

## Nancy Tuesday class transcript # 8 (6-17-2008)

### **Key topics: dreams, the psychic wound, the mind/body paradigm, Violets, relationships**

Nancy: You ask the questions, and I give answers. That is the format for this class.

Other: I heard you mention about psychic wounds. How do we know what our psychic wounds are?

Nancy: You go through a process either in a workshop or in a private session, and we work together to reveal yours. It is a psychological program that takes time to uncover accurately. It is really most beneficial to study it with a group so you can see the formula and see how it works for other people as well.

Other: What is the difference between mind and spirit? I'm taking Tai Chi and they use both words.

Nancy: (She puts up the mind / spirit paradigm chart.) The mind is the conscious part. The unconscious part is spirit. And the body has both elements in it – the spiritual part and the physical part, the conscious part and the unconscious part. If you are taking tai chi and doing exercises, that puts your body in alignment. That's what you do. You come to this place. You bring the emotions / soul into the body, the ego /mental into the body, and you become the movement.

Other: One of the goals is to manifest more chen.

Nancy: Yes, and the more you are balanced, the more things around you will get balanced. The more balanced you get, the more freedom you have. What is the Earth? It's paradoxical. It always has two sides. It is dark, light; wet, dry. It always has two sides. You are a product of the Earth; therefore, you are paradoxical. The job is to bring harmony within yourself. To do that you must bring all of your paradoxes together. Your light side, your dark side. Your main personality and your shadow. There are many terms for that.

Other: How does one do that?

Nancy: By becoming aware of who they are and deciding whether they want to climb the mountain or lay in the mud.

Other: When people are in a relationship, are they generally in a relationship mind to mind?

Nancy: Not necessarily. Because if they are just in a relationship mind to mind, if something happens to the ego, they will be in conflict. If something happens to the physical, they will be in conflict. If something happens to the emotions, and they are in the mental, they will be out of sync with each other.

Other: Can you give an example of that?

Nancy: Ok. He has just gotten a raise at work and has been treated wonderfully and is on a roll when he comes home, and his wife has a headache and is tired, and something bad happened to her. What will that do to his wonderful day? If he happens to be in his ego, anger comes up. He may or may not show it, but it comes up. If he is in his mental, then he's going to accept or reject. If he's in the body, he will stay or go. If he's in the emotions, he's going to get hurt or be disappointed. If you know where you're at, you can change it or work with it. It's called awareness. You've heard me say that ad nauseum. That's my goal in teaching. I don't care about your spirituality. That's your business. But if I can teach you how

to become aware of it, you'll walk your path. You can't be just one place. If you are just going to be in the spirit, you're missing the program. If you are just being holy, you are missing part of life. Likewise, if you are just in the mental, you are also missing out. You have to communicate; you can't just think. You need to research as well as define because definitions change.

Other: Class discussion and laughter. So things like Tai Chi and Yoga help one get balance?

Nancy: Yes, they can be very helpful as long as you remember that there are other things too. Music and dance are really the same thing. If you can dance well, you can relieve any stress in your body. Whatever you love to do. Music is the sound of the Universe. All of those things work.

Other: Last week when we were talking, I thought you said something about the "vertical dimension."

Nancy: There is something about it. You have red, orange, and yellow here. You have magenta, pink, and lavender down here. Red, orange, and yellow are defensive colors. Magenta, pink, and lavender are angry colors. They are frustrated. Magenta always feels like the slave. Lavender always feels with frustration. Pink withdraws from commitment. Red, orange, and yellow are active colors. The red is the fighter, the yellow is the warrior, and the orange is the brawler. They have accidents all the time and rarely live beyond 32. The red is a survivor. They can live to 100. "Whatever it takes" is what the red says.

Other: You mentioned recently that you noticed that someone's color changed. Are you seeing more of that?

Nancy: For the last ten years, I have seen more of it than any other time. Usually there is a reason for it. Anyone with a violet mental was subject to change because they were repeating something. For example, I had Yellow / Violet/ Pink. I could have changed to Violet/ Violet/ Pink but I didn't because I don't want to have to come back again. I hope that I won't have to if I stay both the Warrior and the Pacifist. I'd have to come back if I hadn't finished the Yellow. If I stay with Yellow all the way, I have a better chance of being done. It's like going to school and you pass all the subjects except math. You're in the 11<sup>th</sup> grade and you passed all your subjects except 10<sup>th</sup> grade math.

Other: Can you tell if a person has changed colors?

Nancy: No, not unless I have seen them before.

Other: If Violet is the graduating color, where does that leave the Indigos?

