Here is the transcript for: Codependency Recovery with AVAIYA Teacher, Melanie Tonia Evans

Ande Anderson [00:00:00]:
Hello, Avaiya family. I'm Ande Anderson, co owner of Avaiya University with my partner, Ike Allen. Thank you so much for joining us for our breaking free from codependency curriculum. We have another great class lined up for you today with Melanie Tonia Evans. She's gonna be talking with us about overcoming codependency and becoming a true source to self. Melanie and I are about to dive into why so many humans in our society today suffer from codependency, what the 4 steps to overcoming codependency and becoming a true source to self are, how to source your own validation and approval, and ultimately how to be responsible for your life and take your power back, and so much more. Thanks so much, everybody. Enjoy the class.

Ande Anderson [00:00:42]:
Welcome back, Melanie.

Melanie Tonia Evans [00:00:44]:
Ande, it's awesome to be back with you. Thank you for having me on.

Ande Anderson [00:00:48]:
Yeah. Thank you for saying yes. I'm so excited we get to continue this conversation and enroll into the topic of codependency, which I think goes hand in hand with our last conversation.

Melanie Tonia Evans [00:00:58]:
It definitely does. It absolutely does.

Ande Anderson [00:01:01]:
So so let's dive in. Why why do you think that almost all humans suffer from codependency?

Melanie Tonia Evans [00:01:09]:
Yeah. Okay. Well, first of all, I just wanna say the label codependency, a lot of people get really, oh, and there's a lot of therapists saying, don't listen to anybody telling you you're codependent. Because it really kinda comes from the Melody Beattie old thing. It's about addictions. It's about, you know, yeah, or or co codependent being with somebody who has addictions. What I really believe codependency is, and I was hugely severely codependent. I put my hand up absolutely before the inner work was that we have an inner emptiness and we're trying to source our wholeness and our feelings of emotional solidness and peace from outside of ourselves, which leaves us very empty and precarious and can really get us hooked up with people who appear to be a wonderful source, who are only actually gonna bring us more emptiness and pain.

Melanie Tonia Evans [00:02:10]:
Mhmm.

Ande Anderson [00:02:11]:
Yeah. I'm glad that you mentioned that, the label of codependency. I'm glad you mentioned what you mentioned because, yeah, it's definitely something that that I think, yeah, a lot of people first, it might be misunderstood from the perspective of where the origins were from and and, yeah. Something that people might be like, oh, god. I don't wanna I don't wanna be labeled with such a thing. Right?

Melanie Tonia Evans [00:02:32]:
Yeah. So



Gain Additional Support With Our Free Masterclass Series HERE!

Ande Anderson [00:02:33]:
And I

Melanie Tonia Evans [00:02:33]:
think that can go, you know, people say, well, don't label me and don't tell me there's anything wrong with me. And I know in my own journey and thousands of other people's journeys, we're human. We've all got stuff. And when we say, you know what? Okay. There is something I can heal within me and I can look, they're the people that really start generating amazing lives.

Ande Anderson [00:02:57]:
Mhmm. Absolutely.

Melanie Tonia Evans [00:02:58]:
We have to look within. Mhmm.

Ande Anderson [00:03:00]:

So do you think that, like, a a large percentage of people in the world have this external sourcing kind of of struggle? Hugely.

Melanie Tonia Evans [00:03:12]:
And really, I believe that the human experience has been built on separation. So we've been brought up to believe that we're separate from a higher power, we're separate from each other. I mean, we can see how much division is actually going on in the world now. It's enormous, you know, so it is that separation from oneness, from our higher power, from each other, from ourselves, which means that because I'm not feeling okay, I have to change you or I have to fix you. And if I can't change or fix you or make you believe what I believe, well then I can't feel whole. So what happens is we stop accepting each other. We stop accepting ourselves. And rather than say I can be the generative source of my own experience, you don't have to agree with me, you don't have to be the same as me, but when I have my wholeness and my values, you're either gonna meet and we're gonna be a happy match or we're not.

Melanie Tonia Evans [00:04:18]:
And then I can let you go and be who you are, but I have no need to change or fix you or make you different in order to make myself whole. So this is a huge issue that is global, that is and we were we've been taught rather than. You know, I really kind of feel with what's going on now in many ways. When we're a source to ourselves, we have the ability to have powerful immune systems, we have the ability to be our own healers, we have the ability to be our own source rather than feeling powerless, helpless, cut off, and terrified and needed somebody else to fix it for us. And that's codependency. And codependency is such a huge trap to get involved with a narcissist. Because in my I'll speak from my personal experience. I was very capable.

