



Conscious Life presents
**HEALING TOXIC
RELATIONSHIPS**

Stop Self-Abandoning with Inner Bonding

Guest: Dr Margaret Paul

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[00:00:09] Meagen Gibson

Welcome to this interview. I'm Meagen Gibson, your conference co-host. Today I'm speaking with Margaret Paul, a best-selling author of twelve published books, relationship expert, and co-creator of the powerful Inner Bonding self-healing process. She successfully worked with hundreds of thousands and taught classes and seminars around the world for over 50 years. She's also a member of the Transformational Leadership Council. Margaret Paul, thank you so much for being with us today.

Dr Margaret Paul

Oh, thank you. I'm looking forward to it.

Meagen Gibson

Margaret, I would love it if you could start by telling us a little bit about your story and how you came to know so much about relationships, and more importantly, our relationships with ourselves?

Dr Margaret Paul

It's a long story, but I come from a dysfunctional family. I did not see good relationships, and I was an only child, and that was a challenge. When I got married, of course, I had great ideas about what relationships were supposed to be like. We fell madly in love, and we were madly in love for about three weeks. And then I spent 30 years trying to get back those three weeks, which I got back at times, but I didn't have the connection that I wanted.

The only reference that I really had was that my paternal grandfather, I was born on a farm in upstate New York, my paternal grandfather would come and visit me every day. He just adored me, and I adored him. He was actually the only connection I had. But we left there when I was 13 months old, and so I lost that connection. Fortunately, I remembered it when I was about ten, and that became the reference for me for what a relationship is, the kind of sharing of love and connection. I knew it was possible, and so I kept striving for that with my husband.

That's when we, or basically I, did develop a whole concept of intention, and that there's only two intentions. There's the intention to learn about loving yourself and others, and there's the intention

to protect against pain with various forms of controlling behavior. I saw that when one or both of us were trying to control, there was no way to connect. Our hearts were closed. There was no chance of sharing love unless we both had our hearts open to both ourselves and to each other.

[00:02:52]

But I was brought up to be a caretaker. I was the empathic one in my family. From the time I was really young, everybody came to me. I was parentified because my parents came to me, especially my mom with her feelings, but I wasn't allowed mine and so I learned to take care of them. I could feel their pain. I learned to take care of them. Then I got married, I learned to take care of my husband, my kids, and my clients. I was taking care of everybody until I got really sick because you can't get that depleted and stay healthy.

At that time, I had been doing traditional psychotherapy for about 17 years, and I was tired of it. It wasn't working well. I had a ton of my own therapy, and I wasn't happy with it. That's when I started to pray for a process that would really work fast and deep, and that's when I met Dr. Erika Chopich. She's the co-creator of Inner Bonding. She had half the process, and I had half the process.

I realized from that, with the work that I started to do and practicing Inner Bonding, that I was completely abandoning myself and that there was no way to have a healthy relationship if I wasn't having one with myself. If I was completely abandoning myself, giving myself up, ignoring my own feelings, taking care of everybody else, taking responsibility for everybody, turning to various addictions when I wasn't getting what I wanted, making others responsible for my feelings. You just can't have a healthy relationship when that's what you're doing. That's what I was doing, but I realized at that point that I needed to learn to love myself. I was really terrified that if I started loving myself instead of caretaking everybody else, everybody would be mad at me. It was a big fear of loss.

Well, unfortunately, that's exactly what happened. I lost my 30-year marriage. My parents disowned me, and two of my three kids were very mad at me. It was the hardest time of my life. Here I was, wanting support for taking care of myself, getting none, getting the opposite. But out of that, I got my health back. I started to feel joy for the first time in my life, even with all that going on. I obviously learned so much about what it takes to create a healthy relationship and that you can't have one unless you have one with yourself, that you can't be abandoning yourself and have a healthy relationship.

You can't share love. When you're abandoning yourself, your heart is closed. You're trying to get love. There's a huge difference between getting love and sharing love. People think that getting love is what will make them happy and fill them up and all that, but it's not. It's the ability to share love. If we're not loving ourselves and we're not connected with a powerful source of divine love and we don't know how to do that, we don't have any love to share. We keep trying to get filled externally, and that creates toxic relationships.

