

Janet & Tom

When I first read Pam's book, *Life Colors*, I was in my 40's and had resigned myself to living life alone. I'd always had problems with relationships, I felt unwanted, not good enough and fundamentally flawed. I was easily hurt and offended and had a prickly defensiveness that would flare up at real or perceived criticism. Reading Pam's book made sense of these patterns for me. I found that my predominant aura colors were blue and yellow and, I was raised by parents who didn't value the sensitivity and emotional depth of my Blue/Yellow nature – as a matter of fact - I think they were appalled by it! This rejection of my basic nature led to my developing what Pam calls a Red Overlay, a protective barrier that develops in response to early childhood pain of neglect, rejection, abandonment or abuse. The Red Overlay protected me but ultimately isolated me and kept me from living life fully.

I also learned that though my Blue nature craved relationship, my Yellow nature feared commitment. Yellows are sensitive and fun loving and to me relationship wasn't fun, it was painful. I saw that I was unconsciously sabotaging my relationships in order to be safe from hurt and also to maintain my independence. It was empowering for me to realize that, I wasn't the victim of rejection, I was actually co-creating it! I was choosing men who would leave me because even though my Blue wanted relationship my Yellow and Red Overlay wanted independence and protection more.

I made an appointment with Pam and got a reading from her. She told me something that astounded me. She said that she saw me in the future happily married to a wonderful man. She described a tall, nice-looking man in a flannel shirt, from a cold climate, possibly Colorado. She said he was an incredibly loving man with a Violet/Yellow aura and we were very compatible. "He thinks you're wonderful!" The problem was that since I currently didn't believe I was wonderful, I wouldn't be able let him in. Pam told me that I needed to reduce the red overlay in order for him to find me. She saw that through the personal growth work I'd been doing in my life I'd reduced it to about 25%, but I needed to get it down to 10-15%.

Pam told me that one of the ways to do that was to use imagination to relive and reinterpret the circumstances of my childhood. I was so encouraged and excited that I immediately set about doing that. I put out a picture of myself as a child and whenever I saw the picture I would tell that little girl how much I appreciated her sensitivity, her playfulness, her depth of emotion, valuing and celebrating the qualities of my Blue/Yellow nature. I talked to myself in a loving way, which included saying to myself the words I'd always wanted to hear, "I treasure you." I also started looking at the prickly porcupine quills of my Red Overlay in a new way - instead of seeing that as something bad and ugly about myself, I started seeing it as an inner strength that wanted to keep me safe and that knew I was valuable and was ticked off that others didn't see it.

To further explore and befriend my defenses, as well as learn needed relationship communication skills, I took a weekend workshop (that just so happened to land on my 50th birthday) with Gay and Kathlyn Hendricks, authors of *Conscious Loving*. My Yellow nature loved the fun and playful techniques they taught for turning defenses into play and my Blue nature loved the depth of intimacy and authenticity they fostered. It was

there that I met this wonderful man named Tom. We danced together during the breaks, playfully making faces at each other, playing with our defenses, laughing as we put the “fun” into fundamentally flawed.

After the workshop we began seeing each other. He fit Pam’s description so perfectly, even showing up one night wearing a flannel shirt over a flannel shirt, for good measure. He was from a cold climate, Minnesota, not Colorado, but he wore a cap that said Colorado on it! Shortly into our relationship he said the words “I treasure you.” Here was someone who valued the very things about me that other men I’d dated had no interest in, proving that one man’s trash is another man’s treasure! And also proving that by learning to value and love the unique colors of my being, I was ready to attract others who could love it as well.

Tom and I have been happily together now for 7 years and are planning a June wedding. Our Blue and Violet energies resonate together beautifully with a deep spiritual connection, and our independent and fun-loving Yellow is delighted to discover that relationship can actually be great fun with plenty of freedom. I’m grateful everyday that my life has transformed into this rich, colorful, love-filled life with my ideal partner. I’m grateful to Pam, the Hendricks and all who have guided me along the way.



Janet Jacobsen is 57. Tom Biesanz is 60.