

Reach Across Time

by
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REACH ACROSS TIME

Have you ever wished you could start over? Have a different childhood, different parents or have your parents treat you differently?

Have you ever wished you knew then what you know now?

Have you ever wondered about the meaning of life, of your life?

Have you ever wished you could peer into a crystal ball and predict your future? Or wished you could wave a magic wand and create the life you need now?

In 1985, a movie entitled "Back to the Future" became one of the highest grossing movies in history. More than a movie, it was a phenomenon which touched a collective longing, a longing to move through time correcting the injustices, the hurts and deficiencies of our early lives. Implicit within us is an unshakable sense of the way things could be and a deep desire to create life to reflect that perfection.

The young protagonist in "Back to the Future" leaves his go-nowhere-life with a dumpy, depressed, alcoholic mother, a worn out wimp of a father and returns to a time in their lives before he was born. This movie compassionately and wisely understood that the roots of any present pain extend across generations.

The hero helps his father find manhood and dignity; his mother to find a good husband, and recreates their personal history. He then returns to the present to find his life transformed. He no longer lives in a slum. His mother is

youthful and energetic and his father is a wildly successful author. Their marriage is obviously solid and fulfilling. A new pickup waits in the driveway for him and his hip, "with-it" parents encourage him to take the truck and his girlfriend away for the weekend.

You too can go back to the future. This book will teach you now to find, experience, and utilize an inner realm of healing power so vast, so profound it knows no boundaries of time and space.

Countless people have moved from lives of misery, mediocrity, and emptiness to lives of vitality, excellence, and fulfillment. You are not a victim, helpless in the face of crippling early patterns or present painful circumstances. The power is within you to create new childhood, and design future triumphs. You can be for yourself the loving parents you never had or create your parents to be as you wished they had been.

TRUTH IS STRANGER THAN FICTION

Breakthroughs in science demonstrate that not only is time travel theoretically possible but that we have the power to create our own realities moment by moment. Einstein's model of the universe demonstrated it wasn't always necessary to move through time in the sequence of past to present to future. We have access to other dimensions. The New Physics (Quantum Physics) proposes we can and do create our own past, present and future. (We will explore this more fully in the section of this book on Consciousness)

Increasingly sophisticated brain research and explorations of the dimensions of consciousness have also

opened a window into the legacy of healing potential available in our Psyches. The magic wand and crystal ball are in our own Beings.

When an experience is recorded in the memory, the brain doesn't know if it actually happened yesterday, today or tomorrow, and it doesn't even know if it actually happened or not.

The brain is a non-linear record of events. What matters to the brain is not the order in which images are recorded, rather how vivid are the feelings and body sensations accompanying the image. The more real the sensation the greater the impact in the psyche.

This means your brain doesn't know which happened first, your 4th birthday party or your 40th or the image of what your 80th birthday bash will be like if you have vividly imagined it. Any images can be inserted into the psyche at any time and any images can be restimulated at any time. During brain surgery when different parts of the brain are probed at random, lucid patients can perfectly recall images of earlier life experiences; a first pet, being lost in a shopping mall, a first day at school.

Have you ever been walking down the street minding your own business, then finding yourself suddenly flooded with the memory or sense of a person or incident which you haven't thought about in days, months, years? You have no rational explanation for this recall, it just appears. There is an explanation. Something has stimulated your psyche-not a surgical probe, but a scent of perfume or after shave, a whistled melody, a shaft of sunlight on a flower or tree. For Marcel Proust, one bite of a "petit Madeline" was enough to bring his whole childhood cascading into consciousness and

onto paper in the classic, Remembrance of Things Past.

You may even have been responding to an extra sensory stimulation. There are many reported instances of people sensing a loved one's presence strongly, compellingly, then calling to find the loved one facing a life threatening illness, major accident or crisis. Whether we are conscious of it or not, our organisms are in constant telepathic communication particularly with those with whom we have a high degree of emotional affinity. (Targ and Puthoff, Stanford).

THE CHOICE IS YOURS

Since we are all reacting day and night to stimuli from inner and outer sources, why not create the images, memories, pictures we choose to stimulate our psyches. And why not believe that the images, memories and picture we choose are as real as any other. Gary Zukov revealing the legacy of Quantum Mechanics for us in his exciting book The Dancing Wu Li Masters states, "**what we perceive to be physical reality is actually our cognitive construction of it**". (p.82) To put it more simply ... there is no "real world" out there (not real in the sense of being composed of substantive, irreducible stuff.)