Melanie Tonia Evans [00:05:15]:
I was very and most codependents are highly intelligent, very capable, very hardworking people, usually overcompensating. So what we do, because it was our norm to feel shame or not enough or unworthy, so we were very

very good at getting approval, being good girls and good guys, working hard, you know, making things work in our life because we were trying to get loved and approved on by people outside of us by being good enough to be loved.

Ande Anderson [00:05:54]:
Yeah.

Melanie Tonia Evans [00:05:55]:
And then we get people that come into our life, which can be toxic people and narcissists, and they they identify what's missing. They go, you're very good at providing, and you're very good at keeping everything together, which I want because I'm a frazzled mess. A narcissist is disheveled. They want somebody who can keep the fires burning and the roof over their head and pay for their mistakes. But they say you felt unloved, you felt unworthy, you felt invisible, you haven't felt heard. I'm gonna pretend that I see you and that I'm here to hold you, hear you, and meet you, and you go, finally, you know, God's given me the love of my life. Mhmm. And but what we hadn't realized is this person is the messenger of our wounds, not the savior.

Melanie Tonia Evans [00:06:48]:
And to rectify all of this, we need to be the savior of our own wounds.

Ande Anderson [00:06:53]:
Yes. Beautifully beautifully said. Absolutely. So what what do you think is our true self? This is a term that I think is thrown out a lot in the world is, you know, finding our true self. What what does that mean to you?

Melanie Tonia Evans [00:07:08]:
I love that question, Andy, because I think it's central to everything. I believe our true self is who we are without our traumas, without our false beliefs, without our, separation ideology. I believe our true self is source. And source is whether you wanna call it consciousness, your deity, God, Jesus Christ, your higher power, your superconscious. I don't believe

personally that that matters. But source is a feeling of who we really are at our true essence without our traumas, without our false beliefs, without our judgments, without our divisions. I believe and that is the love part of us, that is the creative part of us, that's the solution part, that's the acceptance part, and that's also the part of us that is actually not fearful of death. That is, I'm already home.

Melanie Tonia Evans [00:08:15]:
I am having an experience as a consciousness in this physical being, having this experience to up level myself to become heaven on earth, to become source in human form, and we don't always get that right. But the closer we are to that, the better our life goes.

Ande Anderson [00:08:38]:
So So how do you think that, you know, I'm kind of wrapping this into the the topic of your talk today being overcoming codependency and becoming a true source to self. So as we talk about this true self, how do we become a true source to self?

Melanie Tonia Evans [00:08:53]:
Okay. First of all, you have to give up the notion that somebody else is responsible for your life. Whether that be a partner, whether that be your previous parents, whether that be your president, whether that be your world. You have got to give up the notion that somebody else is responsible for your emotional solidness and wholeness. Because at the quantum level, there's only one person in the room and that's yourself. And then the second thing is that we really need to understand that overcoming codependency is about doing the inner work, and the inner work is somatic emotional work. And I I mean, I love the models that are about energetic healing because it cuts out all of those years of logical therapy and trying to dissect your childhood and everything else. It really for me, and what my path has been, and I've shown this path and lots of other people do it too, is to literally have an emotional somatic experience in your body where you know how to load up the traumas that are not your true self, release them

and bring in more source to become more of your true self organically, which you're coded to be.

Melanie Tonia Evans [00:10:16]:
And then when you become that person, you're in the process of being that person, which is always a life process. You can understand that when people trigger you or things outside of you are hitting a wound inside of you, that this doesn't mean you have to acquiesce or hand your power away. But if you take responsibility to keep doing the inner work on you, you can show up as a human being who is authentic and truthful. And then you can say whether or not it's a parent or an abuser or somebody in your life, if you can be honest to people in your life and you can realize your values and your needs, and, you know, I think the thing with codependency, Andy, that's so huge is we think people are mind readers. You know, a perfect example is my mom used to always do everything in the kitchen and she'd be bashing the drawers. And really what that was saying, you don't help me. Right?

Ande Anderson [00:11:24]:
Yep.

