a time. This Old Energy of pain that wants to destroy. We can only bring it home one breath at a time.

Soul can do that. You cannot do that if you try to dialog with it. It's already stored in the mind. It will manipulate you. It will lie to you. It wants to destroy you. Making peace with that and seeing the links that your own rage. That's why I'm saying if it's left over from previous lives. I worked with a lady who we followed it all the way to being a disciple and the rage at Jesus! "Jesus, you are not doing it my way!" And that rage, she would not let go of it until lifetime after lifetime soul's wisdom knew that in time there would be the perfect vibration for integration. I'm happy to say in all honesty, that rage is so integrated now, you would be stunned if you met her today versus the lady I first met almost 20 years ago.

It is the most brilliant gift to Self if we dare to be honest. I really can do anger well, but it's me, it's mine. I created it and through soul's leadership and compassionate love, I can dis-create it. Yeah.

MARISA: Wonderful. I've got a very interesting question in the chatroom from Mary Anne from Austria.

There's this one question that's a little bit more – I feel is a little bit more complex too – and Mary Anne is asking about as a mother sensing a huge aspect of her daughter that



wants to harm her. Is that aspect in her daughter a result of something she might have created as the mother?

NORMA: She didn't create – yeah. She didn't create it, but she had a hand in awakening. Remember, if the daughter had brought it from a previous life for healing, she would choose this mother, because perhaps this mother has a skill of pushing buttons. You know, calling it like it is, as they say. And so she would want that kind of mother, because it's going to bring up an old vibration of ragefulness that's been there for a very long time.

And so she's the perfect mother to push the button, but then it's like wow! Watch out what you ask for. So you have to step back and trust your soul, her soul, and perhaps you need extra help to ... you know, this is why we often use a mediator, a lawyer, a doctor, someone to kind of be in the middle of that, because the emotions of mother and child can become too close, too interwoven. Yeah.

But the girl brought the anger for the powerful gift that she trusted I have chosen the perfect mother that will push that button I need to unleash pain that has been here for a very long time.

And, yes, her ragefulness is now set about the task of how to destroy this young girl. The anger wants to destroy it. She hates it! But remember, this is often why the parent is not the person to help with the transforming of this. It's like we don't often have a parent be our own surgeon that operates on us. We're too close emotionally to be able to see it clearly.

This young lady I worked with that was so destructive, we had to ask her family to stay completely out of her life for a while. In their brilliant choice of love to help her, they did that.

But it will, you know, you can, through your own rage, truly, truly do horrendously destructive things. And this young girl would like to, especially if she can get mother to believe it's all your fault. "I'd be a good person if it weren't for you, mother/" Does that sound like victim and the blame game? We love to blame somebody else.

MARISA: Absolutely.

NORMA: But what I have discovered, we bring our pain because this lifetime our soul knows we have the gift, this vibration on the Earth at this time that is the perfect vibration to help us heal.

MARISA: Do aspects cause physical illness or injury, and can we heal that by integrating the aspect?

NORMA: Yes, yes, yes, yes, yes, yes, yes, yes, yes! How's that for a deal! (Marisa chuckles)

MARISA: Yes!

NORMA: Remember, rage held by an aspect is a great way to say, "Ooh! I had an accident." And remember that word implies, "It wasn't me that wanted to run into that telephone pole. It just accidentally happened, because I'm a victim of this aspect."

But what we've discovered is rageful aspects, pain in that aspect is blindly driving you to hurt yourself, wants you to feel the pain. The more we do this integration, we can discover how and why we do this, and we can turn it around. And this is why recently I've been stressing so much about learning how to fall in love with you. It's an amazing journey. Most people don't know how. But choosing that self-love and focusing on that theme allows aspects to feel the new vibration in your body. As they feel it, they are safe to integrate so much easier, so joyfully. It's like at last! I found my leader, my person I can depend on that won't change back and forth from anger to whatever to whatever, but stays constantly loving Self. Yeah.