Meagen Gibson

So many of the things that you said I want to come back to, because, gosh, there was a lot of goodness in there. I want to circle back for a minute. First of all, it's beautiful how there's no victimization in anything that you just said. There's a lot of beautiful responsibility in what you said as well. I just find that it really opens me up when I hear that nobody was the bad guy in your

lifetime, that you had to take responsibility for your own happiness and health and joy. So much of what you said about control. We're not only trying to control all the people in our lives, but we're also restrictively trying to control ourselves against wanting anything that would make all the other people in our lives uncomfortable.

[00:07:03] Dr Margaret Paul

Oh, that's right. And our own feelings, people don't want to take responsibility for their feelings. They don't want to feel them so they're trying to control that too.

Meagen Gibson

Absolutely. Trying to even control the need to have less control. It's just the cycle. We're so familiar with it. The other thing that you said that I really appreciate you saying, because when we talk about inner love and self love and taking care of ourselves, often it's marketed or talked about as this warm feeling that's going to come. You're just going to automatically be filled with love, and everyone is going to bow to your efforts. It's usually the exact opposite because everybody else is used to you being a specific way in service to their feelings and needs.

Dr Margaret Paul

That's right. That's exactly right. With the people that I work with, I always tell them it's a 50/50 deal. If you really start to love yourself, take good care of yourself and stop caretaking, half the time your partner will really like that and the whole system will change and get better, and half the time your partner is not going to like it at all. Whether or not they're going to eventually come forward, we don't know. But fortunately, with most of the people I work with, the vast majority, they do create more loving relationships when they start to take care of themselves. They go through some hard times, but they do.

Meagen Gibson

Exactly. It's not overnight, unfortunately, but a lot of times they do. That's a beautiful experience too. When somebody, even reluctantly, over time is like, okay, I see what you're trying to do and why you're trying to do it, and I'll hold up my end of the bargain and start doing some work on taking care of myself as well.

Dr Margaret Paul

That's right. People are so stunned. So often I get people who, for example, haven't made love in a long time, and they don't understand why they're not making love. They just know that fire isn't there. But as they start to love themselves and take care of themselves and learn to share love, it comes back. They're stunned that it does. They're stunned that they feel so in love with each other and that they can express it physically now where they couldn't, it was just gone. They thought, oh, it's just gone. It'll never come back. But it does when people learn to love themselves.

Meagen Gibson

Absolutely. Who can blame us as human beings when you're young and you're entering into marriage or you're looking for a partner that you're going to have a long-term commitment with, you don't know what you don't know, do you? You don't know all of the seasons and all of the

demands and needs, whether it's career or family or taking care of your parents or taking care of your children, illness, injury. I mean, life is full of life and you don't know what you're going to have to face. Who could blame us for all of the challenges that we go through in our relationships?

[00:10:06] Dr Margaret Paul

Well, yeah, and we've had no role modeling. Think about the role modeling. I mean, my parents didn't know anything about creating loving relationships with themselves, with me, with each other, with anybody. They just did not know how to do that. They did the best they could, but they didn't know what to do. They had a long marriage. They were married over 60 years. It's not the kind of marriage that I wanted in my life, but that's what I knew.

That's the problem, is that we look around and there are so few people who have truly loving, healthy relationships that we can look to and say, what are they doing? It's become so important that people learn, they learn how to love themselves. I can't stress how important this is, not just in our relationships with our partners, but with our kids, with our families, with our friends, and with the planet. I mean, if we were really loving ourselves, really valuing who we are in our soul essence, we would start to see the soul essence of others. It's easy to see when you're seeing yourself. It's easy to value others when you're valuing yourself.

So many of the problems, the racism, the sexism, all that would just go away if people had that sense of oneness. We couldn't be doing what we're doing to the planet if we felt the oneness with nature. It's the sense of oneness that we get when we're really connecting in our hearts, which is what we call the seat of the loving adult, connecting with our feelings, which is the soul. We can call that your inner child and connecting with a higher source of love and truth and peace and wisdom.