Melanie Tonia Evans [00:11:24]:
Okay? And this is a really simple example. When we become mature, evolving people coming out of codependency, we can, without shame, recognize our needs, speak up for what we want, have boundaries, but then realize it's not about somebody else getting your boundary to make you happy, it's about you getting your boundary. So if you're having a life experience with somebody who you feel is violating you and you say, when you do this, this really upsets me, this is actually what I need to continue the relationship. Now if they twist it and turn it and project and come back at you and tit for tat and blame you, they're not a match for you. Mhmm. And your happiness does not depend on, as I used to think, arguing with this person for a month to get them to get it. Our happiness is this, well, thank you. Obviously, we're not on the same page.



Gain Additional Support With Our Free Masterclass Series HERE!

Melanie Tonia Evans [00:12:26]:
I bless you. I'll let you go. Mhmm. And then people may say who are codependent, which is all of us, because we want people to love, approve of us, grant us security, and survival. We want that. But that's the insecure, unhealed child part inside that hasn't yet said, as an adult, I am responsible for my own source of self with my higher power and all of life rather than saying you abuser or you difficult person or you nasty person, you need to get it and you need to be that source. We have to let that go. And we're seeing this on a global scale at the moment.

Melanie Tonia Evans [00:13:09]:
We're saying unless you do this, I cannot. It's rubbish. It's actual rubbish. What is the truth is when I am a source to myself, I'm gonna be generating my own experience and if you're not a match, well, then I'll say thank you for showing me who you are. You're not for me. You are though.

Ande Anderson [00:13:29]:

That is so key, and I love that you just said that with such passion because yeah. And I I mean, years ago, I would've I would've looked at what you just said and like, wait. How is it possible that the people outside of me aren't supposed to be the source of my own happiness or the source of my own validation? And, man, like, coming to, like, the realization that that's true is very exciting. It's like, oh, that's

Melanie Tonia Evans [00:13:50]:
so Well, it keeps us our power back, Andy. There's a very powerful quantum law. So within, so without. And if I'm a victim, Andy, and you need to agree with me or give me something so I'm not a victim, you're only gonna give me more of what I feel victimized about. And even if you did give me it would be a bottomless pit. I would never stop feeling like a victim. So this is the biggest problem in a victim mentality or in a victim group is that. And, of course, you know, the causes and everything, you know, personally and collectively are very pure and they're very real and they're very true.

Melanie Tonia Evans [00:14:29]:
I'm never ever gonna discredit that, but it's to say, well how do we get out of our victimization whether it's with an abuser, with a group, with our life, with an ideology how do we get out of victimization? By empowering ourselves to say if you're not a match for me well you're just not but I'm going to be film myself with my own good feelings. I'm gonna speak up for my needs. I'm gonna do it with love and truth and honesty rather than screaming and banging like my mother used to do. Beautiful person, but where did it get her? You know? And I really think, you know, as if we're source, the interesting thing about source, which we are all a part of, source which is all that is, actually has no need for anything because source is everything anyway.

Ande Anderson [00:15:22]:
Mhmm.

Melanie Tonia Evans [00:15:23]:

All of us are that. And when you start to know yourself as that, you have experiences as that. And if somebody disappoints you, they're just not your reality. You move on and keep having your source experiences. Mhmm.

Ande Anderson [00:15:40]:
I love it. Thank you. And I I too, I totally resonate with what you just said. And I know that for some people watching, maybe we've gone down a deep rabbit hole and but I mean, yeah, it absolutely is once you get to that, point or start perceiving in that way as source, then, yeah, needs are really yeah. Don't necessarily that that kind of thing that we talk about from maybe a a more, human level is just completely different from that other level in my experience.

Melanie Tonia Evans [00:16:10]:
Look, it is definitely, but we get to be heaven on earth in a physical incarnation. So we get to know ourselves as feeling whole and we know everything's imperfect and in mind order no matter how it looks, but we're also the generative force. So if something's not right in our life, it's not like we just go on namaste or you know love and light. It's not that at all. Yeah. We can actually ask for what we need. Mhmm. We can and if if somebody is not a source of that, thank you.

Melanie Tonia Evans [00:16:45]:
I'm gonna keep generating that somewhere else. Mhmm. Yeah. Because source is unlimited. This is the problem. We're too busy pointing the finger and saying you are not. You know, you have to it that will never work.

