A Conversation with Joanna

Eliminating Guilt

Dr. Connelly: There we go. So if today, Joanna, we had the opportunity to make an adjustment on anything at all about the way you automatically feel or think or react to things, what would you like adjusted?

Joanna: For me, I have a hard time expressing my feelings, I keep them all in. And communicating those feelings also, I have a very hard time with them.

Dr. Connelly: Would you give me an example, please, of the kind of feeling that it has been hard to communicate? Wouldn't it have been hard to communicate disappointment or anger?

Joanna: Yeah, anger, any sort of sadness. I don't cry. Not that I'm incapable of crying. I mean, I cried at my grandfather's funeral but that's probably the last time I remember myself crying. I generally appear to be happy and I smile at people and make eye contact, and all of those sorts of things that appear on the outside, like I'm feeling fine. I don't express my feelings or communicate them to anybody.

Dr. Connelly: So you're doing a great job letting me know what's been going on. The stuff that you've been feeling that hasn't been communicated, sometimes you felt lonely but didn't say it.

Joanna: Right.

Dr. Connelly: Sometimes you felt self-conscious but didn't say it.

Joanna: Absolutely.

Dr. Connelly: Sometimes you felt annoyed and angry and really didn't say it.

Joanna: Exactly. Anything negative I...

Dr. Connelly: And sometimes you felt scared or worried but didn't say it.

Joanna: Yeah.

Dr. Connelly: And so you are real good at connecting, staying present, being appropriate, being a comfortable person for people to be with, but you have recognized that there's been stuff that you haven't felt comfortable and ready to share and you'd like to be able to do that as it's appropriate from time to time when it would be useful within a situation and continue to have your great ability to relate and come from there at the other times.
Joanna: Right.

Dr. Connelly: Did I get it?

Joanna: Absolutely, yeah. And I really don't have close relationships because... I mean, I have a husband and I have children and those are close relationships but still they don't see...

Dr. Connelly: So to be...

Joanna: To be real.

Dr. Connelly: Still more transparent...

Joanna: Would be good.

Dr. Connelly: And would have value as it's appropriate and works effectively in your life perhaps a little here and then notice, and then a little here and notice. Kind of like walking into the water; you're going ankle deep and say, "You know what? I think we're gonna try going up to the knees here."

Joanna: Exactly.

Dr. Connelly: As opposed to, "Let's get dropped into the middle of the ocean from a jet."

[chuckle]

Joanna: Right. Yeah.

Dr. Connelly: Don't you think? So I see you stepping in in an intelligent way that works for you. So let me give you a way of thinking about stuff. A theory to keep it out in front of you, don't even apply it to yourself. And then if it makes sense, so I figure it's gonna, then we can see how it will be useful for you. But I want you and I to be looking through the same lens. So how often do we hear somebody say, "Oh, I wish I could get myself to stop," or how often do we hear somebody say, "If only I could get myself started?" I don't think any other life form ever has thoughts like that. I think if a crow wants to be over on that branch, but she doesn't even spend five seconds concerned about how to motivate herself.

I think our minds are much more advanced than every other life form. A new Toyota is much more advanced than a Model T Ford. The new Toyota is built so that every component is integrated, and works with every other component. And I don't think our minds are built much like a Toyota, it's more like that Model T Ford that somebody has tried to attach a cruise control to and even if this works and this works, they sure have a hard time...
meeting in the middle. So, before I go into talking more about how things are not working too well and how they can be fixed for humans, let me spend a few moments talking about how things really do work well for a simpler life form. We'll talk for a moment about zebra.

Joanna: Okay.

Dr. Connelly: Her senses that brought in data, "Lion is coming". Her brain causes her body to instantly become much stronger and she's totally focused and totally motivated, it's an explosion of power designed to work very strong, short term. Sprinting? Yes. Running a marathon? Definitely not. But for a zebra, perfect, 'cause all she has to do is run faster than the slowest zebra. That's determined within just a few moments and then, senses bring in no longer any danger; it's off. And her mind is fully present, only responding to things as they are happening. If 30 seconds after all that, you said to zebras, you say, "Wow, close call. My goodness, did you see the size of that lion?" She's gonna say to you, "What lion?" You see for a zebra, if it's not happening, it doesn't exist.

Her body strengthens instantly to run fast in certain situations, strengthens instantly to bite hard in other situations and you know what, just about anything that could disturb the zebra would be handled well by one or the other. So, we have that system and it works really well, but if we take something working really well and then move it to a completely different situation, it's not necessarily gonna work so well. Take my motorcycle and put it in a lake, not gonna work so well. So within now a human, we've got it working just like a zebra, so that he perceives a threat and his body becomes really strong, so that he can bite hard. Well, how many situations are we in where that's useful?

Joanna: Not very many. [chuckle] Not very many.