Most people think this is really hard to do, but it's actually not. We teach people all the time because it's part of our process. This is what creates if people practice this enough, it creates what I call the inner family, which is like a flow between the love of spirit through the heart, down into our feelings and back up. It's a flow on the inner level that creates so much love and peace and fullness on the inner level that if people were actually doing this, they could share love not only with their partners, but they could be kind and caring with everybody. It would change everything.

Meagen Gibson

What you're speaking of is your Inner Bonding self-healing process?

Dr Margaret Paul

That's right.

Meagen Gibson

Now that I've named it explicitly, I know you mentioned spirit, heart, flow, so I'd love it if you could tell us how the process works and slow it down for us just a little bit.

[00:12:55] Dr Margaret Paul

Sure. Okay. Step one of the process is the willingness to feel your feelings, especially your painful feelings, because that intention to control is partly to not feel painful feelings, because most of us never learn to learn from them, never learn to lovingly manage them. But our feelings, coming from that soul, that essence, are communications that are vital. They let us know whether we're loving ourselves or abandoning ourselves.

For example, feelings like anxiety or depression or guilt or shame or anger or aloneness or emptiness or envy or jealousy, these are all letting us know that we are abandoning us in some way and feeling life's feelings such as loneliness or grief or heartbreak or helplessness over others and situations. They let us know that we need to be very loving and compassionate with ourselves, not ignoring these feelings. We had to ignore them as kids because we didn't know what to do. They were too big for us.

Now people need to learn to not only learn from their feelings, but lovingly manage them. So step one of Inner Bonding is the willingness to learn to get in your body. Your feelings are in your body. One major form of self-abandonment is that people learn to stay up in their head. We learned to do this as kids. We had to. It was part of our survival. When I started practicing Inner Bonding, I had no idea what I felt. I was in my head, very tuned into others feelings, but not to mine at all. So it took practice for me to get in my body.

Meagen Gibson

I think a lot of people can relate to that. Sorry, I didn't mean to interrupt you, but that feeling and I've had this happen in the therapy office where the therapist says, and how does that feel? I'm like feelings. I can talk about this in circles if you want. I can draw you a whole cognitive map of why it all makes sense. Feelings? What are those?

Dr Margaret Paul

I call it having your inner baby monitor on. Because if you have a baby and you want to be a good parent, you have a baby monitor on. You don't put the baby to bed and go out to lunch so that you don't hear the baby. Well, too many people are out to lunch. They're up in their head, and they're not tuned in to their feelings with the baby. You hear the baby cry, you pick up the baby. You try to figure out what's going on. What does the baby need?

We need to learn to do that for ourselves with our own feelings, having our inner baby monitor on. That's a practice is learning to live life not just in your head, but also in your body. People can learn to do both. It's not either or. It's both. Step two. Well, and then in step one, you make a decision, I want responsibility for my feelings. And then in step two, you breathe into your heart and you consciously open to learning. You want to learn about how you're treating yourself. You want to learn about your false beliefs. You want to learn about what's true, what's loving. That's what we want to learn.

And then we open and we visualize a higher source. We teach people perhaps to visualize, like, an older, wiser part of themselves, whatever their concept of God is, an angel, someone who died who loved them. It doesn't matter what they imagine. What matters is that they open to learning with a higher source, and they invite the love and compassion and strength and wisdom and courage and truth of spirit into their heart. This is step two.

[00:16:34]

This is what creates the loving adult self. We need to be a loving adult in order to do this work, and that's what creates the loving adult. Then in step three, we go back into the feeling, and let's say that we tune in and we realize we're angry. So what we would be doing is we would be asking like we're asking a child, there must be a very good reason you're angry. Is there something that I'm doing? Are you angry at me in some way? Is there some way I'm hurting you? Some way I'm abandoning you? What am I doing or not doing?