Ande Anderson [00:17:05]:
Yeah. Doesn't get us doesn't get us to where we wanna be. So you've talked about a few things, and I don't know how many yet. So we were talking about the the 4 steps to overcoming codependence. So

Melanie Tonia Evans [00:17:17]:
Will this work through? It's all kind of reacting. Let me condense. Okay. Absolutely. Let me condense. Well, first of all, giving up the notion that

your answer is gonna be outside of you. As an adult, to change your life, you need to take the radical personal responsibility that if I'm wounded or I'm insecure and you're human, of course, it's normal. You know, that's why we're into personal development, to be very honest.

Melanie Tonia Evans [00:17:44]:
If this stuff is in me, it is my responsibility. Nobody else can fix it for me. It doesn't mean you're to blame for it. It means you're gonna take your power back. And then when you take your power back, it is totally about I'm gonna have the somatic experiences of doing the work in my body. You know, like I really wanna work on myself. I'm gonna show up honestly in life, and I'm not gonna be attached to other people getting my boundaries or my truth. If they don't, I can bless them and I can let them go and keep generating the experience of my truth.

Melanie Tonia Evans [00:18:21]:
And that will change your life beyond description. It sounds really scary. It sounds really hard. When we break out a codependency into an empowered self and an empowered life, there are gonna be big changes in your life. You can't hold on to the old order and have a new order. There are gonna be breakdowns to get your breakthroughs.

Ande Anderson [00:18:43]:
So here's a question that's kind of, a little outside of what we've been talking about. But let's say someone is maybe they've gotten out of a narcissistic toxic relationship. They want to find a partner that would be a healthy partner for them eventually. I know it seems to be a big challenge for people who are have codependent tendencies as they tend to lose themselves in a relationship. So in that in that, you know, new relationship, how does one maintain their, right, I guess, individuality, while at the same time not fearing intimacy with that that new person? Do you know what I'm talking about? Like that balance?

Melanie Tonia Evans [00:19:22]:

Massively. And it's such a great question, Andy, because personally, I've done that journey. I have an incredible well, I have a great relationship, the best one I've ever had in my life, you know, he's just beautiful. But I understand this and so many people in the community have really struggled with this. The first thing I would say a relationship, fast is so important, a hiatus. And I say to women and men all the time, you have to be really happy in your own skin and with your own life. Of course, there's something missing. You'd love a relationship.

Melanie Tonia Evans [00:19:59]:
But if you can't make yourself happy and feel full and feel like you have purpose in your life and you expect somebody else to give you happiness and a life and activities and pastimes and interests, then you're already codependent. Mhmm. And that's really dangerous for a couple of reasons because you're gonna put a lot of, you're gonna put a lot of, strain on that person to grant you your happiness and your fullness, and you are more inclined to cling to that person, if they're not right for you rather than let them go because you don't have anything to fall back on. So okay, and you wanna share your life and your soul and your source with somebody. You don't wanna be in this power game of trying to get energy. Water meets its own level. If you're not full enough, you're gonna get somebody else who's empty and that's a narcissist often or another codependent and either or is not healthy. Okay.

Melanie Tonia Evans [00:21:09]:
So when you start a relationship with somebody, you need to retain yourself. You need to have your interests. When you date, I always say to people, start off slowly, get to know this person. Don't jump in because of a chemical attraction and then wake up a month later and go you know you're really hot and I'm attracted to you but I don't like you as a person. Right? You have to get to know a person's character. Andy, I used to put more thought into buying a pair of shoes than choosing a partner. Mhmm. Okay.

Melanie Tonia Evans [00:21:47]:

This time around, I dated for 3 months platonically with this man and I ended up going, you know what, your values, your character, your word, your interests, I could have you as a best friend. Plus you're tall and handsome and you've got great broad shoulders. Like, what a bonus and you're lovely. Right? So of course, you've got to have physical attraction, but you need to know this person's character. You're not gonna change somebody's character. Who they are is who they are. This is what people do. We choose somebody, we don't worry about the character, and then fall into a mess with it.

Melanie Tonia Evans [00:22:27]:
If you're codependent, you cling. The codependent catch cry is, I'm going to lecture and prescribe and fix you and change you to make you into somebody who will make me whole and happy. Mhmm. Yeah. I did that all my life.

