



ASK DR. DREAM

Kelly Sullivan Walden

Wednesdays, 12 PM CT



Episode 2—Searching for Satya: The Girl with the Blue Ukulele

Wednesday, July 28, 2021

KELLY: [00:01:02] Welcome to the Ask Dr. Dream show where you uncover the truth of your dreams and reveal the beauty of who you are. I'm your host, Kelly Sullivan Walden, aka Dr. Dream, grateful to be here on Unity Online Radio. And today, I have a very, very, very special guest that I can't wait to introduce to you. I'm just going to give you a sneak peek. Her name is Judy Wilkins-Smith, and I'll be bringing her out in just a moment. She's going to talk about constellation, family system, work. And I'm probably saying that not exactly right.

So, here's what we're going to talk about today. This is Episode 2 of The Girl With The Blue Ukulele, the search for Satya. And here's a couple questions for you all. What if every issue you struggle with in your life wasn't about your life today at all? In fact, what if your most perplexing issues were a function of unfinished business and unhealed trauma from your ancestors? And what if your repetitive attachments to your difficulties are how you pay homage unconsciously to your loved ones?

But what if there's a better way? What if there's a more conscious way that you could still honor those who blazed the trail you are walking upon while freeing up your bandwidth to get to the business of living your life in present time?

This is what we're talking about today. We're going to be talking about constellation work with Judy Wilkins-Smith. She's a highly regarded organizational, individual and family patterns expert, systemic coach, trainer, facilitator, thought partner, leadership conference and motivational speaker, and founder of systems dynamic for organizations and individuals. With 18 years of expertise in assisting high-performance individuals, and Fortune 500 companies to have breakthroughs and peak performance, she is very passionate about the work that she does. And I am so grateful for her whole system design work.

Just to let you all know if this is the first time you're joining us, or you didn't hear the episode last week, last week, I introduced this new series that I'm doing—that's about trying to use all the dream work that we have and use all the psychic work and the healers that I bring on, and all of you who are psychically attuned and who



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are in the mind, body, spirit world in some way, shape, or form—to help find this young woman.

She went missing nine years ago. Tess Lerner was in Topanga at 29 years old, she went missing. And this is my neighborhood. And her mother, Sharon Barry, who I've recently come to know, let me know about her daughter. And I wanted to plop her right in the middle of all the good work that happens on this show, that's kind of mind, body, spirit work.

Let's have it be specific. Let's help her find this lost girl. And if we cannot find her physically, then we can at least—and this is not a consolation prize, this is still pretty awesome—all learn a lot and maybe help to find the lost girl within ourselves.

So with that, I just want to thank in advance the amazing Judy Wilkins-Smith. And thank you so much, Betsy Chasse. Shout out to Betsy Chasse for connecting me with Judy. So welcome, Judy, to the *Ask Dr. Dream* show.

JUDY: [00:06:51] Thank you. It's lovely to be with you.

KELLY: [00:06:55] Last week, you had an opportunity to meet with Sharon, and you did a quite a long and beautifully extensive session with her. Can you maybe give people a little bit of background in the work that you do? I want to call it constellation therapy, but you corrected me it's not therapy.

But let me let you describe the work that you do, and maybe even how you came to it. And then we'll talk about how it relates to Tess, the missing girl. But let's start with you. How did you come to this work?

JUDY: [00:07:34] I'm going to talk a little bit about systemic work and constellations. So, a number of people will know there's family constellations, but I use organizational constellations as well. A constellation is—and we'll get to that in a bit—part of systemic work, but it is a breakthrough part and it helps people to really work in 3D to see what I call their emotional DNA.

So, I work a lot with emotional DNA. And what I mean by that is your patterns of thoughts, feelings, and actions that you've inherited from generations who came



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before you. We don't just inherit physical DNA, we also inherit those patterns of thoughts, feelings, actions, which again, I call emotional DNA.