Certainly our lives seem real to us the chair on which you sit seems to be really supporting you, this book seems to have real pages of paper: yet what the new science is now putting before us is the notion that the chair upon which you sit and this page you read are not ultimately substantive configurations of chair particles and paper particles, but of patterns of energy and light reinforcing each other in large

part as a result of our ideas and thoughts about chairs, books, and ourselves sitting and reading. We create our own realities ... at every moment. Eastern spiritual teachings have perennially proclaimed this to be true and taken it one step farther. They say when you realize that reality is your creation you begin to approach a realm of being commonly known as God (Self, Spirit, Love, Universal Goodness.)

Have you ever wondered how miracles occur? What happens when people cure themselves of cancer, lift thousands of pounds of car off of injured children, live through experiences that by all logic should have killed them.

Miracles occur when people have a direct and clear connection with that "God Self" realm. This book welcomes you to that realm. We can learn to identify, tap into, and utilize that connection on a moment to moment basis and make our lives be all that we want, need and deserve them to be.

Everywhere we look we find the same empowering message poking, prodding, weaving, calling, working its way into our minds. **We can transform ourselves, our lives, and indeed life on earth.** Gary Zukov states, "How is the Universe being actualized? ... The answer comes full circle.

We are actualizing the universe. Since we are part of the Universe, that makes the Universe (and us) self actualizing"¹ (p.79).

OF AURAS AND SAND

Ahkter Ahsen, a psychologist specializing in imagery, proposes that for every painful experience we have

encountered in life, the whole healed, complete experience/image (reality²) exists in what he calls the "imaginal realm."

Kirlian photography and the existence of holograms lends support to the idea that other realities exist and we can become conscious of them.

A Kirlian photograph is a picture of the energy field of living objects. This energy field is often called the "aura". You can get a sense of this aura by moving your hands together gradually until you sense the heat (energy) between them just before they touch. All living things have bioelectric fields of energy radiating from their physical organisms.

If you take a Kirlian photograph of the aura of a leaf you will see the outline of the whole leaf (see illustration.) If you rip part of the leaf away and then take another Kirlian photograph of the aura, the aura is still whole. The whole, undamaged leaf exists in the realm of aura, energy, image.

A hologrammatic image is a three dimensional image of an object suspended in space. These images are constructed by a complicated process involving lasers, mirrors and angles. What is of interest to us is that if you shoot a laser through any part of the image, you will still be able to project the whole image.

William Blake remarked poetically that one could see all the world in a grain of sand. What a hologram reveals is that this is not just poetry. Any slice of life is connected to and contains the whole of life.

Consider for a moment that for every wrenching experience you have had, the healed experience exists ... a reality for you to discover, tap into, and use to transform your life. The deep, unshakable longing for the way things could

have been is the harbinger of the unlimited healing potential awaiting us.

Erica Jong's time traveling heroine, Jessica, in her ingenious book Serenissima speaks of her wish to be transported back to the Venice of old and meet her beloved Shakespeare: "So I wished, knowing that all time was eternally present and that we can, any of us, slip into other times, other modes of being, just by wanting to badly enough, just by believing that they are still there, lingering in the air."(p.112)

Whether as possibility or poignant metaphor the truth is that we can transform our lives. We can add positive, life enhancing images, or reveal for ourselves images of strength and personal power which will open new circuits and strengthen synapses of self worth.

ROBERT AND LEILA

The title for this paper came directly out of a session I had with a young intern, Robert, and his wife Leila. Robert, a slim baby-faced young man of about 30 had been struggling for most of his life with a chronic sense of low self-esteem. Although he was a gifted M.D., his diagnostic expertise and sensitivity bringing him accolades from his supervising resident, he continually felt inadequate. Robert was the fourth of five children of a tormented, tyrannical alcoholic father and a weak, well meaning mother who anesthetized herself with religious platitudes. Robert's low self-esteem did not interfere with his practice of medicine but it did with his marriage.