Ande Anderson [00:22:44]:
Thank you. Thank you. I appreciate that. That was a that was an awesome answer to that, and I know a balance that so many people in this world and who's watching right now tend to struggle with. So, yeah. So I guess another And,

Melanie Tonia Evans [00:22:57]:
Angie, we were taught about the fairy tales. We were the movies, the books that oh my god. You know? It's not real. It's not realistic. Mhmm.

Ande Anderson [00:23:07]:
And I'm glad you mentioned the, like, the I don't know if you said brain chemistry, but whatever you said about, right, that initial attraction because that is very powerful. Those chemicals are extremely powerful and, yes, aren't always obviously, they're there for the survival of our species and all of that. So it's a very interesting thing.

Melanie Tonia Evans [00:23:24]:

A slow burn, you know, take it from experience for myself and so many other people I know out of toxic relationships, in a healthy relationships, what you're looking for is a slow burn and a warmth. You know, after hanging out with my partner for some time, it was like putting on an old sweater that was so comfortable and the love grows. So, you know, I think what happens with toxic relationships is you have this height and then you don't like this person and then it just ends up getting more and more fragmented and disintegrated and painful. When you do a relationship the right way, people used to say to me, my soul mate, I love him more now 5 years down the track than I did when we met. That's definitely been my experience. It just keeps growing.

Ande Anderson [00:24:15]:
Mhmm. Absolutely. Yeah. I I've been with my partner, Ike, for a little over 10 years now, and and, yeah, we still learn, like, new things about each other and get, you know, delighted in new ways. And and yeah. And it's, you know, like, as people that I I tell frequently on these classes that it's a it's an ongoing, education for myself in in breaking free from codependency and working through that and, you know, just all of that stuff. So it's a it's a journey.

Melanie Tonia Evans [00:24:43]:
Beautiful. It is beautiful. Yeah. That's the way it's meant to be. We're meant to come more together, not angrier or more upset and more out of love and into pain. People think love's intensity. It's actually not. It's a warm oneness.

Melanie Tonia Evans [00:25:02]:
It's a trust. It's a respect. If you can say my partner is a really beautiful person, you're in love.

Ande Anderson [00:25:11]:
Yes. Yeah. I get the chills just

Melanie Tonia Evans [00:25:14]:

You've gotta choose very responsibly and take your time.

Ande Anderson [00:25:20]:
So important. Like, speaking of taking your time, I I love it since this is such a big part of your work. Obviously, we're talking about codependency, but we're also a huge part of what you do is helping people overcome narcissistic abuse and since so many codependents end up with narcissists, can you talk a little bit about that recovery process and how if people are coming out of that or maybe still in that right now, how they can get help?

Melanie Tonia Evans [00:25:43]:
Yeah. Yeah. Well, we have lots of resources in the community and ultimately, the biggest most powerful resource that I have is the narcissistic abuse recovery program, which has got lots of steps and keys, and it takes you through the whole thing where you're finding those specific glitches and insecurities and traumas that have made you really, really susceptible to handing your power away to get love, approval, security, and survival. So these are the things that you've been born with, that have been passed down through your genetic line, you experienced it with with your families, you didn't have role models that empowered you to be whole, And it's usually really beautiful people that suffer this. But, yes, that's and it's such a necessary journey. And the thing is, Annie, over the last 10 plus years, we've got tens of thousands of people that are now graduates of that program and lots of them are flying in life like they never did even before the abuse. The recovery is so powerful. But we've had people that have kind of dipped their toes in and they've done a little bit, you know, for a few weeks, got very fast relief because when you get the trauma out and you get sore see, it's like, oh my god, you know, I'm over this.

Melanie Tonia Evans [00:27:01]:
I'm good. And they've moved on and then they've done another narcissist. Right. Because the deepest stuff, whether it be the fear of abandonment or the trauma of I can't make it on my own or, you know, I'm not worthy or the you know, there's like powerful belief systems that can be like the people I love hurt me or they invalidate me or they because and we match up with

those people again until we've healed those original traumas. So what I love, about the real Thriva work to get back to true self and get back to source is not only does it take you out of programs and patterns of abusive toxic people and handing your power away unconsciously, it cleans up so many areas in your normal life where you didn't have a voice or you didn't have your power or you weren't always showing up honestly or you didn't know your values and your needs. It really changes or you couldn't do boundaries. Changes everything.

