

**Jeroen:** As the scene comes into focus what do you see?

**Cathy:** My body feels young, but I can't really see.

**Jeroen:** As we keep talking it will become clearer. Does your body feel male or female?

**Cathy:** Female.

**Jeroen:** What kind of spirit does this body have? Does it feel happy or sad?

**Cathy:** Happy.

**Jeroen:** Does it feel like it wants to be still or move?

**Cathy:** Run, swim.

**Jeroen:** About how old does the body feel?

**Cathy:** Seven, eight.

**Jeroen:** So, look down at your feet. What do your feet look like? Are you wearing shoes?

**Cathy:** Little white shoes.

**Jeroen:** Tell me about those white shoes?

**Cathy:** Little closed toed, fancy shoes. What kind of material?

**Jeroen:** Like patent leather?

**Cathy:** Yeah, shiny.

**Jeroen:** How do they close?

**Cathy:** With a strap.

**Jeroen:** Like a clasp or a buckle?

**Cathy:** Yeah, like a buckle.

**Jeroen:** Are you wearing any socks with your shoes?

**Cathy:** Yeah, I'm wearing a long dress.

**Jeroen:** Is it a light fabric or heavy?

**Cathy:** Kind of heavy.

**Jeroen:** Where does it go down to?

**Cathy:** Past my shoes.

**Jeroen:** Do you like wearing this dress?

**Cathy:** Yeah.

**Jeroen:** Does it make you feel warm . . . or protected?

**Cathy:** It feels nice.

**Jeroen:** Does it have a color that you like?

**Cathy:** It's kind of a boring color, grayish.

**Jeroen:** Is the fabric soft to the touch or kind of coarse?

**Cathy:** It's not too soft.

**Jeroen:** So how do you get in and out of your dress? Does it button or zip?

**Cathy:** You have to take it off over your head. It's an apron type dress.

**Jeroen:** So, do you need help with that?

**Cathy:** Yeah, a tie in the back.

**Jeroen:** So, who helps you with that normally?

**Cathy:** My mom.

**Jeroen:** Do you like it when your mom helps you with that?

**Cathy:** Yeah.

**Jeroen:** Your mom, is she nice to you?

**Cathy:** Yeah.

**Jeroen:** Is your mom beautiful? Or what do you think of your mom?

**Cathy:** She is nice, beautiful.

**Jeroen:** So, when you look away from your shoes and look at the ground you're standing on, what does it look like?

**Cathy:** Dirt. Water nearby.

**Jeroen:** Is it all dirt? Is there a street?

**Cathy:** Grass.

**Jeroen:** What color is the grass?

**Cathy:** It's green.

**Jeroen:** Is it short grass or mowed?

**Cathy:** No, no, it's wild grass, flowers and maybe like a lake.

**Jeroen:** Where is the lake located?

**Cathy:** To the right.

**Jeroen:** Is it a bit lake or a small one?

**Cathy:** It's pretty big. I don't think it's an ocean.

**Jeroen:** What about the land around the lake. Is it mountains or flat?

**Cathy:** It looks meadowy.

**Jeroen:** So, there's not too many trees, it sounds like?

**Cathy:** Not too many trees.

**Jeroen:** What does the air feel like? Is it cool, warm?

**Cathy:** Kind of cool, but clear . . . blue sky.

**Jeroen:** That sounds pleasant. Is it a beautiful day?

**Cathy:** Yeah

**Jeroen:** What about sounds? What can you hear?

**Cathy:** Kids. Food cooking.

**Jeroen:** What does that smell like?

**Cathy:** Like meat.

**Jeroen:** Is it like a barbecue?

**Cathy:** Yeah.

**Jeroen:** Is it close by or can you see where it is?

**Cathy:** Yeah.

**Jeroen:** Are these people your friends? Are you with them or by yourself?

**Cathy:** Yeah, with family - a party.

**Jeroen:** Oh, that sounds like fun.

**Cathy:** Yeah.

**Jeroen:** Tell me who's there? Your mom and dad are there?

**Cathy:** Yeah. I might be younger, like four. I think my dad, but I don't think any brothers or sisters.

**Jeroen:** Just your mom and dad and you?

**Cathy:** And some friends.

**Jeroen:** Are you celebrating?

**Cathy:** Yeah. Summer.

**Jeroen:** Sounds like fun. Tell me about your dress again.

**Cathy:** Yeah. Playing games - horseshoes (laughing). I have sleeves that are kind of frilly on the shoulders. Like a shirt under, but there's like an apron thing that has a border on it.