Robert had married a beautiful, talented, supportive

woman, Leila, eight years his senior. Leila had three children from a previous marriage and they had one child together, Gregory, now two. As the pressure of the internship increased, Robert's anxiety increased and he turned more and more to Leila for the support she was so good at giving. Leila found it difficult to say no to Robert and would give until her resentment was more than she could handle. She began to see him and treat him as one of the children. Retreating into her role as household manager she would pull back emotionally, shutting Robert out. Robert, fuming silently, would alternate between blaming himself and blaming Leila and the pressure built until he would blow up and rage at Leila and the children. Leila was on the verge of ending the marriage when they came for marital therapy.

Robert had seen me individually for several sessions prior to this crisis. We had begun bringing to his awareness his pattern on continual inner self-judgment (a non-stop tape) and his habit of suppressing feelings particularly anger and sadness. Much of this early work involved ferreting out the distorted subconscious beliefs he had incorporated and decisions he had made about life at a very early age: "anger is dangerous", "real men don't cry", etc. Although Robert had concluded it would be healthier to feel at least some of his feelings as they occurred naturally in his life rather than waiting until he felt "out of control" and exploded, he had recently had another "blow-up" with Leila. They both decided they needed couple counseling.

The first step in the couple work was to set the stage for each to take responsibility for his/her part in the dilemma. Robert initially insisted if Leila would just be more emotionally available he wouldn't have such inner pressure

and anxiety. Leila countered that if he would just stop demanding attention from her she wouldn't have to withdraw into her managerial mode.

As the therapy progressed it became obvious to both that Robert had been using Leila's support as a band-aid to try and cover a much deeper wound, a lack of self love. It also became obvious that Leila's inability to say no and her attempts to "give" Robert a sense of worth were contributing to Robert's inability to find this within himself (as well as providing a cover for her insecurities).

Robert soon realized that the work he needed to do concerned his inner drama of self doubt and self recrimination rather than the outer drama of apparent deprivation. Robert's inner messages to himself were riddled with negativity and self-sabotage. Although Robert's father lived across the continent, the perfectionistic, judgmental impulse he characterized all during Robert's early years now ruled over Robert's psyche. Seeing how destructively entrenched this impulse was, Robert finally had a breakthrough session in which he allowed himself to re-experience some of his anger for his father. Releasing the energy in this stored anger enabled Robert to begin to connect with that realm of Being in which he was powerful and confident.

Robert was empowered by taking this step and by his courage in facing a wound and loss long buried. He was also left more vulnerable, open to the flow of feelings he had spent most of his life denying.

As Robert struggled with taking responsibility for staying open to his feelings and to an inner source of Self love, we turned to Leila.

For several sessions we explored her issues of over responsibility, the feelings she "had to take care of everyone."

Leila faced her fears that Robert would fall apart and/or abandon her if she said no to him. After strengthening her contact with her inner sense of security and Self worth, Leila finally began saying No to some of Robert's excessive emotional demands.

Several weeks later, Robert, now deeply depressed, and Leila, just about to be hooked into trying to "fix" him, came in for their session. As the therapist I was encouraged by the depression and knew that this was also part of his healing. Robert was pulling his energy back into himself. He had changed his focus from what he wasn't getting on the outside (where he had little power to control Leila or others) to the inside where, once he moved through the depression, grief and anger, he had vast amounts of healing power available to him.

After reassuring them both that this depression was normal, predictable, and welcomed from a therapeutic point of view and empathizing with the flattening weight of it, we turned to Robert.

Characteristically, Robert was again having a hard time connecting with his feelings and the weight of these unexpressed feelings was palpable³. I asked Robert if there was an image that could depict the experience he was having. He closed his eyes for a moment and then began sobbing softly. He said he could see himself as a tiny baby in a crib, and he could see clearly that he wasn't wanted. He sensed what a burden he was for his already overwhelmed mother and what an additional financial worry he was for his father. As we explored this image, Robert chose to experience

feelings he had spent most of his life protecting himself from.

Facing the weary welcome he got as an infant all he could do for some minutes was sob, his body shaking. I sat quietly for some time, just being present with him, and then gently encouraged him to continue allowing the experience.

After a few minutes I began to sense a shifting of energy, a lifting, a softening particularly around his heart. I asked Robert if he could still see that baby. "Oh yes," he replied softly, "I see him clearly." I then said, "Robert, reach out to that baby, reach across time and be the loving, nurturing, valuing presence he never had. Be there for him."