Ande Anderson [00:28:08]:
You know, you mentioned abandonment in there, and I'd love it if you talk a little bit about that. That's a big juicy one that I know I I personally struggle with and, like, any suggestions on for people who are just, man, that is such a big fear of theirs, is that abandonment wound?

Melanie Tonia Evans [00:28:25]:
Abandonment is huge. It's a primeval trauma of I'm gonna die. Banyanment was massive for me. I actually did 2 narcissists to clean that up properly. So I under it was my biggest. It is for lots of people. Abandonment is a very young, insecure for those of you who are spiritually minded, and I don't mind saying this, I absolutely believe in, past life and also genetic coding that we take on from our ancestors. It's a big human wound.

Melanie Tonia Evans [00:28:57]:
If I'm abandoned, I'm gonna die. Mhmm. Absolutely. And with all of the traumas that if if you've got an abandonment wound that gets triggered, it will literally hijack you to the point where you will hand all of your rights and boundaries away to stay connected. And this frightens people, and it used to frighten me because you could have somebody abusing you so horrifically. And you know it is so wrong and so bad, but you will do anything to try to hang on.

Ande Anderson [00:29:39]:
Yeah.



Gain Additional Support With Our Free Masterclass Series HERE!

Melanie Tonia Evans [00:29:40]:
It's it's frightening. It can take people literally to their complete demise. It's that powerful. Because you'll keep going back. You'll keep breaking no contact. You will do whatever it takes and you will hate yourself because you think, my god, I'm like a drug addict. You know? So we have to go with and the thing is when you know how to, this is where quantum freedom healing is so powerful, that you can literally go to that wound in your body. You can load up all of the genetic material on it, your childhood material, your past life material, your adult material that's kept going, you can release it out, bring in source and the wound will be gone.

Melanie Tonia Evans [00:30:24]:
So then when somebody does something horrific to you, rather than clinging and pleading and begging and shaking like a little kid, You'll be an adult in your body and you go, you know what? Walk out that door and plea and, of course, it's painful, but please go. Right. I deserve so much better than this. Come back to being an adult in your body.

Ande Anderson [00:30:49]:

Thank you. That is that's so powerful because that is just I can just feel the the fear of that for so many people, myself included, over the years. And it it yeah. It absolutely can can, yeah, turn a person into I will do anything I have to do and lose my whole life in the process in order to hang on and not be abandoned. Absolutely.

Melanie Tonia Evans [00:31:10]:
And Angie, you know, some of the ways that myself and other people, what we succumb to and what we acquiesce to to not be abandoned is frightening. And I know people listening to this will probably relate.

Ande Anderson [00:31:24]:
Yeah. Yeah. Awesome. Thank you. I appreciate you touching on that. That's a that's a big one. So I'm so glad that we got to got to cover that. Yeah.

Ande Anderson [00:31:33]:
So everyone watching, there's a couple buttons below, and we've talked a little bit about your recovery program, and and one of the buttons leads over to that and also a a free gift. So is there anything you'd like to say about the gift and also anything else you wanna say about the recovery program?

Melanie Tonia Evans [00:31:48]:
Yeah. Yeah. Sure, Angie. I have a 16 day, free program where you get well, first of all, 2, very comprehensive ebooks which explain so much, you know, and if you've been in toxic codependent relationships, I mean, all codependent relationships toxic. They power struggles and a lot of people say to me, well your stuff's only about narcissism. It totally is not. It's about any disappointing painful relationship. So, and there's all sorts of, rabbit holes that we go down for a deeper understanding of boundaries and codependency and, what toxic relationships are, what healthy relationships need to be.

Melanie Tonia Evans [00:32:31]:
So, I know that that will be very very helpful for you. It's all free and there is no obligation for anything else. So that's there. Also too, with that comes, a

free webinar where you get to experience quanta freedom healing in your body, and I so recommend that because it's a game changer with how you can heal. So there's that. So if you really seriously wanna get into a fast track experience of the inner work to get the traumas out, get source in, then I can't recommend the narcissistic abuse recovery program enough. We call it NARP and in my experience of thousands of people and you know my extensive team who are all over the world, when we're working with people, we literally know within a couple of conversations people that are working the program and people who aren't because the difference is seriously like night and day. So, people that do work the program generally have an experience that is catapulted, I would say, probably 50 times the other people that are just accessing information.

