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Date: 3/31/2013 1:47:07 PM

Subject: Fw: My loving truths

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From: Mortal Sage <mortalsage@yahoo.com>

To: Mom & Dave <agent007@prexar.com>

Sent: Saturday, October 4, 2008 2:49 PM

Subject: My loving truths

I'm in a space right now where I think I can lovingly communicate to you what is at the core of my pain... and part of healing myself and ridding my life of the anger you speak of, I must tell you my truths, despite what you think, or want to hear... I won't drag it out into a short story, but I want to be as complete as possible so there is no misunderstanding on your part of where I stand and what I want... I hope you will sit with this email and read it in its entirety...

For all the reasons that exist it is a fact that I was neglected and ignored as I grew up and grew older, and it has created a very sensitive personality in Who I Am... or at least *in part* of Who I Am... because I have ***always wondered*** why nobody wanted to spend time with me growing up, specifically my mother and my father – the ***most important*** people in my world, I wondered what ***was/is*** so very wrong with me that they would have *very little interest in discovering Who I Am...* I am the person ***they were creating*** and they were ***not at all interested*** in WHAT or WHO they were creating – and unfortunately it showed in their carelessness with their words, actions and deeds... and because I was getting no answers to my very deep and pain-filled questions my anger of being ignored intensified over the years... it became quite evident around the age of 10 and continued to intensify as the months and years passed because my life had essentially fallen apart around me... and I had NO CONTROL over what happened to me, at the hands of my parents... this occurred repeatedly for 6 years until I could no longer take the exposure to the chaos they had helped to create in my life... so I ran away from them – but I have never been able to run away from the part of me that I don't understand – and that they apparently despise, and apparently have despised since I was born... they cannot explain it to me nor can anyone else explain why they would have no interest in someone they consider “special” and “wonderful”... (are those just my delusions??) so, why the non-interest ?? that is the burning question that has burrowed a tunnel through my soul, and through my life... and it has left only destruction in its path, of mine and others' lives... ☹

And, as you know firsthand, how I feel is always evident in everything I say and do, and there is no way for me to hide it... I am not capable of hiding how I feel – which is a blessing and a curse at the same time... feeling IS the language of the Soul and I believe it is the most important component of Who We Are – it gives everything we do important meaning and value and essentially creates Who We Become... wouldn't you agree ??

Part of my unhappiness is people's misunderstanding, or lack of understanding of Who I Am... which is a ***direct result of their lack of interest in Who I Am...*** I have always embraced my Child Soul as I grew up... and I still embrace her today... the little girl inside who always wants to play and love and be happy... she IS alive and well, but she is not allowed to express herself because of her pain of having to play all alone and having nobody to show any interest in her interests... other than being taken care of medically, financially and materially, I am/was not shown that they have/had any other interest other than keeping me alive – but why keep me alive ?? especially since I have been told my entire life that I am an angry, unlovable person, and wouldn't you know it – their prediction came true over the years !! I ***cannot*** believe that I was ***born angry*** – I ***refuse*** to believe that... because that would somehow mean there is no hope for me – that I was born and destined to be an angry unhappy baby/child/adult... how can that be true ?? this is the question I have grappled with for 40 years now... and my parents do nothing to help with the answer – they simply reinforce its truth – and now Jenna has joined the force...

What do I do now ?? Who can answer my questions ?? Was I destined to be an angry unhappy unlovable person ??? I really need to know your truths... would you please tell me... ??

I know I am an abstract and complicated person... I will not apologize for Who I Am, although that is my first impulse as I write this sentence... If one was to strip away the angry layer of Who I Am and look only at the multitude of loving, caring and loyal choices I make, they would tell me all those wonderful things I am told by people who do not know me... but, they don't “know” me, do they ?? however, it is not necessarily true that they don't know me... everybody is treated with the same truth-telling that you have experienced... you have received most of the angry experiences though simply because my animosity is mostly focused in your direction – because you are the only ones who have had the many years of “dealing with me”... if you know anything about me you know that everybody is shown my truths, even if they don't want to know... it has cost me a lot in my life, as you also know... but I am honest with everybody I encounter – there is no question about that... isn't it better to tell our truths rather than be someone who we are not ??

*But you are the only ones who make me feel like SHIT about Who I Am...* the ONLY ones – even Kevin built me up while he was beating me down, as strange as that sounds... if it had not been for his direct assistance I would never had been able to leave him in the manner that I finally did... and I certainly would not be the strong, capable and confident woman I am today... but, in regards to you, Mom and Jenna, you are the only two people in my life whose opinion weighs heaviest on my heart but you are also the only two who make me *DOUBT* Who I Am... how do I make peace with that truth ?? how would you ??