Dr. Connelly: In addition to that which is a big deal because everybody's walking around with the wrong equipment, in addition to that our minds do a whole bunch of stuff that zebra's mind doesn't do and one of the things our human mind does is, it creates data and somebody can write a novel. Our human minds store data. You can remember getting dressed this morning. Our human minds attach meaning to data. So, somebody might look at something and say to you, "Look, cowardice", you might look at the same thing and say my friend I'm seeing courage. And then you can explain to them, well, they say, "Beauty is in the eye of the beholder" and "Meaning is in the mind of the perceiver." But not in the mind of the zebra. So we've got data coming from all these different sources, does it make sense?

Joanna: Mm-hmm.
Dr. Connelly: Now there's a problem in humans with data storage. Let me explain. I got in my kitchen something that is so cool that I can like think about it during the day and just smile. It's called garbage disposal unit. Oh it's a wonderful thing, rice, beans, coffee grounds. Go on. You've seen these large green avocados. I don't usually get those, well, I get the smaller ones but I tried the big one, I cut it open it's got a pit about as big as your head. I'm holding it in my hand, I look at garbage disposal unit, I suppose we could give you a pretty bad afternoon, couldn't we? I didn't do it, of course. But some stuff that people experience is disturbing and then the data that comes in about the stuff comes in bigger. It expands, if it's about something disturbing.

It expands and now we got like an avocado pit trying to go into the processor instead of a grain of rice and that causes it to get jammed, and if it's jammed, primitive part of the mind can begin to read the stuck data, as if it's incoming data, even though this part of the mind is clear that it isn't and hence, somebody may become consciously or unconsciously preoccupied. So, if while I'm talking to you I say to you, "There was this gal, I saw her yesterday. She was so rude to me, blah, blah, blah." And finally you say to me, "Dude, do you think you could focus here, try to focus a little more" and I go, "All right, I'm gonna try not to think about it." Well, that's I guess a little better. But it's not perfect.

Joanna: Right.

Dr. Connelly: Conscious preoccupation would cause an energy drain, would cause a distraction, would cause a bad feeling. Unconscious, still some, not as much but still some, and you couldn't find somebody who doesn't have one or the other of those things going on, so that's all within the range of normal but not within the range of ideal, does that make some sense?

Joanna: I think so, yes.

Dr. Connelly: So, you see, your mind is hard wired just fine. I can tell by the way you present information, the clarity and the fact that you can connect with me and make me feel okay, like we have something we're doing together and you're give me what's relevant and you don't give me a bunch of stuff that isn't relevant and you can't do any of that, if your mind isn't hard wired fine.

Joanna: Okay.

Dr. Connelly: But some data read stuff, which probably has to do with some clogs, resulted in the experience of not expressing things even though here it has seemed advantageous to do so, but here, it hasn't come to do so. Why?

When your brain is hard wired fine because of the way some of the data
has been clogged is being read. Does that make any sense to you?

Joanna: It does.

Dr. Connelly: So, all we wanna do then is to get the data to flow through so it's read effectively, hence, as appropriate, you express as would be advantageous for you. So, let's begin by finding a way to represent, maybe with some kind of a design, we can just make one up like an abstract design, we're gonna represent the data read, the data storage, data read, data clog, whatever, that's been... That's our starting point, that's been causing the reluctance to express. So if we made up a design, 'cause there is no design, we have to make it up, representing what's going on with that data read, I don't know. Would the design be more like dim, dark or would it be more like harsh, glaring? Would it be murky? Would it be jagged? What would it look like?

Joanna: Gosh, I don't know. From my clog?

Dr. Connelly: Yeah, from your clog, yes.

Joanna: From my clog, I think it would probably be muddled.

Dr. Connelly: Muddled?

Joanna: Muddled, yes.

Dr. Connelly: You see it?

Joanna: Yeah.

Dr. Connelly: And we're done with that. Now, I'm seeing what you and I together behind this level are intending for you, which is mind cleared, updated, refreshed, rebooted, and working to your best advantage. Sounds okay?

Joanna: That would be great.

Dr. Connelly: So, you and I now have the same intention, the same purpose, the same vision. Our energy is coming together. As the energy comes together, it expands. Expanding energy, fuel, fuel, power, power, fueling that shift, the shift, the transformation, it's underway already. I'd like to show you a couple things with energy if it would be okay. Here's what I'm gonna do. I'm gonna adjust your hand, indicate a spot. Ask you to look at the spot, as you look at the spot, I talk to you for a few seconds, then I ask you to close your eyes, then I talk to you for a few more seconds, then I ask you to open your eyes, then I ask you what you noticed.
Joanna: Okay.

Dr. Connelly: So, put your feet flat on the floor and watch me. If you write with your left hand or always with your right...

Joanna: Right.

