



'9EQ' Method

What is Really Going on Here?

Me too Mom

'9EQ' CHECKLIST

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VISIONARY CREATIVITY
& HEALING WORKSHOPS

LIVING LESSONS LIBRARY.COM

Is This You?

Are you between the ages of 22 and 45? In spite of your gaffes you're successful and independent, do you still struggle with a frustrating and emotionally disappointing relationship with your birth mother or the mother figure in your life?

If you identify as female, do you feel trapped in a life that keeps you banging into a glass wall inside while chasing your best life both feet wedged into a pair of glass slippers?

If you identify as male, has your mother made you her emotional provider, or a substitute for the practical intimacy she can't sustain or couldn't risk with your father or develop with another adult male?

What is the unspoken command you continue to respond and submit to? Let's find out.

Is This Your Situation?

#competitive, #jealous, #controlling, #critical,
#rigid, #cold, #manipulative, #abusive?

Do these key words describe your mother or
mother figure?

Is your intimate relationship "picker" broken?

Do you repeatedly attract intimate partners who
end up being the "same" person over and over?

Do you feel completely alone in the world even
though you never seem to have time to yourself?

Do you feel that love, whatever love is, has no
idea you're alive or where to find you?

You've got a heck of a lot of company.

Me too Mom

About the '9EQ' Process

You want to clear yourself of sticky patterns that you see for the first time.

You choose to risk living life in a circle of trust in yourself and other people.

I resolved my relationship to my Me Too Mom. This has been an intense journey, but it's a journey that releases massive amounts of life force energy for your well-being.

You connect with awake, self-reflective, loving, kind, generous women and men who are conscious of their gifts and aware of growth opportunities.

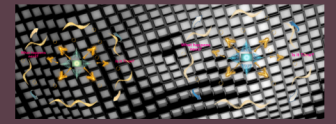
People who make your personal space feel safe.

Be seen, heard, and respected. Enjoy emotionally rich relationships with family, and colleagues.

Questions & Concerns

Checklist

Me too Mom



Which roles do you play for your MeTooMom?

Circle all that apply to your stories and experience.

- Savior Nurse Caretaker
 Golden Child/Star Cleaner
 Twin Nanny Healer Confident
 Fixer/Peacemaker Broken One
 Scapegoat Clown

Describe what service you provided/provide to M2M in your assigned role. Describe your role performance requirements. How does Mother express approval?

Disapproval?

Are these expressions unpredictable? Slap and tickle routines?

On a range of 1 - 10

1. Control -- Choice
2. Safety -- Experience
3. Intimacy -- absent or healthy
4. Understands, respects, sets clear boundaries
5. Supports healthy intimacy
6. Derails healthy intimacy

What is the primal fear do you need to put into words?

- I am not loved (because I'm unlovable to my mother)
- I am not valued (because I have no value -- to my mother)
- I must succeed as a GIVER to keep my mother alive, and me too
- What if It's not possible to reclaim enough of my life force to live a free, authentic, and happy life?

Me too Mom

YOUR STORIES LIST

HOW

WHEN

WHERE

Daily 9EQ Reminders

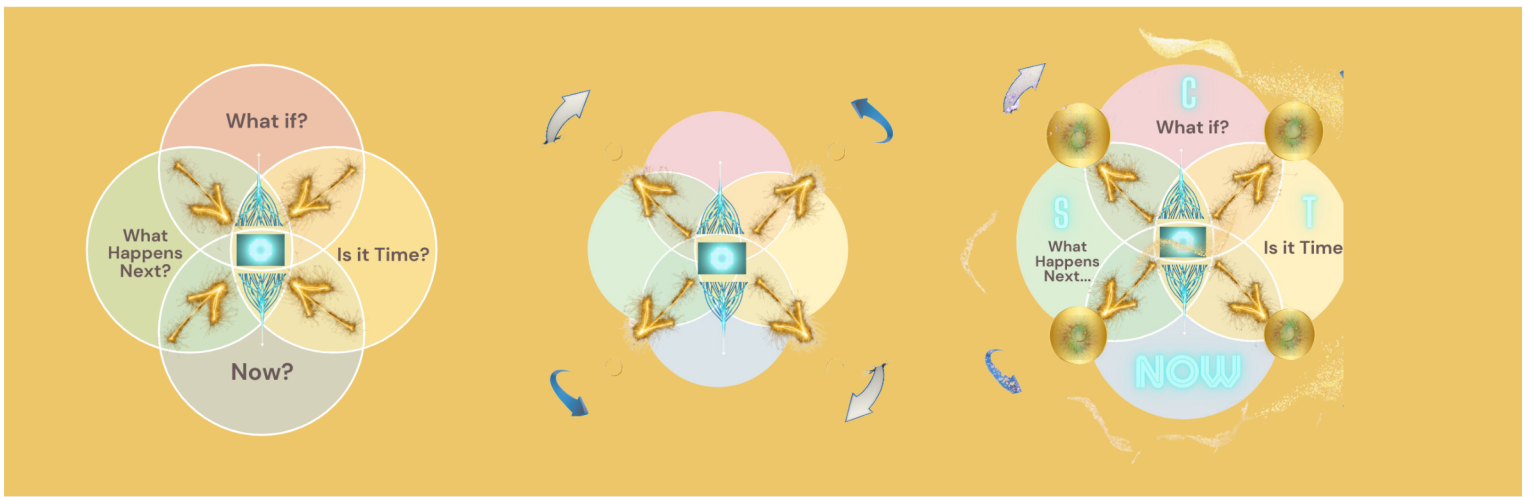
The power of my '9EQ' Method is that it expands your inner and outer world to reveal unhealthy or hurtful energy patterns so that you gain energy as you dissolve every Me Too Mom pain point.