If you've been doing some work and your inner child trusts you to let you in, sometimes it takes time for the inner child to let you in. But let's say that your inner child does let you in your soul and says, yeah, I'm angry at you. You completely ignore me. You don't even know I'm here. I'm just invisible to you. You're very tuned in to everybody else, but what about me? When is it my turn? This is actually what happened to me when I started.

I started to practice Inner Bonding, I gave my inner child free reign to get mad at me, and it was explosive. You treat me the way mom did, the way dad did. I don't exist for you. I'm invisible. And then she finally said to me, how sick do I have to make you before you listen to me? That was life changing for me because I realized it was all due to the self-abandonment, the caretaking. That's when I started to learn and take care of myself.

She was very angry with me. Our anger at others is usually a projection of the inner child's anger at us for the self-abandonment, but it's so much easier to blame somebody else. This is what you're doing to me. That's the victim state. But this state is, I'm going to take responsibility for how I'm treating myself.

So let's say that that's what happens. My inner child gets angry at me for ignoring her and seeing her as invisible. Then I go a little deeper into what we call the wounded cell. This is our ego. This is in the lower left brain, the lower left amygdala, the fight or flight mechanism. This is where all our false beliefs are, and so this is how we become aware of the beliefs that we're operating from.

So I might say there's a good reason that we're ignoring the inner child, that she's invisible to us. What's that about? And my young, maybe five-year-old, six-year-old adolescent wounded self might say, we can't handle our feelings. If we go into pain, we're going to die. We're going to just explode and die, or we're going to get so mad we're going to take it out on somebody else. Or there's something, there's beliefs in there that are leading us to treat ourselves this way. All of that is part of step three, that exploration.

Once we get a handle on how we're treating ourselves and why we're treating ourselves that way, then we go to step four, which is opening to your higher guidance. If people have never done this, like I said, imagine a part of you 500 years older than you, and imagine being in a beautiful place in nature. Imagine sitting at a picnic table with this older, wiser part of you, or whatever you're in touch with, and ask, what's the truth?

I couldn't handle my feelings when I was three, but can I handle them now? Can I learn to learn from them? Can I learn to manage them? Well, of course I can. And then the next question, there's two questions. What's true? And then what's loving? And then I say, okay, what does my inner little girl need from me right now to feel like I care about her, to feel that I love her, that she's important to me?

[00:20:30]

It may be as simple as just picking up a dollar stuffed animal and holding that. It may be speaking up for yourself with somebody. It may be reevaluating the kind of work you do, all kinds of things, hundreds of things. But we have to access that from a higher source because our brain does not know the answer to these questions. We have to open to a higher level of knowing. Once we get some answers, which of course takes practice, again, this is not instant, then step five is we take the loving action.

So let's say that it could be simple, just pick up a pillow or a doll or stuffed animal and hold the way you would hold a baby. I would do it and I would bring love inside and I would start to connect. I would start to tune in. Step six is evaluating how I feel now. So if I was angry at the beginning, I'm going to evaluate that and see, am I still angry? If I am, I'm going to go back and do more work. But if I'm not, then I know I've taken a loving action. So briefly, those are the six steps of Inner Bonding.

Meagen Gibson

How long, how often do people go through this? Because I imagine you're at work, you're having some difficult feelings, you have to compartmentalize? And then you come home and you're like, okay, making little promises to yourself. I feel that bubbling up. I don't have the bandwidth right now. When I get home, I'm going to give you some attention. How long does this kind of process take? Is this something you repeat over time, over and over again?

Dr Margaret Paul

Think of it like what you would do with a baby, a child. You don't think of it as how long is this going to take? Or how often do I have to do it? You do it when the child is upset. It's the same thing when you're tuned in. As long as you're feeling full and peaceful, that's fine. You're taking care of yourself. But if you feel something other than peace and fullness, then you know there's some self-abandonment going on.

Now, you can go into the bathroom and do a brief Inner Bonding process, or you can tell your inner child, look, I can't do it right now, but I'm going to write a note, put it in a box, or put it somewhere where I'll see it, and we'll do it later, but reassuring that we will deal with it. But with practice, what's happened for me with a lot of practice is that I can do it pretty instantly now.