Dr. Connelly: Write with your right. So, put your hand just like that. Watch, my arm stays up but my hand falls forward. Perfect. I'm gonna just adjust it to here, you look there. Okay, that spot. Look right at it. Don't look away from it. Now, there is a vibration and the vibration is constant. The vibration is constant, but awareness of the vibration is not constant. Usually, there's no awareness at all. And next, close your eyes. Your eyes are closed. You can't see your hand, but of course, you know exactly where it is and in a moment you'll feel my finger touch your wrist, and then you'll feel my hand just begin to move your hand down, and down, and down, and down, and then again, you just open your eyes. And now tell me, what did you notice in terms of thought in those few seconds?

Joanna: In terms of thought?

Dr. Connelly: Yes.

Joanna: My hand didn't feel like it was shaking as much.

Dr. Connelly: Uh-huh! And any other thought?

Joanna: Not really.

Dr. Connelly: Perfect. So we have complete and total focus on what we're doing.

Joanna: Okay.

Dr. Connelly: Hand goes like that, like that, like this, like this. Stop it. You're messing with her. [chuckle]

Joanna: I'm like, "What is the point of this?" [chuckle]

Dr. Connelly: You're just so much fun, I just couldn't stop. Like that, you look there. Don't look away. Out of the corner of your eye, you see my hand here and then you see that it moves closer. What I'm doing is I'm imagining that there's like an energy like a force field that I can feel as I move forward, and I imagine being able to feel it, and tap it, and feel it, and touch it. You close your eyes. Your eyes are closed and you imagine that you could feel it. Imagine that you can feel something right there, that if you even were to tap gently, you could just feel that against palm of hand and front of
fingers. And then you keep your eyes closed but you don't have to do anything on purpose with your hand any longer. You can remember though that I spoke about vibration and that I mentioned that the vibration is constant. The vibration is constant and yet you may become aware of a different kind of movement.

A twitch, a jump, a jerk, through one of the fingers or the hand itself, a movement that may be a single occurrence or something occasional. And whether it's ongoing or intermittent or sporadic, you know that what is occasional isn't the same as what is continuous. And yet, although you know and understand how these things are different, your inner mind, your other mind also understands how, on another level, all of this is the same, since after all, no matter when you would look at the surface of the ocean, you would see movement and therefore it is continuous. And yet, of course, it does change and certainly can become more intense, you might even say, much more intense movement is a manifestation of energy. So whenever you are conscious of a movement, you can also be conscious that whenever anyone is conscious of movement, there is movement that one is not conscious of. Because whenever there is a movement that you are aware of, there is another movement that you are not aware of.

And sometimes we might not be aware of a movement because the movement is so slow and so steady that our senses aren't capable of bringing it in even though we know it's there. Like a little boy who's sitting, trying to concentrate on a blade of grass 'cause he knows grass grows, and yet he's trying to capture it doing that. He's trying to catch it, he can't. There's a gal and she's trying to do the same thing with a rose. She knows the rose is opening and she's looking at it, and looking at it, and trying to see it open and she can't seem to catch it opening. Because sometimes, that's it, movements aren't able to be seen because they're too slow and steady. But people tell us the universe itself is expanding and that's a lot of movement, that's big movement, that's huge movement. But that huge movement isn't movement we would perceive either.

And so, it's just about knowing that whenever it is that's your conscious of anything that is going on and your conscious of any kind of movement that's happening, whenever you are conscious, you're also conscious that you're not conscious of some of the movement that's happening. It's kind of being conscious and not being conscious when you're conscious. And as that continues going on you might remember that I talked about how, on one level, the movements that are sporadic are the same but at this deeper level, you understand how they're the same as the vibration that's continuous because, after all, you're not purposely doing anything to cause either of those movements. If you're not doing them on purpose, you're not doing them consciously. If you're not doing them consciously then they're not consciously controlled. And if they're not consciously
controlled then of course they're being directed by your inner mind, your other mind, your subconscious mind, or your unconscious mind, or your deeper mind, or your inner mind. Either way, we know that those movements certainly have become more visible and more definite and more dramatic. Proving that your mind with its powers and just powerful, but is also wonderfully responsive when treated, that's it, with respect.

Hey, people like to be liked, we know that. But you respond immediately to genuine respect. You on every level, your mind on every level, inner mind, outer mind, subconscious mind, unconscious mind, deeper mind, intellect, higher consciousness, every consciousness, every unconsciousness, responds to genuine respect as our energy comes together and as we collaborate toward your mind rebooting, resetting, organizing, and clearing, so as to work in the way that's best for the whole world. And we're both full speed ahead for that. By the way, I know that you know about learning. You certainly know that as we become more familiar with things, they get easier. And that way it's easier to do them, more easily. That's the case if somebody's learning to cook a new meal, speak a new language, do a new dance step, operate a new instrument, and it's the case now as you are acquiring the experience of just hearing me talking about all kinds of things, as your eyes are closed, without needing to do anything at all, instead it just happened.