ASK!

- I'm grateful for what is
- Question #
- Question #
- A truth that I Am is _____
- A feeling I desire is _____
- I choose to heal myself



Buy a dedicated Journal! Use your ten fingers to write down your 9EQ answers. Notice when and how answers show up! List the most distressing repeating patterns that you feel/see/know now.



How Will You Feel...If/When

1

Me too Mom no longer comments on or judges how you do/be you..

Celebrate the moment!

2

Me too Mom listens when you make this direct request.

Notice how this feels in your body.

3

Me too Mom shares her concerns. Decide if you can offer or give energy.

No guilt, blame or shame if you can't.

You experience relief, confidence, and a feeling of safety in your body whenever you stand for yourself in holding a healthy boundary. Trust your 'No' and your 'Yes.'

Be aware that any response that is not 'yes' is a 'no'. Move on with discernment: rest in neutrality, compassion and take a deep cleansing breath as you open to greater wisdom.

What if...
You ask within.



What if...
You listen within

Create life-changing alignment with your DNA blueprint! Know what that is! Love what you do with your co-creative tribe. Get stellar support!

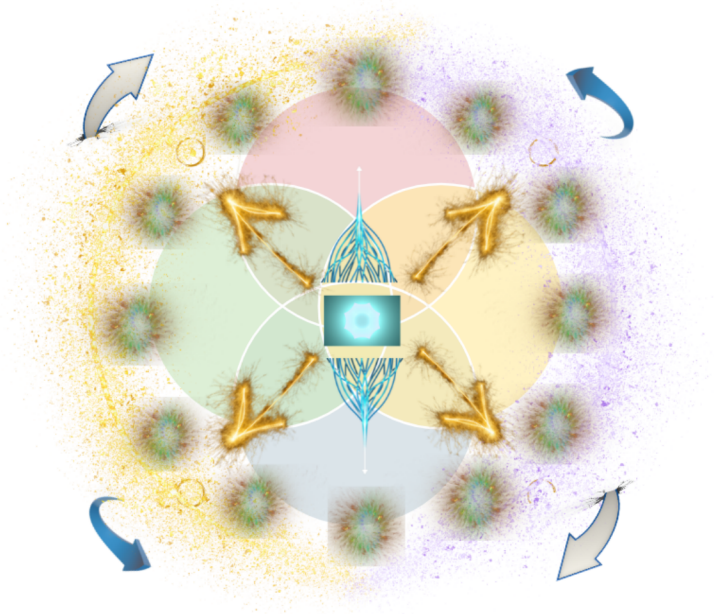
Embrace your SOURCE
SPARKED success.

This is waiting for you.

Choose

Trust yourself

Are you longing to co-create and collaborate? Had it with bowling alone? Now is the time to wake up everyday **THRILLED** to be the heart-centered leader that you already are – in a world without SOBS.



Client Testimonial

When you get quiet and you sit down and you feel how you feel, you are going to notice that you're not happy and that you don't feel good. And if you're not happy and you're not feeling good, what are you gonna do about that? Do you have a choice?

Of course, you have a choice.

I wasn't connected with my own feelings or energy field dynamics and how each and every part of my energy field could help me know. I wanted to get my mind out of the way, the mind that says, 'never mind, he, she, or they didn't really mean that.'

So, never mind. I'll do it anyway.




Michelle Dillon
Asst. Bank Manager

I don't feel that I'm being listened to. I don't feel that I'm being heard, and I don't feel like in this situation.

The other person in this dynamic has no interest in who I really am.

I was exhausted.

Anaiis, thank you for the lit up insight and the energy healing help!



Against all odds, with no guarantee of being loved in return, in the face of meaningless suffering our stories of connection confirm that we go on loving.

How can we doubt the special part we play in life on earth?

What honor you earn for handling consciously and relentlessly the most delicate, tender task of evolution: to make love out of nothing at all and make it last.

David Richo

How to be an Adult



Thank-you!

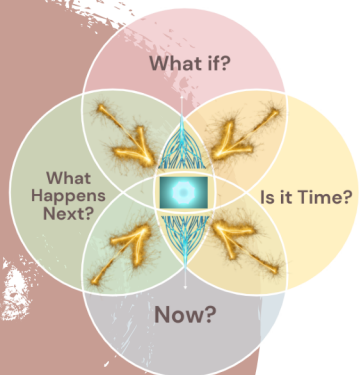
I'm so excited to continue working with you,
please reach out to learn more.

Voices of Women Summit

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Hey There!

No longer craving permission or validation, I was nurtured from within by a foundation that dissolves false perceptions and the value of mindset accomplishments. My I/We circle dance erupted into a diverse, international community.

A Chronic Over-Giver with a 6 figure income, trapped in an abusive marriage and keeping my vow to live in truth simply wasn't sustainable BECAUSE I had no connection to a heart-centered, diverse community.

I'm a proud mom of two successful sons. Being an author, speaker, course designer, and innovator of a holistic product that could help thousands, not perfect, but absolutely fulfilling and icing on my cake!

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