



Case Study: Rebecca Bertran

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Case Study Summary:

Pre-Soulmatic Renewal:

Rebecca was struggling to make a decision about whether or not to end her marriage. She was back and forth in her head about “the right decision” and had trouble trusting herself to make such a big decision. She felt as though she was “all over the place.”

Mid-Soulmatic Renewal:

Ingrid really worked with Rebecca on getting into her body to seek her own truth. Ingrid also helped Rebecca to understand herself better through her personal human design elements.

Post-Soulmatic Renewal:

Through the soulmatic process, Rebecca was able to go within, peel back the layers and discover her inner truth. This enabled her to make the decision she was struggling with. She was also able to utilize the tools she learned in the Soulmatic Renewal work with Ingrid (energetic wetsuit and cord cutting) during her divorce process. Rebecca was then able to understand and protect her open power centers and discern what energy belonged to her and what didn't, which helped with her interrupted sleep patterns.

Interview Highlights / Quotes:

"When we started working together, I was very unsure about what the right answer was and I, you know, maybe I knew but I couldn't trust myself. It was such a big decision and I just was kind of like all over the place but through like just working through the soulmatic renewal and being able to like drop into me and go deeper and peel back the layers, the answer was just there." - **Rebecca**

"Being able to be like "okay, I know this is what's going on here, let me pull these cords of attachment and put on that energetic wetsuit. I can sleep in the same bed with you and not be affected. I can exist in this space with you and get through these times without it being horrific." - **Rebecca**

"I feel more solid in myself. I feel like I know myself better and I'm more grounded...I think that permeates everywhere that I go." - **Rebecca**

"All of those tools that came with your Soulmatic Renewal are totally impacting all my relationships. Like I'm able to know like "okay, you're going to be affected by other people's emotions and you don't have to be." - **Rebecca**

"Isn't that a game-changer? When you learn about how you naturally flow. I love human design for that because we can get there all kinds of different ways to that truth but, human design is just like "bam there's a road map" and it's like "oh, that's easy." - **Ingrid**

"Follow your bliss and then watch the invitations show up." - **Ingrid**

Key Take-aways:

- Ingrid helped Rebecca learn to drop out of her head and into her body, which helped her discover her inner truth and become more balanced and grounded
- Through the Soulmatic Renewal process Rebecca discovered tools such as grounding, cord cutting and the energetic wetsuit which she was able to utilize to help her better deal with her open power centers and sensitivity to energies
- Rebecca learned to trust herself fully and completely to make big decisions by going within her body and no longer feels overwhelmed by this process
- The biggest takeaway for Rebecca was coming to understand how sensitive she is to energy and learning to dismantle it, which enabled her to be more grounded and present for herself and others. It gave her the power of choice in how she reacts/responds to those energies.

Full Interview Soulmatic Renewal

Ingrid H. Turner & Rebecca Bertran | June 10, 2021

Video Link:

https://drive.google.com/file/d/1DCWjgK4PCN_9f4_Uem8AcSaj2bHNb2oW/view?usp=sharing

Rebecca: So, I think a concrete result obviously is my divorce. Like when we started working together, I was very unsure about what the right answer was and I, you know, maybe I knew but I couldn't... I couldn't trust myself it was such a big decision and I just was kind of like all over the place but through like just working through the soulmatic renewal and being able to like drop into me and go deeper and peel back the layers, the answer was just there. So that was obviously something concrete because my divorce will be final in August.

Ingrid: Congratulations! I hope you throw a party.

Rebecca: Yeah. That's what people keep saying. I'm like, "isn't that weird." But apparently it's not.

The other thing that I think I use a lot and actually forgot, and Melissa reminded me of is the energetic wetsuit and pulling cords. And so during that process there was a lot cause he was living in my house, he was in my space and his energy was causing that confusion, right.

Also the human design element right, like knowing which pieces of me are highly affected by this other person, and they're actually doing that on purpose to me. Well, not on purpose but their energy is on purpose affecting me and that's causing even more of my confusion.

So being able to be like "okay, I know this is what's going on here, let me pull these cords of attachment and put on that energetic wetsuit. I can sleep in the same bed with you and not be affected. I can exist in the space with you and get through these times without it being horrific."

So that was big and then I you know as things settled down around me, I stopped using some of those tools. And 4 days ago I bought some new crystals and one of them was to help me with my sleep because I've been having just interrupted sleep and there's some Mockingbirds that are just tripping all night... it's been really hard so I bought a new crystal. I started having

horrible dreams as soon as I bought that thing. Now, is it that or is it the fact that I just read something from my soon to be ex online, I don't know but, horrible horrible dreams three nights in a row horrible dreams. And Melissa goes, "what about Ingrid's energetic wetsuit?" and I was like "oh man!"

Ingrid: Oh yeah!

Rebecca: I like, let that go and so last night before I went to bed I pulled chords for all of the men that are affecting me and I did my little grounding meditation and I did my wetsuit and I slept fine.

Ingrid: Wow! Wow!

Rebecca: No dreams, no interruptions, nothing. So it was all those attachments of all those people. It was, not taking care of myself with the tools that you gave me. So that's another super solid.

Ingrid: Oh my God yeah cuz you are so sensitive. You have so many open centers. Oof, like a sponge for all the things. That's so great.

Rebecca: Yeah.

Ingrid: Anything else that you've noticed maybe outside of that, maybe in like work or friendships or...?

Rebecca: Like I'm just like settled and grounded and like I'm good. So I think that permeates everywhere that I go about. I've been much more... I've always been really able to be there, like be with my friends and support them and whatever they need but I feel like I have more grounding in myself so that I can do that without having issue...

Ingrid: Like without taking on their stuff and carrying it for them?