Kinda like it happens when somebody's in an elevator that, it just happens that they arrive at the intended floor or that could happen in a train as well, or many different ways that come to mind that I don't have to mention at this time, but it's time now for you to take your time, your own sweet time. I suggest you really take your time now to gradually, knowing that since you can drop back in down even fast and easy you can come up slow, 'til again, finally, eyes can push open for a while, good. And again, what did you sense in terms of thought during those few moments?

Joanna:

Not really too much, I was just kind of listening to what you were saying.

Dr. Connelly:

Exactly, and so you put your hand up, so that it mirrors mine, put your hand up so that it, that mirror would scare me. Whoa! This is a much better one. Look right at my forehead, but mirror with your hand, that's right. Now look an inch to the left of the spot that you're looking at, keep mirroring with your hand, that's it. Keep mirroring with your hand and then close your eyes and keep mirroring with your hand, that's it. Keep mirroring with your hand, and open your eyes, look at that spot, and keep mirroring with your hand, that's it, that's it, and close your eyes and keep mirroring with your hand, that's it, that's it, that's it. And then in a moment, when you feel my finger touch your forehead, at that moment...

At that moment, when you feel that touch, that's when arm can just drop,
that's when you can just drop, right back like before. Your arm can just
drop, you should drop along with it. Easy, perfect. Easy, down. Notice that
as you just rest when I touch your wrist and lift the arm it's just like lifting
liquid, now that's like lifting easy liquid lead, and then I tap the back of
the hand and you feel, that's right, but there's an energy there through the
hand, watch how slowly it rests back, down, and as it rests down, you feel
another tap and again you're aware of the energy through that hand and
the way that you're aware of your hand and the sensations in the hand and
knowing that you can sense it and be so very aware of your hands and
without doing anything on purpose, you can just be interested in how your
hand will do things without you consciously needing to make anything
happen. You can just be interested in your hand and the things that happen
on their own, because there is, of course, movement all the time,
movement through each of the fingers, movement through the hand itself.
So, there's no question about whether or not there's movement, the only
thing of any interest at all isn't whether your hand will move because, of
course, the hand will always move and is always moving.

So the only thing that's really interesting is which of the movements will be
noticed as opposed to the movements that happen without being noticed,
and aware of hand, aware of fingers and also at the same time, as that
aware, that's it, that, it was pinky that was first to lift itself up with a little
tiny twitch. That pinky that is first twitching, first up, and a little down
then up, then a little more, and as that's going on, ring finger twitches to
jump as well, because your mind, there it goes, causes the whole hand to
then vibrate, and as fingers continue to move and jerk and jump, and even
perhaps to lift themselves up, what you can be doing is instead of directing
your hand the way you're used to directing your hand, you can engage in
something that would be different than that and more amusing than that
and that is, that you can simply be aware of your hand and as you're
aware of it, you can wonder, how the movement will continue and you can
wonder the direction that fingers will continue to move, that's it.

And as you wonder how it will continue moving, that's it. And notice that
it's happening more and more and more, that's it. Then while all that goes
on, I'm gonna tell you something that you already know, about what
happens if you don't rinse a dish on time. Because you know that if you
don't rinse a dish on time, stuff gets stuck. And then you could take that
dish and you can shake that dish with all your might and you won't be able
to shake anything off, because it's hardened and stuck, and then you can
grab a handful of paper towel. You can grab a big handful. Crunch it up in
your hand. Rub it as hard as you can against the dish, and everything still
is stuck and you know just what to do in that situation. And that is you
change the environment that the dish is in, and you soak the dish and the
dish soaks in hot soapy water.
And then, what happens is that you take a sponge and you move your hand into that warm hot water and you don't even have to push hard as you grasp the dish and move the sponge over the surface, and the stuff that was stuck, and it could have been stuck for a long time. It doesn't matter how long it's stuck, but it can't stay stuck with this going on, and it can't stay stuck at all with this going on. And that's why when you pull that dish out of the water and hold it under the faucet, and it's rinsed, you look at it and you can know and know for sure that the dish that you are holding right there is not only clean, but cleaner than it was when it was brand new; because you would not have bought that dish, taken it home from the store, taken it out of the packing, brand new, put food on it and serve somebody in your family. But now, you would, because it's cleaner than it was when it was new.

Now in a moment, your mind will scan back and select a particular experience that isn't happening, but the data about that experience came in big and got clogged up and stuck there in the distribution disposal processing unit, and maybe it's something that happened. Maybe even something a long time ago and it might be something that becomes conscious. It might be something that you don't even become conscious of. But on one level or other, your mind will tag that particular event and signal me by lifting one of the fingers on that right hand up. And there it goes already. It's that a reliable pinky finger that is a very good twitch, a communicator right from unconscious mind.

And as you watch that dish and know that what's stuck clears, you'll feel my finger touch your forehead. You'll feel my finger touch your forehead, and then I remove my finger from your forehead and yet you know exactly where I touched. And then you can feel the touch even without the touch happening. And then you watch what happens next because you'll notice that it's like things clear all over the place because I touch again but this time, the event begins to just clear as well.