If I'm in a situation, especially with somebody where I'm feeling some trigger inside, I can very quickly, within seconds, tune into it. I'm here, I get you're upset, go to my guidance. What would be loving? A quick process and access that information of how to take care of myself in the moment, because this is very important in relationships, is to learn to take care of yourself in the moment.

But that's a big challenge for most people. You practice when you're feeling anything other than peaceful and full inside. The more you practice, the easier it gets. But it's like parenting, it's never done. I mean, it's not like, oh, I'm going to reach a point where I'm enlightened and I never have to do this. It's not like that

[00:23:51] Meagen Gibson

Exactly. It never ends, does it? Just like we were saying earlier, you hopefully as a person, are having new experiences and changing and evolving and coming up with new challenges all the time. I could see very much how this is an ongoing process. At the same time, how do you know? What are the signs that you're starting to heal?

Dr Margaret Paul

Oh, you feel so much more peaceful. You feel more joy in your life. You laugh more, you find yourself smiling more. There's more lightness of being in your life. You have more fun in your relationships. Your relationships are more learning and growing. You're letting go of relationships with people who are sucking the life out of you, who are pulling on you for approval all the time and making you responsible for them.

You find yourself backing off from those relationships and connecting with people who do want to share love with you, who are capable of being good friends or a good partner. You become willing to lose others rather than lose yourself.

Meagen Gibson

I want to let that sit in the space between us for a minute.

Dr Margaret Paul

Okay.

Meagen Gibson

Oh, goodness. Let's talk about that for just a little bit, because it sounds like this is your experience. But I'm going to say some things that have happened for me through doing this practice. I was able to put it into words just a few weeks ago, which is that in trying to do all of the emotional labor in my relationships and abandoning myself, I was trying to make two magnets with polarity fit together and they just kept rejecting each other.

What happens when you start to let that go, stop forcing it and stop self-abandoning, is that you feel like that single magnet. But it turns out that the magnetization that you had all along starts to then attract the people that were doing their work in the same way all along. All of a sudden, you don't get the relationships you thought you wanted and that society tells you are the ones that should be strong.

But the relationships you didn't expect, some of them you might have already had. They deepen and enrich, and they see the work you're doing, and you see the work they're doing, and you match each other. And then some new people will come into your life. You're just like, oh, my gosh, I didn't see that coming. I'd love it if you could just speak to the longevity of your life and what your experiences have been in relationships of all kinds, in work and in love, in family.

Dr Margaret Paul

You're absolutely right. You start to attract people who are at your common level of self-love. Because before we were attracting at our common level of self-abandonment. It's a frequency

thing. When we're abandoning ourselves, our frequency is low. Someone of a high frequency is not going to be attracted to someone of a low frequency. When you're abandoning yourself and you're feeling anxious and depressed and angry and all that, that's all low frequency.

[00:27:00]

You're just going to attract those people and create those toxic, dysfunctional relationships. But when you're learning to love yourself, then you're raising your frequency. Either the people around you, like we said, will step up to the plate and you'll be able to connect, or they won't. They'll probably fall out of your life, and that's got to be okay. So many of the people that I work with say, is it normal that we start to lose friends after we start to practice Inner Bonding?

Because the friends they had before, they were often caretakers. They were often with people who were more narcissistic and were using them in some way. And then when they start to take care of themselves, those people are not happy with it. So I say, yeah, it is. You're going to go through a period of not having a lot of friends, but new people will come into your life. That is what happens. Because your frequency is higher, new people come in.

But the other thing that happens is that you're not needy for a lot of people. People that have a ton of friends, I think they're often coming from a lot of neediness. They need all that validation. But as you're learning to love yourself and really value who you are, you're much more able to be present with yourself and to feel so fulfilled with your inner family that you don't need a whole lot of people in your life. You want those people who you can truly connect with and share love and joy with. That is what happens.

Meagen Gibson

I have one friend in particular that I'm thinking of that's come into my life in the last five years. Every time we're together, when we leave each other, I always say, it's just so easy to be with you. It's just astonishingly easy. She says, I know, I feel the same way about you. It's just beautiful.