And because what you complain about is so evident in my feelings, thoughts and actions, I cannot discount what you both say to me... I am Evil... but also, I am Love... I am the Divine Contradiction... I am equally as Loving as I am Angry – I know this is My Truth... but I want to change which one shows the loudest expression...

What do I want from you?? Well, it doesn't cost any "money", I can tell you that much... It consists of you having a *genuine curiosity about Who I Am* and about what makes Me unique... I also ask that you refrain from reinforcing the 'angry persona' I am trying to shed – this is more for Mom's information than yours, Jenna...

Jenna, I think you are my biggest cheerleader, and **yes** I want you in my life – very very much so !! and I want you to know that I feel *so blessed* to be called your 'best friend'... that is exactly what I have worked so hard for all these years of guiding you – showing you the good, the bad, and the ugly... for you to *truly* know me and respect me you had to experience the *All of Me* – the good, the bad and the ugly... I was ok with showing you the bad and the ugly though, because I KNOW Who I Am and I KNOW that I am *MOSTLY Good and Loving*... and I know you also see that in me, otherwise you wouldn't still be here, right ??

And Mom... well, we have a long and painful history... part of which you are responsible for... I have already made changes in my relationship with you, although bits and pieces of my anger still exist... but I know that you know I have already begun to make changes as they have been obvious in our interactions... I want to continue to make progress in that area but it's *not* a one-sided relationship... please don't assume or imply that I am the ONLY one who needs to make changes... this resolution requires *your active participation also*... I am *only part of the problem* that exists between you and me... and nothing will change between us if you continue doing what you have always done... and the evidence for this truth is the relationship between me and Jenna – although she knows she is part of the problem, *as well as part of the resolution*, she knows that nothing will change unless *I* help – *her parent, her mother* ... and this is true *regardless* that I am "the parent" – as you and Dad would argue in defense of your unwillingness to change, regardless that it's for the better of a relationship with me... so, my question, Mom, is this – if I am supposed to change so I can have a better relationship with *my daughter*, isn't it also true that *YOU* need to change to have a better relationship with *your daughter* ???

And if you agree with this, then please tell me *your truths about how YOU think you need to change* so we can have a better relationship... and I ask this because our conversations about change have mostly revolved around how *I interact with you, not you with me*... I have always been required to accept you and Dad *as you are* despite the counterproductive nature of your interactions and the negative results you create... I refuse to believe that I am the ENTIRE problem – that is simply *NOT possible* ... so, if you would like a better relationship with me, please tell me how you think you can help to accomplish that through your future choices... what will you do differently ??

Jenna, I don't need you to do anything differently... it is I that needs to change, not you... you keep coming back hoping I am different, and I am not... for the same reasons I keep going back to my parents – hoping they will value me enough to change the things that interfere with our relationship... however, I am still waiting...

But, in regards to you, Jenna – yes, I want to make changes with you, but that also requires your participation... and one of the things I need to change is the physical connection we have with each other... that was at the core of my recently asking you for snuggle time in front of the television – for you and I to connect again the way we are supposed to be, and used to be – before I made poor choices and abandoned you... I deeply apologize and want to change that... but I want to hug you again, and be able to hold you like I used to... before the disconnection occurred between us we used to share many wonderful times hugging on the couch... wouldn't you like to remember what that feels like ?? I know I sure would... please give that your consideration... it would make a significant impact on our relationship in a very positive way... I know you know this... and I know it's awkward to consider it, but it's only because it has become non-existent in our life... if we had more of it we would feel less awkward about it, yes ??

Mom, I would like this with you too, but I don't want to have to always come to YOUR house to have time with you... I have always felt like you don't enjoy coming to visit me at MY home, simply because you don't ever choose to... 80% of the time I see you it has to be at your house and under your terms... I would like that to change also... I know a big part of it is because of my cigarette smoke – but I know you have noticed my not smoking when in your space – I am considerate about your health problems and if you make the effort to spend time with me on my turf, I will show the respect and refrain from polluting your air while you are here...

So, with all that said, I would appreciate a thoughtful response... from both of you, Mom and Jenna... please tell me your honest and hard truths – tell me the things you have never told me before, for fear of ?? please tell me what you need to say to me, despite what you think I'm going to think or feel ... but, please, come from the position of love, not defensiveness, when you write to me... I

do not want to waste my life anymore... but I need to rid my heart and life of the pain I have expressed above... and the only way that will work *for me* is through this email, and future conversations about it... the more I speak of it, and am heard by those who I am speaking with, the lighter my heart will become and the happier I will be... but the secret is for me to be *heard*, for my pain to be *acknowledged* and for my personal VALUE to be *celebrated* by those who say they love me...

Is that something you are interested or willing to do ?? Please tell me ...

I love you,

~ Gina

"Feeling is the Language of the Soul"