How I got into it was a whole lot of interesting. I left South Africa to come and live in the US and was writing books and stumbled upon somebody who said, "Come and learn this work and I'll help you with the book because I was doing research for it." And I went to learn the work and didn't get any help with the book.

Getting into the work, somebody said to me, "Of course, you'll be able to do this." And I'm like, "Why?" And they said, "Because it comes from South Africa, that's its origins." I come to find out it comes or it has its roots in the Zulu Nation, because the original originator, Bert Hellinger, went over to South Africa to go and tame the Zulus. And then he says, "Well, surprise, surprise, they tamed him."

And he found out that they didn't have neurosis, because they knew to go looking in their family systems to see what was going on that was affecting them now. In other words, what were they being asked to do with what was happening.

And what made it even more interesting was when I worked in South Africa, I worked in a teaching hospital. And when I left, in one of the farewells they gave me – my chief of staff is a Zulu gentleman, and he actually said, "You may be leaving us but you'll find a way to represent us in the world." And I went, "Yeah, yeah." And did I think about it again? And of course, I do every single day. So, it was really a full circle move.

KELLY: [00:09:58] I didn't know that part. That is so Interesting. I love that. And no dysfunction neurosis because they look inside the family system to heal it.

JUDY: [00:10:09] They're not to heal it, but also to ask of it what it wants from them. And that's very important because it's not just about healing. The healing comes from what is trying to emerge through me. What piece that looks like it needs healing, do I need to see, so that I can do it differently. Because when I do, I move from inherited emotional DNA to creating new emotional DNA, and so I expand the system.



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And this is the beauty of it. We may not be able to easily change our physical DNA, but we can sure change our emotional DNA, which has a very large effect on our physical DNA.

KELLY: [00:10:59] That is so profound. I already know I'm going to be listening back to this interview already so many times. I want to encode that in my brain. That is so special, to ask it what it wants, and to create this new DNA.

So, you've been doing this work now for years. And then so, let's bring this up to date to the session that you so wonderfully facilitated for Sharon Barry, the mother of Tess Lerner, who now goes by Satya, we believe, and she's the young woman who's been missing for nine years.

I know that Sharon has given us permission to talk about what's happening with Tess for the purpose of helping find her and also hopefully heal. And so, in your opinion, can you give people kind of what happened, what happens in a session with you, and then how did that relate to Sharon?

JUDY: [00:12:01] So, typically what happens in a session with me is I ask for a history. I want to know what the issue is that you're struggling with, and then I ask for history of the family, because issues don't just come out of nowhere. They actually come from events that create decisions and actions and reactions that create a language, and they create actions as well that support the decisions we've made.

So, "I'm not good enough" becomes "I'm going to be very quiet" becomes "I'm an introvert" becomes "I don't speak out" becomes "I can't stand up for myself." So, we trace those all down to see what was the originating event, or what are the things within what's happening, and why is this showing up now, and what do we do with that.

So, I will then ask for a history of the family. And I always ask, "Has anything similar to this happened to someone else in your family?" In this case, are there other missing people who went missing? When did that big "missingness" start? Is there a culture where people are missing? Because sometimes it goes back into the culture. Was there a mega event or a meta event around the "missingness" that lives as a theme in your system? In the Jewish system, does it go back to the Holocaust? In the Russian system, is there the pogroms, the diaspora?



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So, it's having a look at what are the events that have created a ripple in the family system that now echo down to you, because the system doesn't like anything or anyone to be excluded. So it's always looking for things to be "re-membered," included, incorporated, so that it can go into a state of balance.

So, issues are the system's way of creating a symptom that will get you to look at what is out of order in the system. And the minute you begin to see that, and you begin to understand that the multi-generational patterns in the family, not only can you no longer not see it, but you now begin to shift the pattern from what is to what's possible. So, "Where am I stuck, and where do I want to move to?"

And the interesting pieces, that way you're really irritated, frustrated or sad, that's usually your tie to the family pattern. And your heart's desire, and the deep dream and the want is tied to the piece of the chapter that only you can write and add to the system. That's what you're meant to do. So, the two sit right next to each other, always in service of each other.