I handed Robert a small stuffed animal I keep in my office (about the size of an infant) and asked if he would like to hold it. He tenderly took the animal, holding it to his heart, and began stroking it. I said, "Would you like to tell baby Robert how you feel about him." Robert spoke through his tears; "I do love you, I do value you. You are precious to me. I am happy you have been born. I will always be here for you."

As soon as Robert spoke I could see the tension in his solar plexus was gone, his chest/heart area was expanded and his jaw had softened. The tight pinched look in his face was replaced with an open, glowing radiance. His cheeks were flushed and his breathing was deep and peaceful.

I encouraged Robert to take as long as he needed with baby Robert, allowing the image to unfold, luxuriating in the experience of well being. Robert was silent for quite some time. I then guided him gently into a deepening of these positive sensations, bringing his attention to the effects this experience was having in his body, in his feelings, in his mind, and in his spirit. I asked him to give just a single word

about the quality of energy he was experiencing. After a few moments he said quietly, "Love."

As Robert relaxed further I asked him to see if he could sense the source of this love and the profound peace he was experiencing. Robert slowly said, "It's my Self. It is God." Speaking these words Robert seemed to become even more blissful.

I said, "Robert, this source of love and well being, this Self/God or whatever you call it is always available to you. It is your birthright. It will never leave you or let you down. All you need do is choose it, choose this connection, **choose to move through the feelings, the sensations that life presents every moment.** They are all pathways to bliss and well being..."

The session was coming to a close. I suggested Robert work with the image of himself and baby Robert at home; that a particularly powerful time to do so would be before retiring or upon awakening when the firm grip of the rational mind is relaxing or not yet established. If he worked with conjuring up the image of baby Robert, smelling that sweet infant smell, hearing his gurgles and feeling his soft vulnerability, his psyche would believe it really happened. He could aid himself as an active healing presence to his childhood ... becoming his own guardian angel.

I said, "As a matter of fact, it is entirely likely to me that you were really reaching across time, really having an effect on that infant you. How else can we explain how well you turned out under the most trying circumstances."

Just before the session ended, Robert turned to Leila and saw her luminous face beaming at him. Her heart was completely open. Relieved of the responsibility of fixing

him, and personally touched and healed by the depth of his work she was completely engaged, connected and as supportive as Robert could wish. They embraced and I left the room to give them a few moments alone.

Robert and Leila were and are deeply engaged in a profound healing process. It has been 8 months since that pivotal session. Robert is freer and more Self confident. He speaks and carries himself with more authority. Leila is more secure and peaceful. Together they report an increasingly satisfying bond, a relationship which has given them mutual support and delight.

BELIEVING IS SEEING

Did Robert really reach across time? Did he really have direct contact with himself at an earlier time of his life? Does it matter?

I believe Robert did reach across time. I believe he did have contact with himself as a baby. However, what matters most is whether Robert believes he has access to the kind of transformative power which can revise childhood experiences years later. As far as Robert's psyche is concerned this visualization (psycho drama, role play) process was so kinesthetically vivid, so affect laden and palpably felt, his psyche couldn't know whether it was "real" or not (and couldn't care less). Robert's willingness to be present to his pain, to be with himself in such an open, vulnerable, profoundly powerful way gave him access to that vast timeless realm of love, healing and bliss.

What would it be like if you knew for certain that even when the world seemed to be tearing you apart, you too

had access to an immense inner realm of transforming power, of reassurance that you are OK, that love is real, that you can choose to be healed and whole, that your pain is not meaningless, that your pain isn't just pain but a pathway to bliss?

Imagine for a moment you are able to open to an experience of fulfillment more profound than a hot new romance, job promotion, new car, double martini, line of coke, great joint, piece of double fudge cake—a sense of satisfaction that can't dump you, be taken away, lost, ruined and one that doesn't leave you with a hangover, bad habit, swollen feet and face, pimples, 5 extra pounds or overdrawn at the bank?

When Robert faced the pain he had so long buried ... agonizing, annihilating pain, he made a choice to begin to tell the truth about a deep inner dimension of his experience. This was his first step away from victimhood and into empowerment. He was willing to let go of his tense posture of denial and surrender to the flow of the life force within him, even if it meant feeling intense grief.