In fact, one of the things I wanted to add about the mother and daughter issue, the daughter is not broken and the mother is not bad. Mothers often get lost in the theme of "I did something wrong. I'm bad." Well, guess what? You're God, and I have never met God as bad. So if we're willing to discover you gave her the brilliant gift she wanted to help her open the door, that in this lifetime could be transformed. Yeah.

MARISA: Mm. Thank you. Now, the next sort of part of our discussion I wanted to get on to. We've already kind of been going there anyway, but I want to pull up the word so we can get clarity around the term is what exactly is integration and why do we want to integrate?

NORMA: To set us free from being robots! That's primary reason. So we live a life outside of fear. But having come through many lifetimes. Remember, life has been a difficult journey evolving from very cruel experiences, and as we have evolved and learned about compassion, making new choices, having new incredible Masters who've come as teachers to uplift us to this wiser clarity, this new way of realizing how we can live. So it was, as I say, holding old pains, old fears until we awaken to the truth that I am connected to my soul, and my soul and I together through this compassionate love can have healing.

When we get healing, we get the wisdom of what that experience was truly about. It isn't about doing something once. "Well, I breathed with it once. It should be done." Hear the anger. Should be? You know, that compassion that says – and I always loved in the beginning Quan Yin used to tell me I will love you from now until forever. Hear that. The simpleness of soul saying, "I will love you from now until forever." Not when you are fixed or different or changed or doing it right, but truly compassionately realizing it has been a courageous journey to live in a body as a human. And we are being so supported, that we can make these choices, because I'm learning to love me. So I don't eat the right food because somebody has a plan with a diet or a mind story,

but because I am so willing to sense what is it my body is needing for this moment in time, for this opportunity to build my inner strength, my inner love for me.

I don't mean to give such long answers, but hopefully they give clarity.

MARISA: They are wonderful. So please – they are absolutely wonderful. You're answering so many questions within one answer, that it's just so fabulous.

Oh, here's a great question that just popped up in the chatroom. I'm so looking forward to your answer to this one. What about that aspect just short of realization, the Catch-22 situation that we allow to take hold? And I'm sure though that, well, you know, that I always hear people saying, "Oh yeah, you think you're just getting balance in life, but another aspect pops up. This integration is never going to end. They'll always be another aspect there that I need to bring home." I'd love to hear what you have to say about that.

NORMA: I know! Yeah! That's the one! "I'm such a victim! I've been working so hard at it and the same one comes up!" And I laugh. I don't laugh. Part of me does, but the key is to realize, well, I bet you did it when you were one-year-old, one and a half-year-old, two-year-old, two and a half. How many times did you play with that belief, reinforce it with your energy? So now you are healing it. It is like a slice of cake at a time. You built a cake of belief, and now if you're willing through compassion truly hear this. The more compassion I have for me who honors. Yes, that was so painful. And so we bring home a piece of that pain when I was one and a half, and then it grew bigger as I got closer to two. Can you love you enough to really hear that gift I was given that says I will love you from now until forever?

There is no time limit on love. I did not buy our puppies saying, "Well, I can love you for the next six months, but that's it. You better shape up." I mean that so honestly. You know, as we go through life changes with our partners, it is no secret. Garret and I have been through changes, through some illnesses and things. And the key is can we stay aware compassionately that his integration is transforming, is healing, is taking place in his rhythm, in his method, not a plan of my mind. Angry mind always wants to announce, "You should do it this way!" And yet mind can never be the instrument to assist in your integration. Only compassionate soul. Yeah.

MARISA: Another question that a lot of people come up with and they ask Kuthumi with me as well is, you know, is integration ever complete? And Kuthumi often talks about it as saying it is constantly – it's not that it ever completes, but it always evolves. And to me that it's kind of like ...

NORMA: That's it! Yes!

MARISA: ... while, yeah, I'm here sort of really diving more and more into my self-love, really choosing and being committed to my enlightenment, yeah aspects will still come

up because, you know, they just want to and they want to come home, because the more I'm doing it, the more they want to be part of this. But the wonderful thing ...

NORMA: Yes! It's like party ...

MARISA: ... to me ...