**Jeroen:** What color is that?

**Cathy:** Grayish.

**Jeroen:** What about your hair? What's your hair like?

**Cathy:** It's long and straight - pretty.

**Jeroen:** Nice. What color is it?

**Cathy:** It's like a blondish brownish, kind blonde.

**Jeroen:** How do you wear it?

**Cathy:** Just straight and sometimes back.

**Jeroen:** So, your mom doesn't have to comb it or put it up certain ways?

**Cathy:** Sometimes she puts it up in a 1/2 ponytail.

**Jeroen:** What does your face look like?

**Cathy:** Pretty. Kind of German (laugh). Like European looking - blue eyes.

**Jeroen:** Is your skin very pale? Is it a little tan?

**Cathy:** A little tan.

**Jeroen:** Does your face look like a happy face?

**Cathy:** Yeah.

**Jeroen:** So, there's some friends there as well. Are their parents there?

**Cathy:** Yeah. An uncle.

**Jeroen:** What is your favorite food that you are going to be eating today?

**Cathy:** Like a cake – kooken (Kuchen).

**Jeroen:** What is the cake?

**Cathy:** White cake with strawberries and whipped cream

**Jeroen:** Very nice. Are you guys drinking anything?

**Cathy:** Lemonade.

**Jeroen:** So, you say you were playing a game of horseshoes?

**Cathy:** Yeah. The boys are.

**Jeroen:** What are they doing with the horseshoes?

**Cathy:** They're throwing them to put it on a hook - on a stick. They try to hit it onto the stick.

**Jeroen:** Are there any other girls around?

**Cathy:** Maybe some older.

**Jeroen:** It sounds like a beautiful day. Are you feeling happy?

**Cathy:** Yeah

**Jeroen:** So, I want you to see the place where you live. What does it look like?

**Cathy:** Kind of like a farm house, but not too fancy.

**Jeroen:** Is it big or small?

**Cathy:** It's like metal-ish - with metal on it. Not too big.

**Jeroen:** You said there's metal on it?

**Cathy:** Yeah, the roof.

**Jeroen:** Oh. What color is the roof?

**Cathy:** Greenish.

**Jeroen:** Is it a pointed roof or flat?

**Cathy:** No, but the metal on it is like corrugated.

**Jeroen:** Is it a one story or a two-story house?

**Cathy:** Two. Two story, but no houses around.

**Jeroen:** So, do you guys have fields around the house?

**Cathy:** It's kind of like grass.

**Jeroen:** Is there anything else with the house, like stables?

**Cathy:** A dog, like a long, short dog.

**Jeroen:** Where does the dog stay?

**Cathy:** It stays in the house.

**Jeroen:** Do you like the dog?

**Cathy:** Yeah.

**Jeroen:** Do you have your own room where you sleep in the house?

**Cathy:** Not in my own room, no.

**Jeroen:** What does the kitchen look like?

**Cathy:** A window, counter.

**Jeroen:** Is there glass in the window?

**Cathy:** Yeah.

**Jeroen:** Where does your mom cook the food.

**Cathy:** There is like a weird stove.

**Jeroen:** Is it your mom who cooks the food?

**Cathy:** Yeah.

**Jeroen:** When your mom cooks food, do you all sit together?

**Cathy:** Just 3 of us in the kitchen.

**Jeroen:** Do you like the food your mom cooks for you?

**Cathy:** Yeah.

**Jeroen:** What kind of food is it?

**Cathy:** She makes porridge, cake.

**Jeroen:** It sounds like you love your mom's cake.

**Cathy:** Yeah.

**Jeroen:** You say there's no houses around. What is the area around your house like?

**Cathy:** There's like a river that goes by, a little river, not big. And there's some trees.

**Jeroen:** Do you like your dad?

**Cathy:** Yeah.

**Jeroen:** What's he like?

**Cathy:** He's a farmer kind of guy.

**Jeroen:** Does he work at home or does he go somewhere?

**Cathy:** Yeah, at the house. He cuts wood and stuff.

**Jeroen:** So, let's leave this scene, floating through time and space. On the count of 3 you will be in the next important scene in the life of this young girl, whatever you consider to be important. One, two, three . . . what's happening now?