Telling the truth about a feeling or body sensation opens the door to this healing realm. The reason for this is that the God Self realm is most directly accessed through the present moment and **focusing on body sensations and feelings is one of the best ways to bring your attention to the present.**

Most of us have had moments when "time stood still" or we experienced "eternity in an hour" when intense life events have focused us instantaneously in the present through profound feelings of love, joy, grief, fear, and vivid sensations of pain, exhilaration, or ecstasy. Deep meditation

and deep breathing are other time-honored pathways to this kind of full timeless presence. (More about this in the section on Consciousness). Paradoxically, bringing your attention fully to the present is the best way to experience timelessness and create the possibility of reaching the past and the future.

The key here is your willingness to feel and focus on the experience of the moment...even when it is an experience we have previously labeled pain, discomfort, or "to be avoided at all costs." Now for the good news. Focusing on pain (or any feeling) enables you to move through it, release it, and step into the healing realm awaiting you.

At the psychodynamic level, we know that a healing visualization won't work unless it is vividly felt. In order to create a healing image as vivid as the initial trauma you need to let go of any unexpressed feelings (and concomitant images, or distorted belief systems) concerning the earlier pain which could complete subconsciously for air time. (More about this in the section on Love.)

If we had tried to propose a visualization before Robert had released this deeply held grief, the effect would have been a flossy veneer rather than a deeply engrained transformation in the psyche.

LETTING GO

The expansion of consciousness that could include time traveling requires letting go of the exclusive identification of ourselves with our personalities, possessions or relationships. For Robert to create the possibility of time traveling, he would need to have his consciousness expanded and flowing to have access to such

a realm. Any attachment to or resistance to aspects of his experience would have cut him off from his full creative power and kept him identified with the Robert of this life and this time frame.

It is important here to realize that being identified with our roles, relationships and possessions is a normal part of living. What is limiting is when we are unable to “dis-identify”, let go and get caught in thinking we ARE those roles, we ARE those relationships, we ARE those possessions, rather than that we HAVE those identifications and ARE much, much bigger in fact ... infinite, timeless, universal. If, for example, Robert had stayed rigidly identified with being “a man who doesn’t cry” he would have missed this opportunity to discover the depth and breadth of his potential for self healing (and time traveling.)

A major vehicle for letting go of our attachments to the structures of our selves and lives is the willingness to enter the present moment fully, to **“die” into our experience** (as Robert did when he chose to experience his gut wrenching grief.) Guess what? Even when we’re not willing to let go (and sometimes we’re “dragged kicking and screaming”⁴) life daily provides little opportunities and bigger opportunities every couple of years or so. We need to be willing to let go of who we think we are and begin to open to the vast possibilities of >what may be⁵ and what we may do!

The processes of identification, (building up structures and holding on to them) and dis-identification (stepping back from structures or letting them go) ebb and flow as natural rhythms in life. As we recognize the

capacity for letting go to catapult us into consummate consciousness it is crucial to remember not to throw the baby out with the bath water. Holding on is as valuable a part of transformation as is letting go. Without the coherence afforded by building and maintaining structures of support within our psyches and environments (called growing, learning, mastering, securing) we would not be able to exist at all except as a beam of light.

We tumble out of toddlerhood into kindergarten. We wave goodbye to the exclusive confines of the home nest and take the big step into first grade. We gulp and gallop into adolescence, preparing for the big tests of adulthood: marriages, mortgages, meaningful work, parenthood and hopefully maturity... on and on into mid-life crises, divorce, career changes, great financial loss or gain, major illness, death of loved ones... until we are ultimately reigned in to face our own aging and death. (All occasions to discover we are bigger than we thought we were.)

True letting go means we are able to cooperate with this natural process of construction and deconstruction⁶ in life ... building when it's time to build and moving on when its time to move on (and beyond!)

THE LOVE EQUATION

The new physics offers choice, power, and the ability to create our own realities. The equations exist for this expansion of consciousness to be a theoretical reality. The equations exist for time travel to be a theoretical reality. What there is yet no equation for in this new physics and

what is absolutely fundamental for this healing empowerment to take place is...love (and give the physicists a few more years, I'm sure they'll come up with one.)

We could time travel from here to eternity and if we did not have access to a state of love, we would not have the kind of power that would be a force for transformation in our lives and the lives of others.

How can we have access to this love? How did love just appear in the session with Robert? I felt it, Robert felt it, Leila felt it, and if you had been there you would have felt it.

When Robert chose to name it, he was telling the truth about one of the highest aspects of his inner experience.