NORMA: Yes!

MARISA: It's party time. It's like hey! She's finally balanced.

NORMA: Yes!

MARISA: We can come and be part of that balance.

NORMA: Exactly.

MARISA: So even though they sometimes might stir me up and throw my balance a little bit. I can get back to that balance quicker.

NORMA: Much quicker.

MARISA: Yeah.

NORMA: Much quicker. It's a breath away. I am not joking.

MARISA: A breath away. Exactly.

NORMA: It's that deep slow "yes" breath that is so solid, and they feel it and they know how real it is, because it has a depth of solid. It's like a deep yes! And so I don't worry about the mind plan of I need to be done. Since mind doesn't know what is going to happen after you're done, what if you don't bother chasing that rabbit story of, "It's got to be done. I only have another hour and then I need to get on with my life." And if you were to ask your mind what would you do? Mind doesn't know. Hear that.

Fear mind creates stories. Often I have my people ask the mind, "Oh mind, what would that be like?" And they go I don't know. But see how the human believe the mind story, the aspect? And so I just invite them notice that honestly. You believed a story, a lie, a game from your mind. And the more you're busy falling in love with you, those old fear stories no longer seem appealing or interesting or worth your energy or worth your time. Yeah.

MARISA: Ah! We do have a caller on the line now. So I'll take their call.

CALLER 1351: Norma, could you speak a bit about addictions such as alcohol or sexual, but to point of others. And but even if you could address it as when those addictions have a very strong hold so that the victim energy is heavy. What does it take to have

the compassion and courage to just keep bringing, you know, loving that part of one's Self until there's no longer a desire to – you know, especially when it's a very strong hold on the human?

NORMA: Exactly. That's what addiction is, of course, is taking that – and I'd like to for a moment call it an anger at Self or an ability to use the concern that life seems so difficult. It's so much bigger than what I can deal with.

I remember one of my alcoholics very honestly saying, "I know that you're telling me I've lost my wife, my kids, my job, but I've been drinking so long, I don't know what it might be like" – and "might" is a key word there – "Be like to be sober without pain. I was in so much pain in my life, that I have to believe that this alcohol erases the pain." Do you follow what I'm saying?

CALLER 1351: Yes.

NORMA: So this man was so honest, and I said it's okay. You do not have to give it up for me, but I am asking you to notice I am a human. I am having a life with no pain. So it does exist. Your mind says it doesn't, but I'm right here in front of you showing you it does.

And I do introduce them to breathing, because if they can have even a moment of breathing free from pain, that begins to show them, truly show them, it does exist. It's not something I'm saying, but they actually felt it for a moment outside of alcohol, outside of – and it's that wonderment of, "Wow, I did experience it."

But addiction is such a powerful anger built into such a method of all I can focus on is this rage! Destroy me! And, please, when we do not hear that I am judging, but I am trying to give better clarity to what fuels addiction. The ragefulness at – and it perhaps came from a different life. It doesn't matter where it came from, but it built and it grew, and we may have lived in a family that no matter what I did, I couldn't please them. And so they give up. They set the rage aside and go into victim. It's hopeless. I can never do it right. I can never say it right. I can't. So by staying numb. You know, alcohol, one of its gifts is to make people numb or drugs – numb.

In fact, I remember I used to work with a group from AA, and they said they made a point to never let drug addicts in their group, because they could lie better than the alcoholics. And I thought that's a brilliant observation.

So pain is the bottom line of all of this. Pain of the journey of that individual. And it looks like a drug and alcohol, some form of medication, and they focus on don't let it go! It's my life raft! It's saving my life! It looks like the life raft that they're desperately seeking.

Does this – do you comprehend what I'm sharing? Or did I not connect somewhere for you?

CALLER 1351: Well, I hear what you're saying. I also know that there has to be a desire to live, and if that's not there, then the addiction can just always – it's much easier just to remain a victim.

NORMA: Oh totally.

CALLER 1351: So, really, I guess what I'm asking is how do you cultivate that desire to live so that it becomes strong enough that you really decide maybe I would like to make a different choice?