KELLY: [00:14:56] This is so fascinating. And it seems like this really works at such a deep, deep level. And I know that in the midst of our session when you started talking with Sharon about kind of conjuring these things, there was a phone call out of the blue, we got a phone call from a new detective on the case. And there hadn't been a conversation with anybody. This is, I guess, a cold case. And out of nowhere, eight to nine years later, we're getting a call from a new investigator who's on the case.

So, I just want people to know, this is really, really powerful work. And there's some part of me I've often joked about one of these days, I would write a book called *The Lazy Girls: Rules To Life, Rules For Life*. And it would be about just doing everything on the inner planes and really not doing too much externally. So there's a lot we can do on the inner to affect the outer.

So, if we look at the family, everybody is playing a role in some way, paying homage to our ancestors in some unconscious attempt to work things out. And yet these unconscious attempts sometimes create even more pain and drama that gets passed on the future if it doesn't have consciousness to it. We talked to Sharon, she's a part of the system, but she's not the whole system. Can one person becoming conscious in the system affect the entire system?



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JUDY: [00:16:44] Absolutely. But bear in mind it's not that not just that we're paying respects to others in the system. It's that we're actually taking on the patterns of dysfunction or the limiting patterns, also patterns of strength, but we're taking those patterns on as though they are ours, when in fact they are not. You have people who've been struggling with anxiety, depression, anger, sadness for generations, only to find out that it doesn't belong to them. It belongs to great, great grandfather. Well, when we can see that and we know what's happened, we can give it back to whom it belongs and agree to do it differently.

And so, both have been seen, the wave back and the wave forward, which is really important. It gives you permission to then evolve and move forward, having respected and given a place to what was. And now, you're no longer trapped in your path.

For a very high percentage of us, we're living our ancient history, we're not creating a true future. And that only happens when you see the patterns, then you begin to consciously create a different way to move forward. So, it's looking at that "I'm anxious. Who else is anxious?" "Everybody's anxious." "Good. This being anxious doesn't work for me." "So, what do you want to do?" "I also see the joy." "Good. Can you be the joy bringer?" "What should I do differently?"

KELLY: [00:18:11] From this perspective, one reason why Tess has taken off is because there was some – can you say more about what you discovered about the ripple effect of the family that brought that to her?

JUDY: [00:18:33] Gosh, I'm trying to think of what it all was. I'm with her. Go ahead.

KELLY: [00:18:40] What came up is that on her dad's side, there was family that died in the Holocaust. And on her my mom's side, on Sharon's side, there had been like horror because of the pogroms in Russia. So, you mentioned something about this displacement. Sharon, the mom, holding the place of groundedness and tetheredness and the sanctity of being reliable and kind of rooted in one place, whereas it seemed like Tess is taking on the energy of moving and migrating and not feeling necessarily grounded or feeling that she belongs.

JUDY: [00:19:28] And not knowing where home is. Right?



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KELLY: [00:19:30] Yes.

JUDY: [00:19:32] Because they've all lost their home, and so she's someone who might then struggle to find a place called home and need to move, because she's following the systemic pattern. And we all have systemic patterns. And you know them when they hit you, because you start to do things that may not necessarily be good for you, but they're so familiar you find yourself doing them over and over again. And with this, this may well be what you could see here.

She got caught into the “We've got to disappear, we've got to be displaced, we can't stay, we don't belong.” If you remember, her mother said she said she didn't belong here. Well, “I don't belong here” is often the words of an immigrant. “I don't belong here.” It's when they haven't said thank you and honor the old country, and said, “Please,” and honor the new country that they can get caught between. Now, they don't know where they belong.

And so, you can find this sort of displacement that happened. And it needs someone like a Sharon who can—in a language that she doesn't even realize—say, “I will be the one to stay.” She actually talked about children she's helping raise, I am with stability, I am the one who stays.