Rebecca: Yeah yeah I can just sit there and like you know be there with other people versus go over there with them. Which is not good for anybody really.

Ingrid: No, it doesn't help.

Rebecca: Work is just work. I think I just use the tools that you've taught me. Like I'm so into human design right now.

Ingrid: That's so cool. Did you ever end up taking more courses on it?

Rebecca: I've been doing like free like webinars and stuff but I haven't like paid for the stuff yet.

Ingrid: There's so much free out there. If you're willing to put in the time and your curiosity drives you, you can learn all the things.

Rebecca: Yeah. And then I'm like in the middle of writing down all my gates and like which ones are hanging and which ones...all that stuff.

Ingrid: Yeah, cool!

Rebecca: But yeah I'm like all of those tools that came with your Soulmatic Renewal are like totally impacting like all my relationships like I'm able to know like "okay, you're going to be affected by other people's emotions and you don't have to be.

Ingrid: Right. Suddenly you have a choice in the matter.

Rebecca: Yeah and I think like maybe that's the biggest thing.

Ingrid: No, that's great So okay, let me just shoot this back to you so that I make sure that I understand it. That's my way of going like "okay did I catch it all?"

I feel like the biggest takeaway for you in your life has been coming to understand your sensitivities like how sensitive you are to energy and be able to come into your own body like ground in has enabled you to not take on nearly as much so you're more present for yourself and others and then when you do find yourself taking on energies you know how to dismantle that and come back into yourself and that has helped you.

Rebecca: Yes.

Ingrid: And you said something when you were talking about your divorce, you said the answer was in there. And so now you know how to go in and get your own answer. Do you feel like the confusion... when we first started working together you talked about how a lot of your life felt very confusing. It was very hard for you to make decisions. Do you feel like in general it's easier for you to make decisions now?

Rebecca: I feel like I haven't had to make any decisions, but maybe that's because they're easier I haven't noticed.

Ingrid: Because you made the decisions

Rebecca: Yeah. I don't have... I haven't had the experience of those like overwhelmed moments to make a decision.

Ingrid: How common were those moments of overwhelm, like were they more common before our work together or did they just come up occasionally?

Rebecca: I'm gonna be honest. They come up a lot in relationship and I'm not in a relationship. So it's hard to say that. Like and it's specifically relationships with men.

Ingrid: I understand that. That's so often where it's fraught for us so...

Rebecca: Yeah so, I can't say for certain like it is that. Yeah I just haven't had to make decisions like that.

Ingrid: That's okay. There it is... we don't know yet. We'll have to check back in later when you have more of that coming in and see what's going on there. But you've got tools! I mean if you

did it in the middle of a divorce you can that in any relationship. It has to be the messiest relationship struggle to deal with especially still living together.

Rebecca: I feel like going through that and going through this process and getting like grounded in myself...and I don't know if it's relative to your work or not, but something that I came away from that whole scenario in my life is like, I don't need...like I'm good. This is who I am. I'm good. I don't need to impress someone else. I don't need to change for that other person. I don't need to... yeah. I'm good here. I don't need to do anything for them. They need to show up in my life and see if their value added to it.

Ingrid: Yeah! That's a shift. Well the thing is, I think something that you and I talked about... if this isn't true, let me know... but I think I remember you talk about how you text you serial monogamy and kind of jump from one to one...

Rebecca: Yep

Ingrid: So it's been months since you split from your husband...

Rebecca:in February

Ingrid: Right, in February, so have you not felt the urge to jump into a relationship or has that not come about? How is that for you?

Rebecca: Well I have purposely not done dating apps or anything like I think there needs to be some space and I need to get solid by myself and not need that person, right. That thing that I have now, I needed to make sure that was solid before I go out into the world again. Recently I've been like "okay, maybe"

Ingrid: Sure. I mean it's been a decent amount of time. It's June. It's been five months. You can totally start dating again if you want to.

Rebecca: Yeah. So I'm like I'm gonna go to the store. I'm gonna go out and be out in public and see if I meet anyone. I don't want a dating app but I think that yeah that needs to be...I feel more solid in myself. I feel like I know myself better and I'm more grounded.

Ingrid: Yeah. That's huge.

Rebecca: That's really huge. And that I have that affects other people.

Ingrid: Totally! You help other people feel more grounded and safe in themselves just by being that. It's hugely impactful to live life like that.I love it.

Rebecca: Totally. And I think that learning about the human design and being a projector...

Ingrid: Isn't that a game-changer? iWhen you learn about how you naturally flow. I love human design for that because we can get there all kinds of different ways to that truth but human design just like bam there's a road map and it's like "oh, that's easy."

Rebecca: And that whole invitation thing, like I can't tell you how perfect that is and how that makes so much more sense and like "Oh, I don't have to go seek out this stuff. It's going to come to me. I just have to put myself in space and in places and that..."

Ingrid: Right right right follow your bliss and then watch the invitations show up.

Rebecca: Right. All of that. And the whole program was the game changer. I did it one on one so I don't know what it's like in group.

Ingrid: One on one is always going to be more potent. It always is. So...well maybe that's not true. Maybe I can dismantle that belief. Maybe it can be just as potent in a group.

Rebecca: Well you can because people feed off of each other and they learn from other people's experiences so it's just different. But I don't know for you if you like go into the human design with everybody or...

Ingrid: Well I do but we can't go nearly as deep. What I started doing was I started doing groups and I give one one-on-one session to dive deeper into whatever they need to go into for their individual process. I think that works pretty good.

All right. Is there anything else that pops up for you that comes to mind.

Rebecca: Nothing that I can think of but if any of that is something you want to use or expand on or me to write a quote or whatever let me know

Ingrid: Okay. Thank you. I appreciate it and I appreciate you so much.