NORMA: And part of the wisdom in the founding group for AA realized we have to get them to want to live, and so they introduced this theme of God. It's like you have to hang on to something bigger than you, and God will help you find that.

I use the theme of, you know, connecting with soul and all. So don't let words get in the way. But it is that willingness to if you can accept there is an energy bigger than you who's holding the drink or who's feeling the pain. There is an energy right there. It truly is, and through the years they have used that method.

I have some issues with it, and I don't want to negate it in any way. But as long as we use a crutch, we will stay a prisoner. What I keep urging people to know is the God within you, the soul within you has the strength, the ability to show you and whoever you're working with the way out of that darkness.

When I first was introduced to working with a multiple who was documented as having 100 personalities – totally lost in the maze of addiction to being a multiple – no way could that human being help herself. I worked with her soul, and the soul knows very well how to assist in coming out of that addiction.

So addiction to multiple, to booze, to whatever. The addiction to dying is the key. And soul within each person truly would like to live and will work with whoever you're working with if, you know, if they know how to connect my soul to your soul. Then we can have a place to begin a new connection.

But I find it works powerfully, because your soul will talk to me and help me to reach you to help you. Can't talk mind to mind. It won't work. That's where addiction lives biggest.

Yeah. That's great, because it's so true. That's what addiction is about – a way to destroy Self. The ragefulness.

MARISA: Absolutely. Now, we've been talking about aspects that like to distract us and they're a bit destructive, etc.

NORMA: Yeah.

MARISA: How about is it possible that we can create an aspect to actually help us or support us?

NORMA: Yes, yes, yes, yes, yes! Yes! We have fun with that. In fact, at one of our Ohamah Schools, Garret did this beautiful example. For many of you who know him, he used to always live in cowboy boots and blue jeans. So now we're in Kauai and we're having the Ohamah School and all of this and learning about integration and what not, and suddenly, he's hearing an inner voice, an inner aspect that says, "I don't like how we look."

Really heard it that clearly. And he says, "I want some different trousers." So on our lunch hour for the fun of discovering what is this aspect inviting him to notice, we went out and found out. The aspect said, "Yep! I like those slacks, those trousers right there. That's what we want." Well, by the time he was finished hearing this plan of the aspect, here came this very handsome man dressed very differently, quite elegantly in slacks and loafers and Hawaii shirt, and we're sitting there like what happened to the cowboy? And the aspect said, "Well, that was fine for Colorado, but this is who I'm here when I'm here." So that aspect called to his – right to the front of him to notice you could look more handsome if you would let you.

And we laughed joyously and playfully at am I willing to let me look that grand. And we have celebrated that aspect and thanked it that, yes, we are willing to let grand be here on our body.

And so we played with that one. I've told the story of when I wanted to learn how to drive my Ferrari. Yes, I went to racecar school, and they were quick to point out women at that time didn't learn to drive racecars, and I could hear this voice in there that said, "Oh yes we do! We can do it!" And that aspect had so much fun, that I would listen with playfulness loving this. And so we were the only female in that whole class, and we got to drive Formula Ones on the racetrack with everybody else, and mastered and fell in love with our Ferrari.

But this aspect wanted me to discover another facet of old beliefs surrounding that women can't do whatever. And I wasn't fighting. I was in pure joy of wow! I could even play with – but see I was raised by my father who always said, "If you want to do it, you can do it."

MARISA: Wow.

NORMA: Do you follow that?

MARISA: Yes.

NORMA: So for me that aspect was in celebration expanding me out of joyfulness to dare. Dare to do something so outrageous and have great joy in it the whole step of the way.

And so people have asked us about our travels and what not, and the joyous aspect within us that was so leading and so filling us with this joy that says, "We can travel, we can teach, we can play with other people." And they would say, "Doesn't it drain you and all?" We go no, because we were so immersed in the joy. And when you let you have joy aspects, they're not draining. They're like giggles and laughter building upon each other. Do you follow that?

MARISA: Absolutely. Absolutely.

NORMA: They served us outrageously. Mm hmm.