**Cathy:** I feel older and heavier.

**Jeroen:** Anything else that feels different about the body?

**Cathy:** Kind of pudgy. Feels like high school.

**Jeroen:** How do you feel about your body? Do you have an opinion about it?

**Cathy:** I don't have as much energy anymore as I did when I was little.

**Jeroen:** Tell me what your feet look like right now.

**Cathy:** Barefoot

**Jeroen:** What are you standing on?

**Cathy:** Getting ready for bed.

**Jeroen:** Where is that?

**Cathy:** At a house - an apartment.

**Jeroen:** When you look at your feet, is your skin still white?

**Cathy:** Yep.

**Jeroen:** You're getting ready for bed. Are you by yourself? Are your parents there?

**Cathy:** No. Grandma.

**Jeroen:** What's that like? Do you love your grandma?

**Cathy:** Yeah.

**Jeroen:** So, tell me about what happens when you get ready for bed?

**Cathy:** I brush my hair - pretty hair. My face feels round.

**Jeroen:** Then what else happens?

**Cathy:** I miss my family.

**Jeroen:** Where are they?

**Cathy:** My dad lives away somewhere. My mom died.

**Jeroen:** Oh, I'm sorry. A long time ago?

**Cathy:** Yeah.

**Jeroen:** That must have been so hard for you.

**Cathy:** Yeah (sad).

**Jeroen:** You miss her, huh?

**Cathy:** Yeah.

**Jeroen:** Who lives at the apartment with you?

**Cathy:** Just my grandma and me.

**Jeroen:** Is your grandma your mom's mom or your dad's mom?

**Cathy:** Yeah, my mom's mom.

**Jeroen:** Does your grandma look old or young?

**Cathy:** She has grey hair, but she's not too old.

**Jeroen:** Have you been living with her for a while?

**Cathy:** Yeah.

**Jeroen:** How do you like that?

**Cathy:** We take care of each other because my Grandpa died too so she is lonely.

**Jeroen:** So, you've both lost people?

**Cathy:** Yeah. I'm in school. I'm a good student.

**Jeroen:** Do you like school?

**Cathy:** Yeah. Do you have many friends? Yeah, I have some friends - not too many.

**Jeroen:** Do you love anything or anyone in your life right now?

**Cathy:** I kind of want to go out of here. I want to move from this house - go live somewhere else.

**Jeroen:** Why is that?

**Cathy:** And just start my own life.

**Jeroen:** What doesn't feel right for you here?

**Cathy:** I'm just getting older. It's hard to leave my grandma

**Jeroen:** Because she'd be lonely?

**Cathy:** Yeah.

**Jeroen:** How old would you say you are?

**Cathy:** Seventeen.

**Jeroen:** Do you have interest in boys yet?

**Cathy:** Yeah.

**Jeroen:** Are there some guys that you're interested in?

**Cathy:** Yeah.

**Jeroen:** But no one in particular?

**Cathy:** A guy who is a little older than me.

**Jeroen:** Do you go to church at all with your grandma?

**Cathy:** Yeah. I like to go to the market.

**Jeroen:** What is that like?

**Cathy:** Buy food, vegetables.

**Jeroen:** Is it a big market?

**Cathy:** It's outside. People are selling food.

**Jeroen:** Where is it held?

**Cathy:** Kind of like downtown. There's lights - firelights.

**Jeroen:** Tell me about the lights? Where are they?

**Cathy:** Firelights.

**Jeroen:** Like street lights, but they are fire burning?

**Cathy:** Yeah. They are like little candles - like in a row.

**Jeroen:** I see. What season are you in right now?

**Cathy:** It is fall.

**Jeroen:** What do people dress like in fall?

**Cathy:** Long dresses and the men wear black suits.

**Jeroen:** Just when they're outside in the street they wear black suits?

**Cathy:** Yeah

**Jeroen:** Do they wear hats too?

**Cathy:** Sometimes they wear hats.

**Jeroen:** When you're out with your grandma she's okay to move to get around?

She's not impaired or anything?

