

Audio file

[HoTM episode 70.m4a](#)

Transcript

Wynne Leon

Welcome to the sharing the heart of the Matter podcast, where we honor the storyteller in us all. I'm Wynne Leon and in this episode I'm with my co-host Vicki Atkinson. And we are talking about the sneaky ways we can receive help. Vicki tells us a tale of self discovery. In response to a pesky interpersonal situation, she goes to sleep wondering if she did the right thing. She's facing a growth moment and needs a little grace for lifes crossroads. And she gets a gift from her dearly departed Dad. She tells us the story about how the whispers of dreams can help us, especially when we need subtle guidance. Please join us for the story behind A is for embryo flints. And imagine what the rest of the alphabet could hold if you were to envision the next thing you need to hear. B is for bounty. C is for connection. Enjoy the scenic and beautiful places we go when we share the power of story. We know you'll love it.

Vicki Atkinson

Hi, Vicki. Hi, Wynn. How are you?

Wynne Leon

Hmm. As always, so glad to be talking with you. Same same and you had a wonderful post today called A is for ambivalence and it was a story that was related to. Life and dreaming. I don't want to ruin it. So tell us the story.

Vicki Atkinson

Absolutely yeah, it the title actually, you know, came from this this snippet of a a memory. When I woke up. And I often think I I love it. When mindfulness kind of finds its way into, you know, every waking moment. But sometimes it'll find its way into like my sleeping state as well. And so recently last week I had a a pesky interpersonal challenge it it wasn't anything, you know, big or drastic or life threatening in any way. But I I was in a a detailed conversation with a friend who's known me. And I get this in the past is being the fixer.

Wynne Leon

Mm-hmm.

Vicki Atkinson

And I think what she really wanted was for me to to do that for her, and she has some really good reasons. But it was a a bit of a growth moment for me to just recognize that I I didn't want to lean in. Because I didn't think it was good for her, you know? And and then in a bigger order kind of way. I didn't think it was good for our relationship. Because we were beginning to be defined from, you

know, I hurt you. Fix it. It just began to be. Not good, I think, and so. I I worried, you know, when I kind of define some boundaries that I had disappointed her. And you know how it is when when we do that and the last thing you know and and I know I speak for you too, the last thing we want to do is disappoint people around us ourselves. Yeah, right, you know.

Wynne Leon

OK.

Vicki Atkinson

We'll we'll take that and keep on going. But I realized that night when I fell asleep, I had been thinking a lot about. You know gratitude rituals and the thing I do during the day and the morning the loving kindness and you know I do something similar in the reverse where at night I tend to express appreciation for the gifts. But the challenge is too. And I've had people before in my life. So why would you do that right and allow the.

Wynne Leon

Mm-hmm.

Vicki Atkinson

You know the thorns. You know the things that are annoying to you, to be that close. You know, when you're really trying to rest and shut down. But it it's a rewind reel for me and I do get stuck and sometimes can't get out, but for me it's a taking stock and I wouldn't know how to not do that before I fall asleep. It's it's just my pattern. And so when I was doing that, I I was really, I got stuck focusing on whether or not I made a good decision with this reticence. You know that I was feeling about my friend. And then. Went to sleep and then I I woke up the next morning and you know, clear as day. My dad, who on Monday June 10th will have been gone, you know for 27 years long time but he popped in you know to my subconscious sometime overnight and when I woke up you know I was. He was there. Like, OK, did I have a lucid dream? You know? Was I thinking about him with intention when I went to sleep, you know, I I wasn't sure. But what came through was his presence. And then in this, like, big, like, booming voice, you know, that he had. All he left me with is. A. And I'm like, what? What is that? Where is he going with this? He is for ambivalence. And and and I when I say it, I kind of feel like I'm like my dad is Cookie monster, right? He wasn't that that bad, but it was just it was very. Clear. It wasn't was very strong and very pointed. But as I'm kind of wiping the sleep out of my eyes, I am annoyed. I am so annoyed with him because if you're gonna roll in, you know, do it in some way where you're giving me something I can work with. Not let's play. Riddle me this first thing in the morning. So. Yeah. So now I'm. I'm, like, really mad. But then I I also know myself. I needed to slow down. For a minute to kind of take it in. And I realized that what he was doing. Thing or what my subconscious was doing was pulling a thread through, you know, wisdom that I knew, you know, was either there because it's it's within me or a recollection, you know, about things from his behavior or just the genetic soup. Right, that that is what we are. But this reminder that. You know, ambivalence. If I'm not checking myself, it naturally carries negative connotations, cause I don't like to.

Speaker

And.

Vicki Atkinson

Be the waiver. I like to be the person that's the decider and and I'm good with making decisions and then rolling back and deciding again.

Speaker

MMM.

Vicki Atkinson

But I realized his, you know, a is for ambivalence was a reminder that pausing is OK, that being uncertain is OK you know, those little moments of of grace where you need to let yourself off the hook. And then this is the kicker. It's the hook that you put yourself on, right? No one did that to me. My friend wasn't upset. She wasn't circling back, you know? And I thought about that if. If she had come back to me with a plea for more assistance, I know I would have caved. I would have done it, but she didn't. And I've talked to her since and we're we're good. And she came to a a solution that I think in the end was probably so much more powerful for her because she put the pieces together. Mm-hmm. So I think about that often, you know, related to you, you know, and other parents that I love and adore because so much of that is just, you know, here are the tools, right. And and make you know what you will of this and so. So, you know, I think all of that got me thinking about other posts that I've written, one from last November, you know, about lucid dreaming kind of connecting with whether it's ancestral knowledge, you know, or like I said, just the the the genetic soup. But I I also realize I don't acknowledge it often. Enough because I never want to offend, but people will have a variety of of beliefs, you know, and what they want to tap into, you know, with their higher power of choice. But for me.