Nancy: Most Violets think, "If I'm a Violet, why isn't it a better life?" The Indigos don't fit into the same process as the colors that have gone before. The Indigo is not a yesterday's child; it is not tomorrow's child. They are bridge-builder, and they are not here to LEARN anything; they are here to change things. When Barak Obama ran for office, his key word was CHANGE. He didn't have to say what would change; he just said change. Part of it is that in their spiritual quest, they have the paradox, but they don't see either side as right or wrong. So they can kill just as easily as they can fix. If it isn't their pleasure, they can eliminate it. They are children who are in between two sets of evolution. Meaning the 3<sup>rd</sup> dimension and heading to the 4<sup>th</sup> dimension. They are the bridge. So when you see Indigos and you think they are abstract, or terrible, stop and look at it, and ask yourself why you are seeing it that way. You are looking at YOUR PERCEPTION, not their reality. Say to yourself, "I'm not quite there yet."

Other: What happens when you see someone unhappy?

Nancy: That's a judgment on your part. You don't KNOW they are unhappy. You know YOU would be unhappy in their circumstances. That doesn't make them unhappy. We need to learn to say to ourselves, "If I were in their place, I would be unhappy so I won't bother them today." That is different than thinking WE have to DO something about their unhappiness.

Other: question about Indigo grandchildren

Nancy: Indigos have an essential need for grandparents because grandparents are usually fairly well-balanced. Ask them questions. Talk to them. Give them a feeling of security so they can tell you what's inside their head.

Other: They only thing Indigos seem to find "bad" is hypocrisy.

Nancy: Yes, they definitely are the "here and now" children. What you see is what you get. They hate it when you tell them one thing and you mean something else. We need to learn to say to them, "You are right. I shouldn't have handled it that way. How could I handle it better for you? How would it be better for you to see the point I'm making?"

Other: There seems to be a lot of trying to change other people. The only way I can see how to do that is to change myself.

Nancy: Right. If the question is there, the answer is there. You can only change yourself. Once we change, we see our friend in a different light. Or our enemy. Now we have to readjust our view of them, which affects the need for change in us. If we didn't have the outside world to see where we fit, we wouldn't move on the inside. That's why living is so important. It gives us the stage to make change. Our spirit can only change as the outside view changes. It's a collective.

Other: What is the effect on Indigos of all this divorce and stepbrothers and sisters that are going on?

Nancy: To me, that's part of evolution bringing us into a Oneness in the sense that we have to learn to unify our behavior. It's simple to get married, but it's not easy to stay that way. Change is happening and if both parties aren't willing to talk, open up, together, then the dance loses its rhythm. It gets confusing. The children are the ones who suffer for it. I see the Indigos as a statement of how we are doing a fairly good job integrating. They are not as politically minded as we are. They say what they mean. You may not like it, but it's clear to them.

Other: question about Indigo

Nancy: Half of them are building a Heaven, and half of them are building a Hell. Every generation does that. This generation is just more technically minded. It's more advanced on a mental level rather than a primal level. They view things a lot differently than we do. They also see love and sex much more differently than we do. For our generation, sex was a religious thing. The Indigos see it as a physical play toy.

Your childhood environmental training is your stage that you are playing your play on. How your parents trained you is what you have to learn after you are 18 to live a life. Boys will always attract their mother; girls will always attract their father first. If you are smart enough to know that, then you probably will not marry them unless you adored your father. If you adored your father, you may build a story around this person and cheat this person. They are seeing their father – not the man. Or they are seeing their mother, not the woman. It applies to every relationship. Hopefully as your life progresses and you learn, you stop doing that. It is not that you WANT to attract your father or mother. It's just a

law of what happens. You attract the CHARACTER of the father or mother. It is subconscious. If you become aware, then you can change it. You start becoming aware of who you respond to and how you respond to them. And what is the first gut reaction all about?

Other: question about Violets

Nancy: The negative side of the Violet is guilt or victimization. Their positive side is their charisma. They could sell ice to an Eskimo and make him think he needs it. It depends on which side of the fence they are practicing.

Other: Will Violets have to come back?

Nancy: They will not come back in the 3<sup>rd</sup> dimension. There are other dimensions that we have to go through.

Other: Like what?

Nancy: Spiritual. That is the 4<sup>th</sup> dimension.

Other: Will they be a Violet in the 4<sup>th</sup> dimension?

Nancy: I don't know.

Other: You have said before that the answer will come from China. Is that because they are a Violet country?