**Cathy:** Yeah. She has a basket . . . to put everything in.

**Jeroen:** And she carries it on her own?

**Cathy:** I help her carry it.

**Jeroen:** When you guys go out at the market, what do you wear?

**Cathy:** A dress.



**Jeroen:** Do you wear any hats at all?

**Cathy:** Yeah, a hat . . . and a jacket sometimes when it's cold.

**Jeroen:** Does your grandma let you know she loves you?

**Cathy:** Yeah.

**Jeroen:** How does she let you know?

**Cathy:** She is very sweet. She lets me have my own life too.

**Jeroen:** How does your grandma get your attention? What is the word that she uses?

**Cathy:** Stina, for Christina. Like a nickname.

**Jeroen:** A nickname?

**Cathy:** Yeah.

**Jeroen:** That's cute. What about you when you call out to your grandma?

**Cathy:** Maybe Anna.

**Jeroen:** So, what is important about this day?

**Cathy:** There is a guy that I like. I see that he wears a black suit. He is 28.

**Jeroen:** What does he look like?

**Cathy:** Thin - not too tall - kind of quiet.

**Jeroen:** What do you like about him?

**Cathy:** He's older, adventurous, a business man.

**Jeroen:** Does he live close to you?

**Cathy:** Yeah.

**Jeroen:** In the same city?

**Cathy:** Yeah.

**Jeroen:** What does the city feel like? Does it pretty big or average size?

**Cathy:** It's kind of a small town. It's not a big city, but it has a downtown with shops.

**Jeroen:** Does he live in the town?

**Cathy:** Yeah, his family owns a shop.

**Jeroen:** What kind of a shop?

**Cathy:** A hardware store with tools.

**Jeroen:** Is he interested in you too? Does he like you?

**Cathy:** Yeah. He wants to move away too.

**Jeroen:** That's nice. Do you guys know where you want to go?

**Cathy:** To America.

**Jeroen:** What is the country right now? What do you call the country?

**Cathy:** Feels like Europe - like Northern Germany.

**Jeroen:** Do you know any people that have moved to America?

**Cathy:** Some friends - older kids. They send letters to their families. They send letters. There's opportunities there.

**Jeroen:** What would you like to do? Do you have an idea about that or no?

**Cathy:** Well, I just wanna make a place . . . have a family there.

**Jeroen:** It feels like a better life?

**Cathy:** I just want a change.

**Jeroen:** So, let's move away from this scene, drifting through time and through space. On the count of 3 you will be in the next important scene for you to look at and experience in this lifetime. One, two, three. Can you tell me what you're looking at or feeling?