So, you look at her, and where love, life, leadership, all of those things had stopped flowing, she is now at a point at which it can start flowing again because she can stay. She can restore the stability. She can say, “This is a place called home.” And if you recall, one of her grandchildren actually said, “This is where I feel safe and at home.”

So, then you have the language of the pogroms and the language of the Holocaust coming through—not safe, no place called home. She's created a safety and a place called home. So, what she's done is for those who couldn't, she has which then gives the next person in line freedom to say there is always a base called home. And I can look around, it is safe to look around, knowing that I have a home.

KELLY: [00:21:46] So, in some way, with Sharon bringing this into consciousness, because there's a lot of things that she's doing that are beautiful that seemed to be in response to this systemic work, but having her be aware this is what she's doing.



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What really struck me—I kind of burst into tears—was around you said something about the people that do the taking off it, like Tess/Satya and the others like her, we owe them a debt of gratitude.

JUDY: [00:22:25] That's right, because they've had the courage to take on the pattern and show it as an increased pattern that is not functioning well. They're the ones who are displaying it. They look almost like a sacrificial lamb or a black sheep. That's not what it is. They're pointing out what wants to be seen in the system. And so, we owe them a debt of thanks, because what often happens is we look at them and go, "Well, I'm not doing that." She did, so that you didn't have to.

It's a very different way to look at somebody. It's not that they're dumb, they're dysfunctional. No, they are taking a place. And when we respect that place, then we are free to take another place.

KELLY: [00:23:15] Because I relate this often to my own family situation, and I shared this with you before, my sister is kind of the Tess character in my family. And she hasn't gone missing, but she's very, very similar to this archetype. And I'm kind of the one that stays. And so, I feel like I relate so much to Sharon.

And one of the reasons why I wanted to bring you on the show is because I imagine if I'm relating and if I'm getting some healing from this, I imagine other people will too. I think nobody has the corner of the market of dysfunctional families. We all have them. I don't know, I have never met a single one.

When I look at the issues that I'm challenged by in my family with my sister, and I look at it from that broader lens of the family going back a generation, going back another generation, and all of a sudden, it starts to make sense. There's something about just being in the weeds of it where it feels like it's almost perpetuating the problem. But to step back and see this larger pattern, there's something tremendously healing even if we don't know what to do about that.

One of the things that I was teasing at the end of the last segment was the things that we can do. So, if somebody is listening and they're kind of like Sharon where she's willing to do the work but we don't know that the other people in the family are willing to look at this or do anything, what is it that that one willing person can do to hopefully affect the entire system?



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JUDY: [00:31:07] And I would say too, it's not even to hopefully infect the entire system, what they're looking at is their piece in it. "What is my piece? What can I do, from my point of view that's going to shift my needle?" Because the minute you do that, it's going to start shifting things in the family.

So, again, if everybody was unhappy, and I'm the one who's the odd person out, "What is it that I can do? Is being happy allowed?" "Of course, it's allowed." "Are we sure about that, because we all belong by being unhappy?" So, what I say to people is you want to look at the issue that you're trying to explore, and you want to write down your biggest frustrations about that. Just keep writing them down.

And you'll pretty soon start to see patterns emerging through that. What are the angry words or the hot words or the themes? When you're finished with that, I want you to sit for a second and just think about, "What do I really want? What would it be like either if this issue wasn't here, or if we changed it into something different? What is my deep heart's desire?" And write all of that down. Because what you're then going to see is you're going to see what's trying to emerge through you.

Now, what's very important to pay attention to is the language that you're writing. Because the language, the words that you speak and the actions that you take, didn't begin in your mouth or your body, they often began in the mouth and the bodies of your ancestors. So what you want to do is go look in and ask yourself, "Who else had something similar to this?"

Now, in some cases, people will tell me either they don't know because they don't know the system, or, "No, there's nothing like that." If there's nothing like that. You may be the one who is beginning a piece of emotional DNA. And you want to pay very careful attention to what you are telling yourself about the issue—what are you making it mean about you, and what are you making it mean about others. And really write down the things that you say, because we call that systemic language. It is usually language that travels through generations, or in your own life, through generations of you. In other words, it repeats for you.