Dr Margaret Paul

That's right. This happens for me. We have a fabulous training program of training Inner Bonding facilitators. When I get on with them or we have meetings or something, it's so great because these are people that are doing their work and it's really great to connect with them. Fortunately, I have some people that are facilitators that live near me also. And then I'm a member of an organization called the Transformational Leadership Council.

These are all people that are doing big work in the world. We get together a couple of times a month online and then we have retreats. It's just a joy. These are people that are doing their work. These are people that are exciting people doing their work in the world and their inner work. Most of them, not all of them, but a lot of them are. It's just great to have that. I didn't have that before I started working on me with Inner Bonding.

Meagen Gibson

I know that you say that there's two secrets to having at-will spiritual connection. So for anybody that's struggling with that part of it, where you said imagine your guidance or spiritual connection, can you tell us about the secrets of that at-will connection?

[00:30:19] Dr Margaret Paul

Again, connecting with spirit is about frequency. Spirit exists at a much higher frequency than we operate at. Otherwise, if we existed like spirit does, we wouldn't be able to see each other. We have to be denser. To connect with spirit, we have to raise our frequency. There's two major things that I have found. Took me a long time to find these things. But two major ways of raising our frequency, one is you need to choose the intention to learn about loving yourself. It's not even about loving others. It has to start with loving you.

The intention to learn about loving you automatically raises your frequency if you have a true intention. The other is the frequency of your body. If you're eating sugar and junk food and processed food and devitalized food and factory farm food and all this stuff that's available, it's very hard on the body. It will keep the frequency of your body low and make it much harder to connect with your guidance. So part of taking loving care of yourself is taking care of yourself on the physical level and feeding yourself good, healthy, organic, clean, natural food that your body can handle and that will keep your frequency high enough.

Those are the two major things. The third thing is developing your imagination, because imagination really is a connector. Our creativity comes from spirit. It doesn't come from our mind. It comes through us. Anybody who writes music or is an artist or whoever, they realize it's coming through them. Being able to use your imagination and trust it is important because a lot of people say, well, yeah, I heard my guidance tell me this, but I think I just made it up. What I say to them is, do it anyway.

What happened for me, when I first started - I was brought up with atheist parents. I didn't have any spirituality at all. When I first started to learn to connect, I didn't trust it at all. I thought I was making it up, and so I decided to test it out. Sometimes I would listen to what I thought I was making up and see what happened, and other times I wouldn't and see what happened. Invariably, things went much better when I listened, even though I thought I was making it up.

Eventually I got to trust that there really is guidance there. Now I go to my guidance for everything. I don't think that my mind or my wounded self knows anything at all. I just go to my guidance for everything, and I explicitly and implicitly trust what my guidance tells me. It makes life so much easier when you know that you're not alone and that you can turn to your higher guidance for help with anything.

Meagen Gibson

I love that. It's wonderful. I have a deep appreciation for imagination. I think too often we categorize imagination as something that creative people have and everybody has it. I like to say it's your birthright is your imagination and that when you're disconnected from imagination, that's a signal. That's a signal to get curious about what's in the way, because as you said, it doesn't come from you, it comes through you.

Dr Margaret Paul

That's right.

[00:33:40] Meagen Gibson

I absolutely love that. Anytime I'm disconnected from my imagination, I know it's time for me to start going through these steps. It's time to turn on the inner baby monitor, as you said.

Dr Margaret Paul

Well, and it's so much fun. It used to be really hard for me to write. I mean, it was agony for me to write. Now when I sit down to write, I just say to my guidance, okay, I showed up, you're on, and I just let it come through. I don't even know what I'm writing. And then I read it later and so much better than what I could do on my own. I'm also an artist, and it used to be like, why am I so blocked? Or I don't know what to do here. Now my creativity has just exploded through the roof with being able to tap into my guidance. It is so much fun. It is so much fun to allow that to come through. I really encourage people to practice that.

