

PAMELA KRAUSE

# What is a Burden?

MONTH 4, 4.5

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Speaker 1: I'd also like to talk with you just a little bit more about what burdens are. We talked about them a little bit earlier but they're mistaken beliefs that Parts have. That these Exiles have about themselves. These beliefs, or thoughts, or feelings, or energies have been imposed on them by people in the outside world.

Slide Number 8 will list ... It's entitled "Examples of Burdens," will give you some idea of what these burdens might look like or sound like in a Part. An example of a belief, or a thought would be, "I am worthless. I'm stupid. I'm not valuable." An example of feelings that Exiles might hold as part of a burden would be the feeling of worthlessness, or shame. They can carry extreme sadness and grief, and loneliness, and often terror. They can carry a lot of terror.

They'll also show up as energies. Often people will describe the energy and this burden as being emptiness. Sometimes they'll say, "I feel untethered." All these things, these are all examples of how people can describe burdens to you. It's interesting that when a Part has a burden, it sees the world through that burden. That's what it believes is true, and that's what it will see as true.

Here's an example. I'm going to give you a little illustration from my life and my married life. First I want to say I have a really great husband, and sometimes he just drives me crazy and vice versa. I often have Parts that feel unheard and like I don't matter.

I think of it this way. The burden in that Part is like this. I see the world like this way. I feel unheard. Often when I'm in relationship with my husband, my Part that feels unheard will miss. He can be hearing me all over the place back here, but I can't see it. I'm viewing the world through the eyes of this burden that I'm unheard and I don't matter. As I began to know that Part and help that Part heal, what I noticed was I was able to be aware of more times when he really was paying attention to me, and he really was listening, and that it was really more about my inability to see it because of the burden of this Part, rather than it not happening.

If you look at the last slide, Releasing Burdens, that is in essence what I help my Part do. I witnessed what had created this belief in it. How it came to know that nobody listened to it, and nobody wanted to pay attention to it, and as I understood it, and more importantly, as it felt understood, it felt gotten. Once it felt like I got it, then it was able to let go of those beliefs that it had and return to its natural state which was much more fun-loving, and joyful, and connected.

Toni is going to go through all this with you next month about that whole process of how we learn about what happened to these Parts. How we witness what happened to

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these Parts, and the steps of the process of unburdening. You'll get that and all sorts of detail next month.

Thank you all. It's been great being with you this month. I'll look forward to any questions that you have, or anything that we need to talk about in our call this month. Take care.