Ande Anderson [00:33:52]:
Thank you. And again, everybody, there's also buttons below you can click on to to head over to those, really easily and simply. And thank you so much. And I know I know a lot of people have gone through your program from, our past event in overcoming narcissistic abuse and and just love your work. So thank you for for offering, you know, all of your work up again to us. I appreciate that. Do you have any last insights? Anything else? Have we left anything else out?

Melanie Tonia Evans [00:34:18]:
Yeah. Well, first of all, I just wanna say, Annie, thank you for the work you're doing in the world. It's really beautiful, and thank you for connecting people to other resources and things. That's really, you know, that's just gorgeous of you, and it's it's so giving. It's beautiful. I really love that. I just want to, you know, there's so much going on in the world right now as we all know, like, we're being shaken up, turned inside up, down and up. What I would just really like to say, we so need to come together.

Melanie Tonia Evans [00:34:51]:
You know, we so need to come together and I think we need to lead with our heart and we need to lead with love and we need to see each other as source sees us, which is we're all beautiful, we're all divine, we're all made

of love, and we all have an incredible capacity to love. And if we did that, we would heal our world immediately. I think that's that's what I believe we're being called to do, not to divide, but to come together in love.

Ande Anderson [00:35:27]:
Thank you. That's beautiful. I appreciate that. Thank you so much for doing this, and that was a beautiful ending message to what's happening in our world these days.

Melanie Tonia Evans [00:35:40]:
Thank you. Thank you

Ande Anderson [00:35:42]:
for doing this again, and and thank you everyone. We love you, and we're so appreciative that you're here watching and on this journey, and we'll see you again real soon. Take care. Hello, everyone. Thank you so much for joining us for this latest class with Melanie Tonia Evans. She talked with us about overcoming codependency and becoming a true source to self. I love Melanie. I love her message.

Ande Anderson [00:36:04]:
I love her passion. I love her experience in this topic. I really, really enjoyed it, and I hope you did too. And I'm I really enjoyed that she talks so much about what does it mean to source for ourselves. Right? How do we do that? How do we take our own internal validation and make it ours as opposed to always looking outside of ourselves for validation, for being good enough, for all of those kinds of things. How do we turn that back into ourselves and source it from ourselves? So I asked her, what is our true self? This is a big question that so many of us ask. And she mentioned that this is us without our trauma. This is us without all of our our childhood traumas, all the things that have happened to us, all the stories we've created around that trauma.

Ande Anderson [00:36:51]:

This is us without the false beliefs. This is us without disempowering thoughts. This is actual source. This is the place where the opportunity is. This is the place where we can derive our own happiness and fulfillment from. This is the place where we can fulfill our own need for validation, for approval so that we don't need to keep looking for it outside of ourselves and expecting that our partner or any any person outside of us, that's their job to fulfill for us because ultimately, it is our job. And I love that Melanie really stresses the importance of giving up the notion that someone else is responsible for your life. Because therein lies the ultimate power in overcoming codependency, in my opinion, is just recognizing that, oh, right.

Ande Anderson [00:37:37]:
This is this is up to me to overcome codependency. This is not me pointing fingers outside of me. Not that we don't need to get out of, relationships that aren't healthy for us and set boundaries, but we need to take it inside and start to recognize that we are the source of our own happiness. We are the source of our own fulfillment, and we are the ones who get to validate ourselves and approve of ourselves and and ultimately love ourselves. So I really, really enjoyed this conversation. And the other thing I wanted to touch on was the abandonment wound. We dove deep into this because this is a big thing for so many of us, myself included. This wound of fear of being abandoned and like Melanie was saying, this is really like a fear of of dying because if as an infant, if we were abandoned, we would die.

Ande Anderson [00:38:23]:
We would not be able to survive on our own. So it's no wonder that this plays such a big role for so many of us in codependent tendencies and, reflects on the partners we choose in our life and and, you know, it's just I just want you to know that you're not alone in this. And this this fear of abandonment can be addressed. It can be overcome. It can be worked through, and you are so worth it and so, able to do that. So I just wanted to give you that hope and inspiration and, on your journey of healing from codependency. And thank you again so much for tuning in, for showing up for yourself, and we will see you again real soon. Take care.