

Codependence to Interdependence was an awakening. I discovered how my perception of and my reaction to the person of power in my childhood have affected my past and present life. The realities in my mind have played out repeatedly throughout my life and all of my relationships have followed the same pattern. As a child I would submit, keep quiet, not express what I really felt, whatever it took to make my 'Power Person' happy. I hated the look of disappointment, the impression of anger and the feeling of failure that happened when this person was not pleased with me. So I would suppress and deny my feelings in order to be acceptable (which I mistook for love – that was a poor substitute). I was always “doing” and not just “being”. Then resentment would grow from those packed down emotions and eventually I would rebel and discord would happen in our relationship. This first was with a parent but the same scenario happened in other relationships in my life. These situations never ended well. Now that I am aware that it is all an inside job I can move into interdependence and freedom. I have the tools and understanding to clear the “alter” (my mind) of the goals I hold and apply love and allow my unconscious to unfold the hidden things. Remove the veil of the temple (the division in the mind between conscious and unconscious). I want to do more than just survive – I want to live in the fullness of God's love and share that love in a real relationship.