**Cathy:** I think I'm pregnant (giggle).

**Jeroen:** Like how far along into the pregnancy?

**Cathy:** Early.

**Jeroen:** But you can already feel it already, huh?

**Cathy:** Yeah.

**Jeroen:** What does that feel like?

**Cathy:** Like life is growing inside me.

**Jeroen:** How do you feel about that?

**Cathy:** Kind of happy, but kind of scared.

**Jeroen:** What are you scared of?

**Cathy:** Just nervous.

**Jeroen:** If you can take care of it?

**Cathy:** Yeah.

**Jeroen:** Have you been pregnant before?

**Cathy:** No.

**Jeroen:** So, tell me about your life. Who is the father?

**Cathy:** Henry.

**Jeroen:** Henry?

**Cathy:** Yeah, but we're not married yet.

**Jeroen:** What does that feel like?

**Cathy:** I think we'll probably get married.

**Jeroen:** Is that okay for your families? For you not to be married but have a baby on the way?

**Cathy:** They don't really know yet (laughing together).

**Jeroen:** It seems like you're really in touch with your body that you can feel it already?

**Cathy:** Yeah. We just got to America too.

**Jeroen:** You did. So, there's a lot going on in your life.

**Cathy:** We have to find a house.

**Jeroen:** Did you find a house already?

**Cathy:** We're looking. We just got here.

**Jeroen:** So, where are you staying while you're looking?

**Cathy:** Just like a family . . . has room. They don't know I'm pregnant either.

**Jeroen:** Is this part of your family?

**Cathy:** No, just a family that we met.

**Jeroen:** Do you both go out and look for places or what is your day filled with right now?

**Cathy:** Cooking and cleaning . . . to help pay for our room.

**Jeroen:** So, you can do things to make up for staying there?

**Cathy:** Yeah. Henry is looking for work.

**Jeroen:** Do you like being pregnant? What does it feel like?

**Cathy:** It feels good.

**Jeroen:** What is the shape or the size of your body? Are you still thin?

**Cathy:** A little heavy. My legs feel heavy.

**Jeroen:** What do your clothes look like? What are you wearing?

**Cathy:** A long dress and I have a suit too. One suit. I brought them with me - these clothes.

**Jeroen:** What does a suit look like for you?

**Cathy:** A jacket and a skirt.

**Jeroen:** More dressy or formal?

**Cathy:** Just kind of like - business suit.

**Jeroen:** What else did you guys bring with you?

**Cathy:** We brought a trunk filled with personal things, clothes, jewelry, some pictures.

**Jeroen:** Now how was the journey over?

**Cathy:** It was a long ride. We had to sleep on the boat - on the top of the boat.

**Jeroen:** What do you mean on top of the boat?

**Cathy:** Like up on deck.

**Jeroen:** Really. It must have been cold?

**Cathy:** Yeah. There was black steam coming out of the ship.

**Jeroen:** About how long did it take?

**Cathy:** 14 days.

**Jeroen:** That's quite long, isn't it?

**Cathy:** Yeah, it was a long trip. We weren't able to take a shower.

**Jeroen:** Was it a crowded boat?

**Cathy:** It was crowded. And we brought some food with us too.

**Jeroen:** Was there some food available on the boat itself?

**Cathy:** A little bit, but it was expensive. We brought some alcohol too (laughing).

**Jeroen:** You did? Tell me about the alcohol. Like when would you drink it?

**Cathy:** Just at night because it's cold.

**Jeroen:** To help yourself stay warm and sleep?

**Cathy:** And sleep, yeah.

**Jeroen:** What did you sleep on? Did you have anything soft to lay on?

**Cathy:** Just a blanket.

**Jeroen:** That sounds kind of rough!

**Cathy:** Yeah, like a burlap kind of blanket (laugh).

**Jeroen:** That sounds rough!

**Cathy:** Yeah, it wasn't too cold.

**Jeroen:** Did you go right from Germany or did you have to travel to a different country?

**Cathy:** Iceland - North, I think. North and then . . .

**Jeroen:** And then cut across?

**Cathy:** Yeah

**Jeroen:** How did you feel when you arrived at your destination?

**Cathy:** Very relieved.

**Jeroen:** To get off the boat?

**Cathy:** Yeah. Had to sign in.

**Jeroen:** Sign in? When you got off the boat you mean?

**Cathy:** Yeah.

**Jeroen:** What did that feel like?

**Cathy:** It felt a little rushed.

**Jeroen:** Busy?

**Cathy:** Yeah, very busy with people from all over.

**Jeroen:** What did the signing in entail? Did they just want your name or did they ask for medical information?

**Cathy:** They wanted your name and your birthday and where you're from.

**Jeroen:** Were there doctors? Like some people would get taken to the side because they didn't look healthy?

**Cathy:** No, they didn't ask us for that.

**Jeroen:** Did they tell you where to go? Give you any advice? Or they just wanted your information and then figure it out yourself?

**Cathy:** Yeah, we just went first night and just found a place to stay. We didn't have a lot of money with us. We just decided to stay in New York.

**Jeroen:** That's so courageous for you guys to do that. Just take a big leap of faith - not a lot of money - and just go!