And you can begin to think about, where we would like to be watching a television show that was projected. But instead of it being projected onto a screen, it's being projected onto a pool. But you can kind of see it pretty well if you wanna watch your movies on a pool. You can see it pretty well until somebody starts to mess up the water on the pool. [chuckle] You mess up the water on the pool. The whole thing isn't able to survive that very well. Everything's just messed the water up on the pool. And you watch that water messing up on the pool. When that happens, this thing that used to be significantly stuck and clogged can't very well [chuckle] survive that thing, not a bit.

That's when you start to notice taps going from your shoulders down to your hand, knowing that every single one of those taps releases something
else that you can't even consciously bother to try to keep up with, so I
wouldn't bother to try, 'cause things are gonna get cleared and released
because your unconscious is faster than you with this, and consciously you
are not even gonna be able to keep up with it. You can try to remember
something forever. You're gonna have to try, try, try, try, try, try, but
you don't need to consciously remember, your unconscious knows exactly
what to do and it's clearing, and clearing, and clearing, and clearing it.

And we could leave you right there, but that will be leaving you a little bit
imbalanced as you walked out with half of everything completely cleared
and the rest of it just kind of soggy from being soaked. That wouldn't be
fair. So here we go and we take the rest of it, 'cause it's clear. Try to keep
up with it. Consciously remember something wherever you tap, but you
can't even remember what the heck your teacher wore on the 14th day of
the third month of the second year; although you do learn from things that
have happened, and some of it is valuable, but the stuff that is invaluable,
like what the gal on the third row said on the fourth day of the fifth year,
just isn't anything that needs to be thought about any longer, not a bit. And
then since each process builds on the one before becoming even more
powerful and effective, you can just take your time 'cause you know about
taking your time and this is a time to take time and be self-indulgent, 'til
finally, again, your eyes can push open, there we go. Good job! So there
was a whole lot that got done there. Let me show you. Remember the
design that you began with that you called murky/muddled?

Joanna: Yes.

Dr. Connelly: What do you notice as you look at it now?

Joanna: I'm not really sure.

Dr. Connelly: Yeah. That's a little different, isn't it?

Joanna: Mm-hmm.

Dr. Connelly: And an event came to mind initially when I asked your mind to scan back
and there was an event that came consciously to mind, did it not?

Joanna: Yes.

Dr. Connelly: And the event that came consciously to mind happened when you were
about how old?

Joanna: About 20.

Dr. Connelly: Uh-huh. And it was something that was troubling even to think about, was
Dr. Connelly: Give me a headline on what happened on that day at 20.

Joanna: I tried to kill myself.

Dr. Connelly: Uh-huh. And then give me even more detail about what happened at that point, at 20?

Joanna: I took eight Suboxone, and my husband ended up making me throw up, but he never called for help. He just put me in a tub and all night long, he sat next to me and told me to breathe every time I stopped breathing.

Dr. Connelly: Uh-huh. And there you go, and so as you just told me that...

Joanna: Yeah.

Dr. Connelly: What you just told me pretty completely, didn't you?

Joanna: Yes.

Dr. Connelly: Uh-huh. What did you notice feeling here and now while telling me about that?

Joanna: A little bit of relief.

Dr. Connelly: Uh-huh. How disturbing was it to be telling me about it?

Joanna: A little bit disturbing.

Dr. Connelly: So you just described something personal that you had some feeling about in an appropriate situation, not necessarily what you're supposed to tell somebody that happens to sit across from you in a subway.

Joanna: Right. Yes.

Dr. Connelly: Train or restaurant it doesn't matter. Wouldn't you say?

Joanna: Yes.

Dr. Connelly: So there was stuff you were thinking and feeling prior to that suicide thing?

Joanna: Yes.
Dr. Connelly: And what was that?

Joanna: My daughter had just been taken by my parents because I had a crack cocaine addiction.

Dr. Connelly: Mm-hmm. And you were thinking and feeling what?

Joanna: That I was never gonna be able to beat the drug. That I was never gonna get my daughter back, and that I was disappointing everybody in the world.

Dr. Connelly: And you were feeling pretty awful about you at those moments weren't you?

Joanna: I absolutely was.

Dr. Connelly: Right. And what was it like to just tell me about that right now?

Joanna: That was relieving as well I guess.

Dr. Connelly: Was it terribly inhibiting?

Joanna: No.

Dr. Connelly: No. That's just like, "Oh, there you go, do you wanna know, here's what happened."

Joanna: Yeah. Well we've been... Yeah, this is the right place for that sort of thing.

Dr. Connelly: And it's exactly where you'd want to describe what happened?

Joanna: Absolutely.

Dr. Connelly: Not necessarily if you go to a gas station and somebody happens to be filling your car and you're on your own?

Joanna: Right. Right.