And then the other one is if you don't know your family system, what you do know are the ways that you struggle and the desires that you have. That didn't come from



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nowhere, and it doesn't belong to just you. So, even though you may not have a conscious, clear connection to them, you sure got a very distinct body and mind connection to those who came before you, and it sits in the struggles and the desires.

KELLY: [00:34:05] I'm just imagining because I'm Irish for example, so the Holocaust isn't the story in my family, but the Potato Famine is. And even if I don't know the particulars of how that affected my family, I could just look at a history book or look it up on Wikipedia based on my family of origin. And no, we go back to a place where there was starvation and there was deep, deep, deep struggle.

Could we do it like that? Is that part of what we could do, if we don't know the particular personal stories?

JUDY: [00:34:49] Absolutely, you could do it that way. You want to look at the bigger ones and see how they affect you. So, if there was famine, then you want to see are there any eating disorders in the families. Anybody who is a hoarder? Is there anybody who feels insecure if they don't have more than enough? Is there anybody who has a lack mentality? That can tie straight back to there.

And what you've got to say to yourself is, "Is that true for me right now?" Because if it's not, what you're doing is you're simply mirroring and echoing the famine from the past. It's no longer relevant. You also will find, by the way, people who loves food or cooks who come from the famine. They understand that food is beautiful and important.

And so, you can go one of two ways, either you hoard or there is lack, or you're somebody who knows what to do with food to make it last, to make it seem many. You have a passion for that. And it doesn't come out of nowhere. It is a gift to you.

KELLY: [00:35:57] This is so fascinating. It's so personal too. And I know this, we want to stay focused on Tess, but I'm popping over here. I had obesity in my family, like great, great, great, phenomenal obesity in my family, and even in this generation, there's a fascination with it.

JUDY: [00:36:32] No, I love that. So, just stay with that for a second because it's a really good example. So, first you have the famine, the next generation is going or even



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like, “When we don't know where our next meal is coming from, eat as much as you can.” So, that mentality takes over.

Then another one comes along and goes, “I don't want to do that. I love food, but I don't want to do it like that.” And all of a sudden, you see a gourmet chef who cooks, not big amounts, but beautiful amounts.

And so, food as an element evolves in the system. It is always important, but how is it important. And now, all of a sudden, you've got someone who says, “Well, I've always been fascinated with food. But I cook it in a way that it's healthy and nutritious. And there's always enough, so I don't have to worry about storing it in my body in case there isn't more.” Suddenly changing the language, one sentence at a time. It's one new thought, one new feeling, one new action, and now you are completely rewiring the brain from a lack to an abundance, from a fear to a joy. And all of a sudden, it takes on a completely—if you don't mind the pun—different flavor.

KELLY: [00:37:52] There is something that you said in the session with Sharon last week and I thought this applies to I believe everyone—and you please clarify if I'm getting that wrong—but it's almost as if our family, these people upon whose shoulders we stand, went through great struggle and in some way, us carrying their struggles into our lives. It's as if to say, “I haven't forgotten you, your struggles weren't in vain. I'm not just going to be flippant and move on with my life and forget that you struggled so deeply so that we could have these beautiful lives today.”

So, it's like there's this “carrying it.” It's almost like the ancestors want to be recognized, but there's also maybe the higher self of the ancestors that want us in this present time to have joy and to not suffer as they did.

JUDY: [00:38:56] You do not want to be carrying it. That is actually the most disrespectful thing you can do, because you're not leaving their fate within, you're trying to carry it. The way that you respect it is to say, “I see it, I know what it did, watch me when I do it differently and make something good of this.” That is what the system is asking for. It never asks us to suffer.

In fact, we make a very big mistake globally at the moment of thinking we should invest in our ancestors' suffering and say, “Me too.” It is not “you too.” Your job is to



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say, “Not me too. For you who couldn't, watch me. Look at what I can do.” So, the way that you remember or honor the struggle is by doing really well.