**Cathy:** Yeah. We found some other people that speak German too.

**Jeroen:** On the boat or in New York?

**Cathy:** Yeah, on the boat and in New York. We made some friends.

**Jeroen:** So, you have somebody you can relate to?

**Cathy:** Yeah. Somebody named Meredith.

**Jeroen:** Your friend is Meredith?

**Cathy:** Meredith Kreuger.

**Jeroen:** Is she single? Or does she have a husband?

**Cathy:** She came with her brother, I think.

**Jeroen:** So, does Henry . . . what kind of work does Henry find?

**Cathy:** He works with his hands. Kind of like metal and tools.

**Jeroen:** Is he looking for that kind of work or has he found it already?

**Cathy:** Yeah. he's found little jobs here and there - enough.

**Jeroen:** Enough to get by?

**Cathy:** Yeah, he stays busy. He might make horseshoes too.

**Jeroen:** Do you like living in New York?

**Cathy:** Yeah.

**Jeroen:** What do you like about it?

**Cathy:** I like the people. I like the - everything's new.

**Jeroen:** How are the people different from at home?

**Cathy:** They are much happier here - more happy.

**Jeroen:** Nice. It sounds like you made a good decision to go, huh?

**Cathy:** Yeah. I'm happy here.

**Jeroen:** So, let's move forward to the day when your baby is born. Tell me what happens?

**Cathy:** We didn't have a lot of money to pay a doctor so we had to have friends help us.

**Jeroen:** Where are you having the baby?

**Cathy:** At our house.

**Jeroen:** How do you feel about it?

**Cathy:** Kind of sad, I think.

**Jeroen:** Why are you feeling sad?

**Cathy:** It wasn't a good birth.

**Jeroen:** No? Tell me about it. What happened?

**Cathy:** The cord was wrapped around the neck of the baby.

**Jeroen:** Did your friends know what to do?

**Cathy:** They tried. I can't tell if the baby's okay.

**Jeroen:** You can't tell?

**Cathy:** I think he's sick.

**Jeroen:** What makes you say that? What does he look like?

**Cathy:** He just has troubles. He's not eating.

**Jeroen:** That sounds scary. How do you feel about it?

**Cathy:** I don't know what's gonna happen.

**Jeroen:** It's a boy?

**Cathy:** Yeah, it's a boy.

**Jeroen:** And he's not eating?

**Cathy:** No. I think it was too traumatic - the birth. If we went to the doctor, I think he would have been okay.

**Jeroen:** But you didn't have the money, huh?

**Cathy:** No.

**Jeroen:** That's too bad.

**Cathy:** Yeah.

**Jeroen:** Were any of your friends knowledgeable about giving birth?

**Cathy:** They had done it before, but didn't really know what to do.

**Jeroen:** Was it a long labor?

**Cathy:** Yeah, a little bit - like 4 hours.

**Jeroen:** It must have been hard for you.

**Cathy:** Yeah, it's a sad feeling to bury a baby.

**Jeroen:** To bury a baby?

**Cathy:** Yeah.

**Jeroen:** He died?

**Cathy:** Yeah.

**Jeroen:** I'm so sorry. How soon after the birth?

**Cathy:** 12 days.

**Jeroen:** Did you ever take him to the doctor, or no?

**Cathy:** Doctor came to us, but it was too late.

**Jeroen:** Did they tell you what was wrong with the baby?

**Cathy:** He was sick. He had a fever. But I still think it was the birth. It just was too hard on him.

**Jeroen:** It sounds like it must be quite common . . . people with no money that try to give birth and there's no services available?

**Cathy:** Yeah. It happens. We thought it would be okay because people do it all the time.

**Jeroen:** How do you feel about yourself, going through this experience?

**Cathy:** It's just sad, very sad.

**Jeroen:** Do you blame yourself at all?

**Cathy:** No. I just wish, just wish, we had made a better decision - had some help.

**Jeroen:** It sounds like you didn't get the best you could?

**Cathy:** Yeah, we tried.

**Jeroen:** What other better decision could you have made?

**Cathy:** Maybe tried to find a doctor. I think that Meredith Kreuger helped me.

**Jeroen:** Well, that's good. You had your friend there at least. I'm sorry that you lost your baby. So, let's leave this scene and move to the next important scene. On the count of 3 you will be in the next important scene in your life, the next important scene for you to look at and experience. One, two, three . . . what's happening now?