Dr. Connelly: But in a situation where there is a connection, and there is a usefulness, and then there is, you've heard the word intimacy in-to-me-see, so in-to-me-see makes sense, sometimes.

Joanna: Right.

Dr. Connelly: Some people think it makes sense a little too much of the time, don't you
Joanna: Absolutely.

Dr. Connelly: That's what... What do they call that thing? TMI...

Joanna: Yes. Too much information.

Dr. Connelly: Somebody says to me, "TMI". Right, that hasn't been so much of a problem for you, has it? You haven't been hearing people say, "TMI" too much, have you?

Joanna: No.

Dr. Connelly: I don't think we're gonna have to worry about it either.

Joanna: No.

Dr. Connelly: But I think in the right situation, you now are transparent as is appropriate. Does that make some sense?

Joanna: It does, it does. I think, do you mind if I speak freely? I guess especially for that situation, I think I never expressed to my husband how that particular situation made me feel.

Dr. Connelly: Yeah.

Joanna: I still don't think he knows how I felt about that.

Dr. Connelly: Well, tell me, how did you feel about it?

Joanna: I felt like the fact that we had drugs in the house is more important than my life even though he was trying to save me, and make sure that I didn't die. I guess I still feel like I could have.

Dr. Connelly: Uh-huh, and I understand how that experience caused mind to interpret it that way, but that's an incorrect interpretation. That wasn't what actually happened.

Joanna: No.

Dr. Connelly: No. What actually happened is this: If somebody walked in, bad guys with ski masks, or FBI agents, pick your poison, if either of those guys walked in, and said to your husband... What's his first name?

Joanna: Brad.
Okay. So, those guys walked in and they said, "Hey asshole, are there any drugs here, because if there are not, we're planning to shoot that bitch right in her forehead, but if there are, we won't." What do you think he might have done?

He'd say, "Yeah, take them." [laughter]

Absolutely.

Yes. So, it had nothing to do with that he would rather have had you die.

No and I know that.

So here we know that, but it felt that way.

It did feel that way.

But what was going on was... He was thinking that he might get in trouble, that you might get in trouble, that everything might get in trouble, but who knows...

And we might not get our daughter back.

On me all night long.

And kept you breathing.

You're right.

Yeah.

You're right.

And I would not suggest you tell that to any of the other women.

Okay.

You know why?

Why?
Dr. Connelly: Because they're gonna try to abscond with him.

Joanna: Okay.

Dr. Connelly: They're gonna say, "Really?"

Joanna: This was years ago.

Dr. Connelly: But it's useful to pick it up and clear it, isn't it?

Joanna: It is.

Dr. Connelly: Don't you think?

Joanna: Yeah. I feel a lot better about it.

Dr. Connelly: Yeah.

Joanna: It doesn't hurt so bad.

Dr. Connelly: In fact, it doesn't hurt at all. Check it out.

Joanna: No, it doesn't hurt.

Dr. Connelly: Yeah.

Joanna: Interesting.

Dr. Connelly: It used to be that you were somebody who was absolutely not able to talk about herself other than niceties. Not so much. And notice how you got right to it, way deep, and when I said, "Okay, here's what it is." You said, "Wait a minute, there's more."

Joanna: Yeah.

Dr. Connelly: Who said that, me or you?

Joanna: Me.

Dr. Connelly: Right.

Joanna: Yep.

Dr. Connelly: So, think about that one, because that's a big one. Because I said, "Okay, look at this and this and this and this," and you said, "Yes, but may I speak
freely? I also wanna tell yeah this and this and this and here's the real dirt, dude."

Joanna: Right.

Dr. Connelly: And that's what couldn't happen prior to this.

Joanna: Yeah.

Dr. Connelly: Right?

Joanna: Yes.

Dr. Connelly: So, congratulations.

Joanna: Well, thank you.

Dr. Connelly: I think you did a spectacular job with that. How do you feel about it?

Joanna: I feel good about that, that whole situation feels a little better, and that's been bothering me for 10 years now.

Dr. Connelly: Yeah, and now it doesn't bother you at all, does it?

Joanna: Not really. No. No because...

Dr. Connelly: Well, let me try. Here's a test. Witness said this when you first went in, "The reason your husband didn't call anybody is because, actually, if he had to choose between getting high and you being dead, he would have definitely felt getting high was more important 'cause you didn't matter a goddamn hill of beans to him."

Joanna: But he wasn't. But he wasn't getting high. He was with me. You're right, and it's not like he couldn't have been getting high while he was helping me, but he didn't.

Dr. Connelly: Right.

Joanna: You're right. It's was just all in my head.

Dr. Connelly: Well, it's not anymore, is it?

Joanna: No, it's not.

Dr. Connelly: Well, good for you. Wanna do...
Joanna: So there's one.

Dr. Connelly: Wanna do one more?

Joanna: Sure.

Dr. Connelly: Okay. What is it?

Joanna: When is that... Okay.