Wynne Leon

Right.

Vicki Atkinson

I I find I need to get more comfortable saying I do have those prayerful moments. You know where I need to connect. And there, it's not a, you know, a money back guarantee kind of thing. You don't always get what you're looking for, right? But it left me thinking. If my dad arrived, you know, if a is for ambivalence, wonder if I could order up a series. Right? Could go.

Wynne Leon

Pretty great.

Vicki Atkinson

A-Z, yeah. And I was like, oh, I need to tell Wyn about this because maybe you and I focusing on gratitude so much, maybe B is for bounty.

Wynne Leon

That's good, right? I can imagine another sunny word would be is for bravery.

Speaker

2nd.

Wynne Leon

And you know, even just sharing the story is brave because it is a little outside your comfort zone in the don't. And I love that what happened is as you moved in that growth moment in your relationship that your dad came in to give you that affirmation.

Vicki Atkinson

Yeah. Yeah, absolutely. Right. Yeah. And and it's not something that you can, you know have on demand, but there's a, that openness and being, you know, however, we get there that I think you know, we strive for. Mm-hmm.

Wynne Leon

Right.

Vicki Atkinson

Yeah. So it was like a a fabulous little feel good. And then the bonus was. That, you know, my friend found her way and I could put my little superhero Cape. You know, I could, like, hang it by the door, and I'll mention too, that for me, you know, professionally that that gets really mixed up because in my professional role, I I don't often have the choice about hanging in there, you know, asking more questions and encouraging. I can't always just stand down.

Wynne Leon

Mm-hmm. Mm-hmm. But this.

Vicki Atkinson

Right. That's. Yeah. So a.

Wynne Leon

Ambivalence. It's for ambivalence, and I love the the dual nature of that definition that you brought up. It's not just, it's not not carry. There's a little. Duality dichotomy paradox that you're feeling that you're flipping between and and I could just let this go. And as you make that change and for that relationship and for yourself, you can choose to stand down a little bit.

Vicki Atkinson

Yeah. Yeah. Yeah. And I think for you know, all of our listeners, the people that are the helpers, the fixers, you know, the the people that want to do what's right for other people, sometimes the best thing is a whole lot less than what you might might be capable of doing. Mm-hmm. But it's like a seasoning. Over time, I'm learning.

Wynne Leon

Well, and here's one of the things that I love about it. It's that I think we very rarely give ourselves grace, you know? And in that moment where you needed a little grace and you were wondering about, you know, your choice, you know, your dad arrived to to give you the grace. So whether you know, it's a lucid dream or, as you said, ancestral. Knowledge or whatever the the.

Vicki Atkinson

Hmm.

Wynne Leon

Explanation is that we don't know. It was whatever you needed to get that late, that grace in that moment.

Vicki Atkinson

Yeah. Yeah. And I love being able, you know, to share those things. And our friend Brian was writing today about, you know, just kind of honoring your weird. Right. And and. Quirky. You know, as I was typing the post, it was like do I say that in my?

Wynne Leon

Hmm.

Vicki Atkinson

My head, I think of my dad, you know, when these things happen is like my burly Tinkerbell, you know, with the Pixie. Doesn't like dare. Do I type? Yeah. Do you guys say that I.

Wynne Leon

Yeah.

Vicki Atkinson

Was like, yeah, why?

Wynne Leon

Not right. Yeah, I love it. Yeah, I love that line. It just cracked me up. And. And your post left me smiling from beginning to end just because of that.

Speaker

Why not?

Wynne Leon

That pickiness, where you're willing to put it out there and say, you know, I don't know exactly how these things arrive, but this is how it helped.

Vicki Atkinson

Yep.

Wynne Leon

And no, he's funny, you know, he he wanted to be a helper too.

Vicki Atkinson

Yeah, right. And and however, that comes to pass, you know, and I know you have those moments, you know where you try to keep your dad kind of front and center in every way that you can, you know, for your kids it it's a delight, but it's also an obligation.

Wynne Leon

Mm-hmm. Right.

Speaker

Mm-hmm.

Wynne Leon

Well, I might suggest that she could be for connection and and that's part of the the benefit that we get when you share the story is the connection with you and to your wonderful father.

Speaker

Oh.

Vicki Atkinson

Yeah, yeah, it it says endless possibilities there, eh?

Wynne Leon

Mm-hmm. So.

Speaker

A.

Wynne Leon

Well, when when B shows up, you're gonna be sure to tell us, right?

Vicki Atkinson

Yeah, you know where it may never show up. I I don't. Know right? It's just sort of receiving what comes, which is the other thing that that I realized as much as I was in A twist about the situation. You know, as I was trying to coax myself into sleep. I think awareness all day, every day, you know, during waking hours, you know, when we're asleep, there's a lot that that we need to remind ourselves of about how we attend to certain things and and what we give our energy always right because if we.

Speaker

MHM.

Wynne Leon

We.

Vicki Atkinson

We avoid the things that are detractors, you know, and energy zappers. You used a phrase the other day, no, today, actually, about the singers, right. The thing is a sing your heart. You you have to, you know, keep enough space so that when that. Happens. You're like, oh, yeah. Ohh yeah, right. Yeah. Well, yay. Yay here for joining.

Speaker

Thanks.

Vicki Atkinson

Me for A is for ambivalence.

Wynne Leon

Thank you for letting us into this wonderful tale of self discovery.

Vicki Atkinson

Thank you. Bye bye.

Wynne Leon

Thank you for listening. Our music is composed for sharing the heart of the matter by the exclusively talented duo of Jack Canfora and Rob Koenig for show notes and more great inspiration, please visit our site at sharingtheheartofthematter.com.