**Cathy:** Now I am a mother.

**Jeroen:** You're a mother?

**Cathy:** Yeah.

**Jeroen:** What are you doing being a mother?

**Cathy:** Cleaning my baby. I have two babies.

**Jeroen:** You have two babies? What ages are they?

**Cathy:** Two and one.

**Jeroen:** So, you *did* manage to have another couple pregnancies, huh?

**Cathy:** Yeah.

**Jeroen:** I'm happy for you.

**Cathy:** Thank you.

**Jeroen:** Wow, you have a two-year-old and a one-year-old. So, you are pretty busy?

**Cathy:** Yeah, close in age.

**Jeroen:** So, you were pregnant right after you had the first one then?

**Cathy:** Yeah.

**Jeroen:** Did you plan it that way or did it just happened.

**Cathy:** Just happened, but I wanted to do it that way.

**Jeroen:** So, right now you're cleaning the baby?

**Cathy:** Yeah. Feeding the baby.

**Jeroen:** What are you feeding it?

**Cathy:** Breast feeding . . . and the big one gets jealous. But he's too big.

**Jeroen:** So, what does he do when he gets jealous?

**Cathy:** He tries to sit on my lap (laughing together).

**Jeroen:** What are the sexes of the babies?

**Cathy:** The boy is 2 and girl is 1.

**Jeroen:** So, you have a little boy and a little girl?



**Cathy:** Yeah.

**Jeroen:** What do you call them?

**Cathy:** The boy is Lou. The girl . . . she's petite.

**Jeroen:** Do you have a nickname for her?

**Cathy:** I think her name is Sophie, but I don't know what I call her.

**Jeroen:** What kind of baby is she? Is she very happy or quiet?

**Cathy:** She's real thin, pale. She's paler than Lou and she's got blue eyes. And he loves her too.

**Jeroen:** He loves her too?

**Cathy:** He likes to hold her.

**Jeroen:** That's so cute. He gets a little jealous, but he still loves her.

**Cathy:** Yeah (laughing together). But he still loves her.

**Jeroen:** So, how is Sophie? Is she a healthy baby?

**Cathy:** Yeah. She's skinny. I need to fatten her up (giggling).

**Jeroen:** What is it like to live with two babies? Where do you live now?

**Cathy:** In an apartment.

**Jeroen:** Where is the apartment?

**Cathy:** It's kind of outside of the city . . . a cheap place we found.

**Jeroen:** At least you found a better place to live for your family?

**Cathy:** Yeah, at least we have our own place.

**Jeroen:** How many rooms does it have?

**Cathy:** It's just kind of like one big room. It's like a one bedroom.

**Jeroen:** Does it have any windows?

**Cathy:** Yeah, it has a window. There's stairs that go up the outside of the building . . . like fire escape type stairs.

**Jeroen:** Is it a brownstone, the building?

**Cathy:** Yeah, it's made of bricks.

**Jeroen:** Does it have many floors?

**Cathy:** Like 3 or 4 stories. Our place is just like one big room and a bedroom

**Jeroen:** Do you have a bathroom and kitchen?

**Cathy:** Yeah, one bathroom.

**Jeroen:** And a kitchen?

**Cathy:** Yeah, a kitchen.

**Jeroen:** What about your friend Meredith? Is she still around?

**Cathy:** Yeah, she's a good friend.

**Jeroen:** Does she live nearby?

**Cathy:** Yeah, she lives nearby.

**Jeroen:** That's good.

**Cathy:** Yeah. She's working though. She's busy. She has to work.

**Jeroen:** Did she find husband?

**Cathy:** I think she's just working . . . like a secretary.

**Jeroen:** She doesn't have a family of her own yet?

**Cathy:** No. She loves my kids too.

**Jeroen:** What do you think about her working?

**Cathy:** I'm happy for her. I don't know if she can meet a man because she is so busy.

**Jeroen:** That's important to meet a man, huh?

**Cathy:** Yeah. She'd be a good mother.

**Jeroen:** Are you guys married yet, you and Henry?

**Cathy:** Yeah, we're married.

**Jeroen:** What was your marriage ceremony like?

**Cathy:** We just went to the courthouse (giggle). We didn't have a party or anything.

**Jeroen:** It sounds like you're taking care of your kids all day long?

**Cathy:** Yeah, just busy with that . . . cooking, cleaning.

**Jeroen:** So, is Henry still working odd jobs or did he find a more permanent place to work?

**Cathy:** Yeah. He's working at a shop now.

**Jeroen:** For somebody else or does he own the shop?

**Cathy:** No, he works for somebody at the shop. They make like fences

**Jeroen:** Are you doing okay with income?

**Cathy:** We're okay. I want to get pictures of the kids made.

**Jeroen:** Is there a place close by where you can do that?

**Cathy:** Yeah, but costs money too. I think I'm gonna do that.

**Jeroen:** That's a good idea so you can have mementos because they grow up so fast?

**Cathy:** Yeah.

**Jeroen:** Do you think you'll have more kids?

**Cathy:** Yeah. I would like another one.

**Jeroen:** Do you have a preference for a boy or a girl?

**Cathy:** Yeah, another boy.

**Jeroen:** Do you get any help with your kids? Like maybe a person who comes in and babysits?

**Cathy:** No.

**Jeroen:** You're just with the kids all the time?

**Cathy:** Yeah. I leave them with Henry sometimes.

**Jeroen:** It sounds like he has a busy life as well, working?

**Cathy:** Yeah. He's gone usually.

**Jeroen:** So, are you happy?

**Cathy:** Yeah, I'm happy. I happy that I got to have my children.

**Jeroen:** Is everybody healthy?

**Cathy:** Yeah, yeah.

**Jeroen:** Wonderful, I'm glad to hear that. So, let's leave this scene and moving to the next important scene, the next important experience. We are going to count to 3 and you will be in the next important scene. One, two, three. What are the feelings and the images? Tell me what you're looking at. What's happening now?