Dr. Connelly: Here comes the next one.

Joanna: When I was about 13, my mother and I have always been very close. She told me that my father cheated on her, and I don't remember a whole lot of the conversation. I tried to, sort of, put it out of my mind, but it's always bothered me a little bit. I adore my father. And there was a day where I was going to work very early, and he usually goes to work very early as well. He's a paramedic. I work at a hospital. And I saw his truck parked somewhere where I didn't think it should be, and I started just hysterically crying and bawling, and I called my dad, I said, "What are you doing? Where are you?" and all of that. I recently cheated on my husband and the first person I told was my father. So I guess those two things are huge in my mind right now that are really bothering me.

Dr. Connelly: Well, they have been, haven't they?

Joanna: They have been.

Dr. Connelly: Now, they weren't anything that was easily talked about, were they?

Joanna: No.

Dr. Connelly: How hard was that to just tell me?

Joanna: It wasn't too hard to talk to you about that. No.

Dr. Connelly: Yeah. Okay, and now it also processed through. Watch this, try to feel real bad about what happened with your father. You will notice you no longer feel bad about that.

Joanna: I don't. You're right.

Dr. Connelly: The one about you. This happened about how long ago?

Joanna: About two months ago.
Dr. Connelly: And is it something that husband knows about?

Joanna: Yes.

Dr. Connelly: Okay. How does he know?

Joanna: My daughter found messages on my phone.

Dr. Connelly: Okay, and told him?

Joanna: Yes.

Dr. Connelly: Okay. There you go. So where does that put you with husband now?

Joanna: Well, we’ve been married 13 years. I see it as a huge mistake that I made, and we’re trying to work through things. We’re back together. I had moved out when all this happened.

Dr. Connelly: And now...

Joanna: And now we’re trying to...

Dr. Connelly: Working on things?

Joanna: Yeah.

Dr. Connelly: Back together again. Good. You felt really awful about how that whole thing ended up, yes?

Joanna: Yes.

Dr. Connelly: Okay. Really awful.

Joanna: Yeah.

Dr. Connelly: Do you think it would be useful to feel any more awful than you already felt?

Joanna: No.

Dr. Connelly: Neither do I. So in terms of the feeling awful, do you think we could say that’s a “been there, done that”?

Joanna: Yeah.

Dr. Connelly: Got the t-shirt?
Joanna: For me.

Dr. Connelly: For you, would it be all right with you...

Joanna: To try to let it...

Dr. Connelly: No, not to try to let it go. To just no longer feel awful.

Joanna: I don’t know if I can do that.

Dr. Connelly: I'm not asking if you could. I'm asking if it would be all right if you did.

Joanna: It’d be all right if I did, yeah.

Dr. Connelly: That's all I want to know, because we can get you to it if we get it to the all right. Is it all right?

Joanna: Yes.

Dr. Connelly: Okay. Now, it might not mean that it makes sense for you to share how all right it is.

Joanna: Right.

Dr. Connelly: That's one of the things that you don't share. So, you're not going to be a TMI girl.

Joanna: Right. Yes, I get it. I understand what you're saying.

Dr. Connelly: But it's in the best interest of the whole universe that you no longer feel bad about it. Do you get that?

Joanna: Okay. I do.

Dr. Connelly: Well, I'm not sure. You ever go out for a walk because you just want to be outdoors and look at the sky and see the birds and they're flying up there. You know how they crash into each other and their heads pop open and the blood bubbles and they fall and they get stuck in your hair.

Joanna: No.

Dr. Connelly: Then they crunch when you walk. Doesn't happen?

Joanna: No.
Dr. Connelly: It doesn't happen because they're not feeling guilty. Because if they were preoccupied with other stuff. That would be very bad for the birds. It would be bad for me when I go for my walk, so we don't want the birds feeling guilty because they don't do as well in the world.

Joanna: I see what you're saying.

Dr. Connelly: And guess who else we don't want feeling guilty?

Joanna: Me.

Dr. Connelly: You, because I don't want you careening into somebody. [chuckle] So it might not be the thing you want to share with the guy at the gas pump next to you or husband but the guilt is about...

Joanna: Because it doesn't do me good...

Dr. Connelly: To disappear, totally and completely. Because things couldn't have actually ever been any different than they were scientifically, although nobody's ever told you that but they couldn't have been. No other life form spends its time trying to think about what should've been, but wasn't. That's why they're doing a lot better than humans, every one of them. So, it's fine if that thing no longer bothers you a bit. Isn't it?

Joanna: Okay. It is.

Dr. Connelly: I'm not saying you're there yet. I'm saying it's fine...

Joanna: It would be, yes.

Dr. Connelly: That's all I'm saying. I've got to get your agreement before we do it.

Joanna: Okay.

Dr. Connelly: Okay. You're okay with it not bothering you a bit?

Joanna: Mm-hmm.

Dr. Connelly: Okay. I want you to sit up straight like this. Put your arm out in front.