MARISA: Yes. And I suppose the key that you've hit on is that they're the ones that are taking us more into that joy and that self-love and just discovering how much more of us there is.

NORMA: Yeah! And I always used to say that, you know, I'll admit I don't know. As Norma, I don't know how to do that. But I'm willing for you to come forward and show me. And those aspects of love that knew I was sincere and they wanted to play bigger and I was willing to play bigger. And so the joyousness would multiply. It was really a win-win.

MARISA: Wonderful. I think that is a great note to finish our discussion on.

Now, I did say to you at the beginning that I was going to get you to do some breathing to lead us into the discussion. I got too excited and completely forgot about that. (Norma chuckles) But let's ...

NORMA: Funny how that works.

MARISA: Funny how that happens. But this has just been so wonderful. I thank you so much. But I would love it now if you could lead us in a beautiful few minutes, five minutes or whatever feels comfortable for you. If everyone would like to get comfortable. We'll get Norma to do some of her wonderful breathing. Just to take us into that beautiful space she's been talking about for the last hour or so with us.

So Norma, I'll just – I'll leave it to you, and when you feel complete, then we can say goodbye. So thank you Norma. If you want to do some breathing with us now. Thank you.

NORMA: Thank you. Thank you. I feel very honored that you are asking, because what for me you are asking is will I share this grand compassionate love that wants so much to flow, and so I invite you, if you are willing to receive. I often urge people to lay down, let you lay on something comfortable. Put a blanket over you. That's a part of the nurture, coziness of feeling snuggly and safe. For then as we allow this energy to flow through us, reaching out, going out with all of the joyous love that we want to share, you are then available to just breathe it in. Breathe in through your nose all the



way down. Down into the core of you, for in the belly is this grand temple. The home of your soul who is just joyously waiting to play with you.

So as you breathe in, deeply receiving, and then allowing, exhaling. Exhaling Old Energy that has been used and tired and ready to be set free. Are you willing to allow that you could have the new and release the old? It's that easy.

Will you receive and then release? Much like the wave that comes to kiss the shore. Will you allow this breath to come in through your nose down into the core, almost like kissing your soul, and in the joyous celebration, soul then can assist you in releasing old, what was, what's tired. Yes.

So receiving the new, releasing the old. Receiving the new, releasing the old. Feel this rhythm. It is the joyousness of the fresh wave coming to refresh the beach. It is that very thing, for the breath brings the new, brings the grander energy to feed you, fill you, transform you, and then as you exhale, joyously exhaling, knowing I'm setting me free. Free that I might be the more of me. In celebration I receive and I release. I receive and I release.

It is a love affair, a love affair in breath, a love affair in rhythm. Soul's grand love coming through every breath. Breath at a time. Breath at a time. Slowing it down. Down deep into the core. The core of you, the core of you, where stillness lives so sweetly.

And then noticing now it's time to exhale, setting free energy that is tired, that is used, that was here. Receiving and releasing, receiving and releasing. Sometimes we can think of it as a waltz. A waltz. A grand, grand waltz. The ultimate love affair. Human and soul. Human and soul. Gently deeply flowing as one, inhaling, exhaling, inhaling, exhaling for the joy.

For as the walls become sweeter, the love affair becomes deeper. Over and over in every moment. So easy. So sweet.

So the rhythm of yes, oh yes, dear soul. Oh yes, I'm willing to receive your love. As soul smiles and says, "Oh yes, dear human, I'm willing to receive all that you will release to me." A rhythm that leads to a freedom beyond anything mind can comprehend. A grand, grand love affair.

Thank you. Thank you for letting me breathe with you today. Thank you.

MARISA: Thank you so much, Norma. That was just so beautiful, and what a gorgeous and fitting way to end our discussion today and our time together.

This has been so wonderful, and I know I've gotten so much more clarity around the whole concept of the aspects and integration. So I truly, truly thank you so much for

your sharing today. And thank you so much to Garret and the puppies for holding the space with you there. It was such a joy to have had you here.

NORMA: Yes!

MARISA: Such a joy.