KELLY: [00:39:48] That's wonderful. “Not me too, and for those who couldn't, watch me do this.” And maybe even in your name to honor you, not in a disconnected, disassociated way, but in a way that honors that continuum.

JUDY: [00:40:04] Absolutely. “I see you and here's how I will continue—I will not continue your struggle. You struggled so that I had freedom. I will be freedom.”

KELLY: [00:40:18] That's beautiful. And you talked about joy, and you gave Sharon some really specific homework to do that was around nature. And it seems like this might be something for everybody listening. I'm asking everyone who's listening to apply your psychic healing gifts to help us find Tess. But also, I want you to use the gifts from the healers that come on this show to heal yourself or not just to heal but to ask, “What is mine to do?”

We can't necessarily “heal” our ancestors, our other people. We're not victims like that, because there's plenty to do in our own lane if we ask, “What is mine to do?” And so, can you talk about some of the things that you asked Sharon to do that related to nature, or maybe photographs of the ones who went before?

JUDY: [00:41:11] Yeah, it's very different. It's unique to each person. But typically, if we have missing ones, I will ask the person who is present to have pictures of the missing one, or pictures of the missing ones, in almost like a family tree so you can see where everybody belongs, so everybody has their place. Because what she's doing, when I asked her to do that, is think about it, she's flipping the pattern. All that was lost is now being found. And I'm giving it a place and I'm finding joy.

So, I flipped her from lost to found. It's important. What can I find that is mine? What can I find to put in place? How have I found a home? The pictures, even the symbols if you don't have a picture, allow you to give that person a place in your heart. And the minute that you give them a place with you, it no longer needs to be in a dysfunctional pattern.

The pattern has been seen what needs to be seen is being seen, the past has been given its place, and it's now okay for the future to begin emerging. And a system's



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deepest need is to survive. Its highest ideal is to thrive, not just survive to thrive. So, you take the survival piece, which was the loss in the movement, the loss in the movement, they survived. But the highest ideal is to be able to create a place I can call home. Now, I can stay. For all the ones who couldn't, I could.

And we look at the history and go, "You moved out and now, I can move on." So, it's always about using the language and using the actions to flip it around and give it the other side of it, because there are two sides to everything. And you are never a victim, you are always being gifted. You've just got to know how to look.

KELLY: [00:43:25] So, at the very least, there's the photographs and the physical place of honor so that they don't have to. It's almost like there's this feeling, And I feel it energetically in myself. When there's some problem in the family, it's almost like everybody, or at least myself, is kind of limping, like I can't run it full stride while one of my loved ones is isn't doing well. And this feels like it's bizarre, not bizarre in a bad way, but just radical permission to say, "I'm going to take this limping that I'm doing to honor this person, or this this person that is carrying the rest of everybody. I'm going to put it somewhere else, somewhere that's outside of my body and outside of my psyche.

JUDY: [00:44:17] Now, watch me run. You no longer need to carry it. You've observed it, you've seen it, you've given it a place. It never was yours to carry, it's yours to simply give its place, and now what the system is asking is run safely. Somebody is waiting for you to see that.

KELLY: [00:44:48] So, be free and we can run. And I want people to know this may not be a one-shot deal. Just in witnessing the session that Sharon did with Judy, I had a profound opening in my heart with regards to my sister and had a wonderful exchange with her after having absolute no contact for almost two years.

And then it regressed. And one of the things that you said, Judy, was there's a trance. Can you talk about the trance? So, if somebody is listening to this, and they're getting inspired about, "Well, I'm going to put my ancestors on a shelf and honor them. I have permission to have more joy, where I was feeling heavy hearted before. Yeah." And then bam, the trance comes back. Can you speak to that?



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JUDY: [00:45:43] Yeah, what's happening when I speak about the systemic trance is this, you've got that old pattern that you've been part of for a long time, the minute you feel yourself going down, you're going back to the old pattern instead of focusing on where you're headed.