That love exists, omnipresent, waiting for us to discover and use is a miracle... one of the Universe's gifts to us ... one way of rewarding us for choosing to pull back from our attachments to our limited selves and for facing our fears of nothingness. This is a gift of bliss, a bliss that has nothing to do with any desire or addiction ...nothing to do with accumulating, possessing, acquiring any status, person or thing on the planet. It has to do with **letting go, opening and allowing ecstasy.**

The experience of love and ecstasy is nourishing and renewing and not easily accepted by our rational minds or by our Protestant work-ethic culture. The >repression of the sublime⁷ is one of the strongest forces I encounter as a therapist. I have observed time and again how clients allow themselves just a taste of peace, ease and fulfillment and then think they must jump and do something with it. Some clients refuse to allow even a taste of the sublime staying locked into negative mental sets even as their musculature, breathing, and coloring reflect a deeply fulfilling experience.

We need to realize we are entitled and deserve to nourish ourselves in this way, not just for one or two minutes, but for as long as we need. We need to be enlightened about our need for this ecstasy, like learning to fill up the gas tank before going off on a long trip, the long journey of being a human being committed to creating a life of fulfillment, inner peace and love.

Knowing you have the power, knowing you have access to this immense realm of universal energy, even having a “mind-blowing” experience of love is just the beginning. The next essential questions are: Are you ready, able and willing to use it? Again and again?

Are you ready to receive this gift of ecstasy and bliss and allow it to give you the motivation and inspiration you need to persevere and heal your life? Are you willing to reach across time, heal your past, and transform your future to create the life you deserve? The choice is yours.

END NOTES

1. Zukov, Gary, The Dancing Wu Li Masters, Bantam Books, 1980. p.79
2. The many worlds interpretation of Quantum Physics also lends support to the notion that all the possible outcomes of any given situation actually occur but in other worlds or other branches of reality. The problem with this is that "the role of consciousness is incidental ..." (Zukov, p.84) and "neither consciousness is aware of the other" (p.87). What I am describing in this book is the act of becoming conscious of other realities and worlds and using that consciousness to heal ourselves. I am not a physicist and don't know what the presence of this kind of inclusive consciousness would do to the mechanics of the theoretical equation.
3. Robert's struggle to feel was heightened by the fact that the predominant feelings this time around were sadness and grief. As a man in this culture it is more acceptable to feel anger than sadness, so it makes sense that his first breakthrough came with anger. Sadness is harder for men, raising as it does the specter of "weakness" and "unmanly" self-judgments.
4. This totally apt image is from Christine Downing's experiences with the transformational journey as described in her riveting book, The Goddess, Crossroad Publishing, NY, 1982.
5. What We May Be is the title of Piero Ferucci's lucid book on Self discovery through Psychosynthesis.
6. George Land wrote a powerful book about this process called Grow or Die. When I teach I like to tell students and clients that the title could also be Die and Grow.
7. "The Repression of the Sublime" is an article written by Frank Haronian in which this syndrome is explored in detail.

ABOUT THE AUTHOR

Penelope Young Andrade, LCSW, Anam Cara*, is a licensed psychotherapist, founder of the **San Diego Center for Psychosynthesis** and founder of **Transformational Talk Radio**. You can hear Penelope's Woman Alive! Minute on her website www.penelopetalk.com. She's had **30 years' experience** integrating the **best of traditional and alternative therapies** including: Family Systems, Psychosynthesis, Eidetic Imagery, Subtle Energy Work, Trauma Resolution, Living Meditation™, and the Relational Psychotherapy of the Stone Center.

Penelope received her MSW degree from Fordham University, completed an internship in Marriage and Family Therapy at Albert Einstein College of Medicine, pursued training in psychosynthesis in Canada and the U.S. and studied with Dr. Jean Houston and Dr. Peter Levine.

Penelope enjoys public speaking, leading workshops and women's groups. She is the **author of several monographs** including: Right Feeling: Doorway to Transformation, Reach Across Time, and Family of Origin. Penelope has produced an audio tape series, Let the Body Lead, and a video tape series, Session as Sacrament. Penelope also enjoys family time, mountain hiking, swimming, vegetables, flowers, trees, children, and Karaoke.

Penelope has **offices in Solana Beach and Rancho Penasquitos**. For information, call **858.481.5752**.

*old Gaelic phrase meaning "Friend of the Soul"