Meagen Gibson

I love that. I'm not really sure if you have an intention when you sit down to be creative or use your imagination, but there's also like the purpose of it is the thing itself. It's not that you're saying cultivate your imagination so that you can guide other people and write a book or do whatever. It's just it for the sake of it?

Dr Margaret Paul

Oh, yeah. It's actually for the fun of it. It's really fun. It's a very fulfilling and fun thing to do. Like I said, writing used to be torture for me, but now it's fun. That's amazing to me that it's fun. I don't think about the outcome. I don't think about the product. I don't think about whether the piece of art or the writing or whatever is going to be good or whether anybody's going to like it. It's not about the outcome. It's about the process. The more people get present in the moment with the fun of the process, then obviously there's more joy in their life.

Meagen Gibson

Absolutely. I think that brings us back to just relationship with other people. The place that I've come to within the last couple of years is that by being overly entangled, by doing too much emotional labor for other people, I'm robbing them of their process. I'm robbing them of their imagination. How dare I? It's what I tell myself now.

Dr Margaret Paul

All those years when I was caretaking, I was like, oh, I'm so loving. I thought I was such a loving person and just nobody appreciated me. Of course, that again is the victim stance. But it wasn't loving. It was a shock to me to realize that giving myself up and taking care of everybody else was not loving. It was robbing them, like you said.

It was robbing them of their motivation, their ability and everything. It's enabling them to be dependent. It's not helpful to anybody. Unfortunately, there's a lot of therapists that enable people to be dependent on them. It makes me cringe when I hear about that because that's certainly not going to help anybody.

[00:36:43] Meagen Gibson

Every good therapist I know is trying to get themselves out of a job. They're all trying to empower people into their own unemployment. That's how I know that they're good. Obviously, I just want to clarify, we're not talking about abandoning minors. When we talk about not abandoning ourselves, it doesn't mean that we're literally not going to let another baby cry or we're not going to let our kids have the clothes they need, things like that.

Dr Margaret Paul

No, because that's not loving to you. That would not make you feel good. When I had my babies, I certainly didn't feel like getting up in the middle of the night a lot, but I did anyway because I wanted to be a loving mom. It would not have made me feel good to just let a baby cry. It was loving to me to do that. It's loving to me to take care of people who need to be taken care of. Children, babies, sick people, old people who may need to be taken care of. It's loving to me to do that.

It's just not loving to do for people what they need to be doing for themselves. There's a big difference between caring and caretaking. It's like if you love somebody and you want to make them a great meal even though they're capable of doing it for themselves, that's great. That's loving, that's caring. You get joy out of doing that, but you have no agenda attached. That's the difference. When you're caretaking, you have an agenda. That is that they're supposed to love you back or they're supposed to validate you.

That's what caretaking is about. Caring, you're just doing it from your heart. You don't have an agenda attached to it. That's a wonderful thing to do. We need more people caring in the world without an agenda, to just give for the joy of giving. This actually happens a lot more as you learn to take loving care of yourself. You just find it overflowing and you just want to share and you want to give. You're not giving like a martyr to get attention. You're giving because it brings you joy to give.

Meagen Gibson

Absolutely. I think that's a fantastic note for us to end on. Margaret Paul, how can people find out more about you and your work?

Dr Margaret Paul

They can go to [innerbonding.com](https://www.innerbonding.com). We have a very big website, lots of courses. We have a free seven-day course that people can begin to learn about Inner Bonding. There's a lot of books. I've got twelve books to teach people about Inner Bonding. They can learn from the Inner Bonding workbook. They can learn from the Love Yourself course.

Bi-monthly I do a master class where people can join that. I bring people through an Inner Bonding process then I speak on a topic, and then I do these laser sessions of working with people with Inner Bonding so that people can see the power of it right then and there. They're very powerful and that's a great way of getting support. There's a lot of ways of learning Inner Body and getting support. We have many facilitators, I work with people, and there's also many other trained facilitators.

[00:40:00] Meagen Gibson

Fantastic. Thanks so much, Margaret.

Dr Margaret Paul

You're very welcome. Thank you, Meagen. You take care. Have a great day.

Meagen Gibson

Thank you. You too.