Nancy: I think what we are going to find out is how a Violet country battles. China has been setting up their scene for a long, long time. What they teach us will be on all levels. Remember, China threw out the monks (in Tibet.) That should clearly tell you that they not going the peaceful way. We are going to find out what China has to say, and it is not that far down the road.

Other: Do you see an Obama/ Clinton ticket?

Nancy: I'm not sure. For some reason she has backed off. One thing we will learn about voting for candidates is to ascertain whether we want the person and his beliefs or the gossip.

Other: If the Indigos are just beginning to get their rules or syllabus, then is it the best time for Obama?

Nancy: He could have waited 4 more years, and then he would have been in a more prime position. I have seen him come from naiveté, a child's way of handling the situation. But people wanted change, without knowing what change was. That's a dangerous place to be.

Other: What color is Tim Russet?

Nancy: Violet

Other: class discussion of disabled people

Nancy: We are becoming more spiritual every day. But we are not doing it in the way you would think. We are becoming much more accepting of different ways. In the next 20 years we will be exploring more and more options for living and living together. It's a good thing. No matter how negative it gets in the short term, it's a good thing. Life is positive.

Other: Yes, acceptance stabilizes.

Nancy: Yes but sometimes rejection stabilizes too. How many of you here have had a divorce? Didn't you feel more stabilized when you got out of it? Sure. Because you took away that which you weren't happy with. That's okay.

Other: Do you think Indigos will be more monogamous?

Nancy: It is my observation that Indigos are totally monogamous. They are either totally in the relationship or totally scandalous. They are clear that they are doing it for a lifetime. We did it for a lifetime, but it didn't work for us.

Other: Wedding ceremonies are really changing. They are taking a lot of the religion out of the ceremony. Class discussion

If a girl gets raised by aunts or grandmothers and they have no father figure, what kind of father do they pick?

Nancy: Their sperm. The father is never taken away. She will have that law of attraction. It is from the environment and the DNA. If the father is not there, then the DNA is not smudged. Sometimes when the father is not in the environment, the girl gets a clearer picture for the law of attraction than otherwise. When the father is there but not acting true to himself, then that throws confusion into the basic law of attraction. The girl will grow up to like a characteristic but then not know how to live with it. Or something like that. It is the same with a boy who grows up raised by a father.

Other: What about the Mormon group in Texas?

Nancy: Everything that has been done under the table is being put on the table. So we are getting to see how far some things have gone. On the other hand, the state went ahead and classified them as a religion which means that they can't be maligned by law. I look at that as having to look at the real legalities with religion. In the past, religion has been kept very protected from the law. If you could get identified as a religious group, there were no boundaries put on your process. Now the law is being questioned.

Other: discussion of Vermont

What is a psychic wound?

Nancy: Carl Jung said that between the ages of 1 and 3 you get a shock point called a psychic wound. It becomes your mentor for life, for your future. It is not something you throw away. It is something you keep. It happens within the first 3 years of life. It shakes your way of thinking.

Other: How many are there?

Nancy: I have never numbered them. It can't come from a past life. The gift of the psychic wound is that it teaches you where your vulnerable point is. If you learn to work with it, you can clear it to where it only comes up for 30 seconds instead of 30 days. One research project I always wanted to do was have a workshop for divorced couples and see if their psychic wound played into their getting a divorce. I am a born researcher.

Other: What is your perspective on dreams?

Nancy: I love dreams. They are very real processes from our unconscious. Dreams take place in the process right here (pointing to the board). Between the body and the emotions. If you are going to get serious about your dreams, you should never wake up with an alarm. That abrupt awakening will throw you into your body, and you may not bring the whole dream along with you. Whenever you have are dreaming, you have Rapid Eye Movement. If you are really serious about working with and studying your dreams, you have to awaken normally. That is difficult in the workaday world.

Other: A lot of my dreams are anxiety based.

Nancy: When you are anxious or having problems, then you are more likely to go to your unconscious for answers.

Other: What does your ability to remember them speak to?

Nancy: You can practice it. You learn to train yourself to wake up slowly and remember them. Some people have very vivid dreams and remember them easily. Others can't do that.

Other: What I call physical dreams are those where you were in a house you lived in 10 years ago, doing something with someone you met last week... You are an author in your dreams. A dream where you are flying is an out of body experience. They are wonderful.

It would be fun to do a Tuesday class of just dreams one time.

Nancy: Yes, we can do that.

Other: You mentioned something about a universal contract.

Nancy: Some of us have set plans, and some of us don't. And that's what I call a universal contract. That's when the universe calls you; you didn't call them. That's when you find yourself doing something that is totally not you but it works perfect for you. And you don't even know you were doing it.