So, what I will often say to people is, "I want you to put down the sentence that you're saying about that 'I knew it couldn't last.' Put that down there on a piece of paper, and then put on another piece of paper where you want to go. Stand between the two and I guarantee you, you will feel the pull to the old one. But if you start to move to the new one, you'll also feel your heart open."

KELLY: [00:46:26] It's like the Einstein quote about how you can't solve a problem with the same mind that created it.

JUDY: [00:46:39] He is so right. He is saying to you, "Take your mind out of the systemic pit and start putting it into how you can grow the system. Don't go backwards, you're living in your ancient history right now. Stop, turn around, and look at where it is you were destined to go, and focus there."

KELLY: [00:47:02] And again, this is the work that we do on ourselves. Because I can even hear myself thinking, "This is what I want to tell my mom to do my sister." It's like, "Kelly, no, you do this."

JUDY: [00:47:15] No verbal vomiting. Don't do that.

KELLY: [00:47:23] Yeah. So, this is something that we do ourselves, and maybe if we do it well enough, something will shift. And we don't even have to look, it's just such a knee-jerk thing to look.

So, again, I want to bring this back to Tess, the missing girl and the missing aspect of ourselves. We have about five minutes. Do you have any thoughts that you can leave us with about work that we can do, or what you would like to say to Sharon as a continuation of the beautiful work that was done last week?

JUDY: [00:48:03] I think with Sharon, it's what was lost is found through her. I think she's been able to be the one to stay, and it's to focus on the children in front of her as



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well, not just the missing ones. Don't focus on just the missing ones. Give them their place, but don't get caught there.

And for the rest of us, when you have an issue, be very clear. If you start to go back into that issue, you are now re-living an ancient history. That is not useful to your generous present, and it's certainly not useful to your wonderful emerging future.

KELLY: [00:48:47] And if somehow Tess or Satya is listening to this, what would you say to her?

JUDY: [00:48:57] I would say to her, "Great courage representing what was lost. Can you find more courage and see how you find yourself and your way ahead?"

KELLY: [00:51:03] Wonderful. Judy, thank you so much. I so appreciate you and your generosity and the help that you've done already with Sharon, and hopefully, that will ripple out and touch Tess/Satya and the whole family—past, present and future.

And for everybody else who's listening and who's struggling, hopefully this context will give you a brighter perspective and a larger context to know that this isn't just your own personal struggle. There's room for us to be so much more joyous, there's room for us to be much more passionate, there's room for us to run and enjoy this beautiful life that we have, so that we do honor those who forged a trail ahead of us.

So, I just want to thank you, Judy, once again and invite everyone to jump on next week. If you didn't hear the show from last week, listen because that gives you a kind of a grounding in what we're talking about. Next week, I'm going to have Sharon Barry, the mother of Tess, aka Satya, on the line. And we're going to talk about what's happening with the police. We're going to talk also about this beautiful letter.

And Judy, after the conversation that we the session that we had, Sharon shared with me a beautiful letter that her granddaughter wrote about Tess that is kind of a really enlightened new frame for how to see this. And this is a very young 16-year-old girl that is wiser than the Dalai Lama and all the Buddha's in the world combined.



ASK DR. DREAM

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So, if we're open to those specks of light and to the insight to give us a new way about the future—that's not just rehashing the past in the trance, but that new way—then we can move forward, and we'll find those things.

I can't wait to share Sharon with everyone next week, and also this beautiful letter that her 16-year-old granddaughter wrote her that is just the epitome of enlightenment. And there's so much new progress happening with this case. I'm going to give you all the update on that next week. We're going to be doing this until we find her, until we feel that we're complete.

So, thank you again, Judy Wilkins-Smith, JudyWilkins-Smith.com, for joining us today. And thank you, everyone, for your attention, and for your dreams. And feel free to email me if you have any dreams that feel related to this—kelly@kellysullivanwalden.com. Until we meet again next week on the Ask Dr. Dream show. Don't take your dreams lying down. We'll see you next week. Thank you.

END OF TRANSCRIPT