Joanna: This one?

Dr. Connelly: Yes. Then you're going to do this. You're going to do your best to push my arm down until I tap your forehead and then that arm is going to turn to like jelly.
Joanna: Okay.

Dr. Connelly: Okay? So, here we go. Eyes closed and push and push and push and push and just melts. And it melts like liquid lead. There it goes. There it goes. So that when I drop it, it just falls like I just dropped something made of... That's perfect. And nobody's arm does that, but your arm is doing that. Now, I've got your arm supported but you're gonna to feel taps on the back of the hand. Here they go. Notice the energy in the hand? Sensation in the hand? Fingers are beginning to lift themselves up and up. That's it. That's it. There it goes. There it goes. There it goes. There it goes.

Every time you notice a finger lifting itself up there's a word that's really powerful that I want you think, but it's so powerful you don't even have to say it out loud. You don't even have to think about how it would sound if you said it out loud. All you have to do is think about how it would sound if you were to whisper it. And the word is yes. So, any time you notice a movement in any of the fingers, think yes. Yes. Yes. And notice how that movement happens more and more and more and more. Yes. And then it happens more and more and more and more. Yes. And the guilt was just like gunk stuck on that plate. And it serves no purpose. And that's not a plate we want anybody having to eat off of. So it's all ranked right now for that to get cleared and cleaned up the rest of the way. And your mind confirmed that on all levels, letting us know with movement through the fingers. Yeah. Unconscious mind, moving the fingers. Then you're gonna feel some taps on your forehead and feel right on your face. And what's been stuck falls off clear, clear, clear; big breath in, out. Now open your eyes. All right. We could check for the guilt, and what do you notice?

Joanna: I feel better.

Dr. Connelly: Yeah. Now we're gonna test it.

Joanna: Okay.

Dr. Connelly: Okay? I'm gonna say things to you I wouldn't have said to you, and see if I can make you feel bad. Okay. You cheated and that means you're horrible and you ought to think about it all the night long.

Joanna: No.

Dr. Connelly: You cheated, you're horrible and you should feel miserable for the rest of your life.

Joanna: No.

Dr. Connelly: You've cheated. You're still dirty and you're never gonna get clean, you
worthless slut.

Joanna: No.

Dr. Connelly: How am I doing in terms of making you feel bad? Not too well.

Joanna: Not at all. [chuckle]

Dr. Connelly: But that would have not been a very safe way for me to begin our talk, would it?

Joanna: No, it wouldn't have. [laughter]

Dr. Connelly: Not a bit, right?

Joanna: Right.

Dr. Connelly: But now, clear.

Joanna: Yeah.

Dr. Connelly: Now, if somebody else mentions it to you, you're now looking through a lens of clarity and light that you will not be able to share. So don't try. So husband says, "I don't know if I'll ever be able to overcome the horrible hurt that you caused me, you cheating, filthy, adulteress slut." You don't say, "I get it dude, but I am like so over it."

Joanna: No.

Dr. Connelly: "I had a talk with this guy and..."

Joanna: And it's done. No. I don't say that. You're right.

Dr. Connelly: You don't say that. You say this. You say, "I understand and I intend to do better." Say it.

Joanna: I understand and I intend to do better...

Dr. Connelly: That's it.

Joanna: That is...

Dr. Connelly: And then, let's say he says, "And why should I trust you?" Here's the answer. Say, "Don't trust me, watch me. Trust what you see." Say it.

Joanna: Don't trust me. Watch me.
Dr. Connelly: Trust what you see.

Joanna: Trust what you see.

Dr. Connelly: I'm gonna do it right. Say that.

Joanna: I'm gonna do it right.

Dr. Connelly: That's it.

Joanna: Okay.

Dr. Connelly: "Why should I trust you?" "Don't trust me. Watch me, check me, trust what you see. I'm gonna do it right." Got it?

Joanna: Got it.

Dr. Connelly: All right. So how did our meeting for you go today?

Joanna: Well, it was a little... Honestly, I thought it was a little strange at first, but then it was great.

Dr. Connelly: You think?

Joanna: Yeah.

Dr. Connelly: Probably the strangest thing so far today, wouldn't you say?

Joanna: Yeah.

Dr. Connelly: Maybe all month.

Joanna: Mm-hmm. [laughter]

Dr. Connelly: Maybe all year.

Joanna: Probably.

Dr. Connelly: But there was some tough stuff and we wanted to get it done. And it was strange, but it wasn't painful.

Joanna: Yeah. It was strange, but it made me think about, "Okay, I'm gonna Google this." [laughter]

Dr. Connelly: I'm sure you have to.
Joanna: I'm like, "What is this that is going on?"

Dr. Connelly: Yeah, something different, isn't it?

Joanna: Yeah, it is.

Dr. Connelly: Yeah. Well, hey, it was a pleasure.

Joanna: Thank you so much! Nice to meet you.