**Cathy:** We had to buy our baby girl.

**Jeroen:** Oh no!

**Cathy:** Yeah. A lot of trees . . . and leaves. It feels like fall.

**Jeroen:** I'm so sorry to hear that. That must be so sad for you.

**Cathy:** And poor Lou.

**Jeroen:** How's he doing with that?

**Cathy:** He's just confused. Doesn't know where she went.

**Jeroen:** He's how old right now?

**Cathy:** He is 3

**Jeroen:** So, she was like 2?

**Cathy:** Yeah.

**Jeroen:** I'm so sorry to hear that. What happened to her?

**Cathy:** She got a sickness, a fever, like a virus . . . a cough.

**Jeroen:** Is she the only one that got it or did the whole family get it?

**Cathy:** No. A cough.

**Jeroen:** Is it something that is common around you?

**Cathy:** It happens. It happens.

**Jeroen:** Do a lot of kids die from it?

**Cathy:** Yeah, but I thought she would be okay. We tried everything.

**Jeroen:** What did you try?

**Cathy:** We tried like special foods, medicines, but we just couldn't save her.

**Jeroen:** That's terrible. She was suffering though. She was sick for a while?

**Cathy:** Her little body was so hot. It was an infection.

**Jeroen:** What time of the day did she die? Was it morning, afternoon or?

**Cathy:** She died at our house. Afternoon, sundown.

**Jeroen:** Did you know it was coming that day?

**Cathy:** We had a Priest there too.

**Jeroen:** Rights of passage or what do you call that?

**Cathy:** Yeah.

**Jeroen:** That's terrible.

**Cathy:** Yeah, it's sad when there is nothing you can do.

**Jeroen:** So, then you buried her in a place where there's a lot of trees?

**Cathy:** Yeah.

**Jeroen:** Were there many people there at the service?

**Cathy:** Not too many. Maybe like 20 . . . neighbors. She's a pretty girl.

**Jeroen:** And Lou is confused about it, you said.

**Cathy:** Yeah.

**Jeroen:** He doesn't understand what death is?

**Cathy:** No, he just misses his baby. I hope he can have a baby one day.

**Jeroen:** You mean another your own kids or have his own baby?

**Cathy:** His own baby.

**Jeroen:** Because he loved her?

**Cathy:** Yeah.

**Jeroen:** How is Henry dealing with this?

**Cathy:** He is sad, but in the background trying to work. I don't see him much.

**Jeroen:** What's your relationship like?

**Cathy:** He is quiet. Sometimes he yells. We're okay.

**Jeroen:** Who's wearing the pants in the relationship?

**Cathy:** He's not a real strong person, not real communicative. I get to make more decisions.

**Jeroen:** Are you stronger than he is? More forceful?

**Cathy:** Yeah. He doesn't have a lot of opinions.

**Jeroen:** Are you getting any support from your friends about your baby dying?

**Cathy:** Yeah. I think they all feel so sad for me.

**Jeroen:** Are you okay with showing your feelings? How do you feel about that?

**Cathy:** Yeah, I cry a lot. I try to be strong for him. Don't cry in front of him.

**Jeroen:** Can you cry in front of your friends?

**Cathy:** Yeah.

**Jeroen:** I'm glad to hear that. Moving away, drifting through time and space, leaving Christina for what she is. I'm asking Cathy to come back to the here and now with all of your consciousness and all of your personality. Let's talk to the subconscious of Cathy. Do I have your permission to talk to the subconscious of Cathy?

**Cathy:** Yes.

**Jeroen:** What is the purpose of this sequence of events?

**Cathy:** To live purposefully - to tell the story of Lou and his life. I think there is a picture of Lou and his sister somewhere. Maybe I can find that picture when I go to New York.

**Jeroen:** Why is it important for Cathy to write this story?

**Cathy:** The story is a delicate subject so it needs to be handled carefully. It can impart knowledge to people that this life - the body that we are born into - circumstance - that we should understand the differences in people - love each other equally. That just because someone was born Jewish or Christian or black or white doesn't dictate their soul and energy - their essence. I feel like rather than good people and bad people, that some people are just wounded. The wounds come from previous lifetimes, from childhood. Many times when people act it is out of that pain.