

Why every girl needs a good dad



By Anna

For my dad Kurt

And for all dads

In the world

Copyright 2007, all rights reserved, Lela Iselin

Content

A Note from the Author

Acknowledgments

Why Every Girl needs a good Dad

A note from Anna

A Note from the Author

I did not exactly write this book. It was written by my inner child-being Anna who re-awakened during my emotional body awakening work. Anna is the part of me that has remained childlike. She has a blunt but kind way of speaking and often says something in a few words that would take me much longer to express. Anna honors all aspects of life and finds joy and truth in every moment, sometimes hidden but always there. She does not need to be right or sound important or make a contribution to mankind. She simply loves life. She feels safe in her body, takes little steps and lets people come close. Imperfections are just as beautiful to her as perfections. She is free and feels close to God and creation. She lives outside of time. Although she knows about the past and the future, for her they are both happening NOW. This may sound complicated, but in the way Anna perceives reality it is not. Her reality is flowing and is less solid and defined than most of us have become accustomed to. Her eyes look at life softly and with benevolence.

Just as we become trustworthy when a child holds our hand and lets us guide her/him across the street, I become more authentically myself when I listen to the frequencies my little wise Anna lives in.

Lela Iselin
Edmonton, Canada, 2007

Acknowledgements

I would like to thank Daniel Barron for his guidance and support without which this book would not have been possible.



A bad dad loves me

When I am how he wants me to be

A good dad loves me

Because I am me

A bad dad comes too close or is too far away

A bad dad does not listen

A bad dad does not hear the soft tones of love

A bad dad is always busy with grown ups

A bad dad smiles sticky smiles at other women than mum

A bad dad always has more important things to do to than holding my hand

A bad dad does not feel warm all the way

A bad dad does not know about time being magic and that a few minute can stretch into a whole life

A good dad does not come too close and does not stay too far away

A good dad keeps just the right distance

A good dad sees that I am a princess and that I have crown not everybody can see

A good dad smiles at people and still holds my hand

A good dad has very important things to do but in one place in his heart I am the most important

A good dad sometimes says NO to a big meeting with grown ups because he promised to spend time with me

A good dad knows about the magic of time and together we travel to far away places that are very close by

A bad dad does not feel

When I have tears

Behind my eyes

A good dad holds out his hands

To catch my tears

Inside my heart

With a bad dad love is scary for me

It is something precious I can lose

With a good dad love is natural

It is what we are both am made of

Without a good dad I write things like:

I am alone

The others are always gone

And even when they are here

They stare at the hollow sound of television voices

Their eyes are covered with busy

Busy lying on top of afraid

Alone, fear-lone

Why is everybody so afraid?

I want to go back to god

I want to leave from here

I am becoming fear-lone like the grown ups

That is hurting much



With a good dad I write things like:

I am alone

My dad is also alone but our hearts smile

I dance in his heart and he feels that

That makes my alone warm

And when people stare at the hollow sound of television voices

And when they cover their eyes with busy and afraid

I can still see their hearts

I want to be here because god is here

I want to lay my head on my pillow

Listen to the good night story my dad tells me

And wake up tomorrow

And after many tomorrows I will be a woman who smiles because she knows love

A bad dad wants me to always be happy

He says to be happy I need many more:

More study

More A's

More good manners

More self-confidence

More sports

More courage

More attractiveness

More money

More good habits for success

A whole tsunami of more



A good dad knows that

Sometimes I am happy

And sometimes I am sad

He loves me to have many more

And he know that sometimes more is not what is next

He lets me rest then

And knows that I am getting nourished by less

A bad dad thinks
I am a rough diamond
That needs to be polished
With sharp tools

A good dad knows
I am the most beautiful of gems
And he teaches me
To be wise and heartfelt
With my power

A bad dad's voice is hard
Like a cement wall
Even when he covers it with "nice"
He only ever hears his own echo
And I learn to scream silently

A good dad's voice has many tones and colors

I can hear his tears and his smiles in it

And he can hear mine

I am safe in his arms

I am safe to be me in this world

With a bad dad the world is cold and hard

And when I have become a woman

I will look for comfort in the wrong men

I will pull them too close and push them away at the same time

My heart will whimper:

“I want to love you

I need you to take care of me

You are not doing it right

You are the wrong one

I hate you

I want to love you

I need you to take care of me”

I will be sad and I will hide it under a smile covered with lipstick

With a good dad

I know about dancing in the heart because I dance in his

I can sing heart songs quietly

One day the right man will hear them

Even from far away

We will be grown up enough

To think about tomorrow and still hold hands

Stand together in love wind

Catch cherry blossoms and

Hold them without crushing them

For much longer than tomorrow



The end

Which is always a new beginning

So keep reading!

A Note from my inner child-being Anna

Thank you for reading my book.

You might think it is a bit too short to be called a book.

It is true I do have a few more things to say!

Very few moms and dads really feel how important they are.

You don't feel that how you are with us children

Will shape the way our reality will feel for the rest of our life.

You might say that that is not so.

That once we are out of the house we are doing our own life.

This is true.

We will have our own apartments and our own families and our own work.

But inside we will be very much like you.

We will have the same fears you have.

We will say *yes* when we mean *no* and *no* when we mean *yes*.

We will skip over our emotions just like you do.

As children we feel everything before we think about anything.

We see that you think first and only sometimes feel.

To us you are perfect.
To us you are exactly how we want to become.
So we learn everything from you at a very fast pace.
We use all our intelligence to switch from feeling first to thinking first like you do.
This is how we can become like you.
We see that you have fears you think about.
We have fears we feel and if no one feels these fears with us they seem very big.
When I tell you that I am afraid that there is a monster under my bed,
You think about that and explain to me that it cannot be true because there are no monsters.
Or you pretend you are looking for the monster under my bed
But I know you are only playing and don't really feel how scary the monster is for me.
I want to become like you.
I also want to not fear the monster.
I want to pretend it is not there.
I want to be a grown up.
So I start hiding my fears even from myself.
I become a little more distant to the world.

And when my world is ripped apart because my cat dies
And you comfort me and tell me that we can get a new one
Or we can get an ice cream,
I move away from my own ripped world into one
Where getting something from the outside becomes
What covers my sorrow and gives me happiness.
I feel when you are sad but say that you are happy.
To me you are perfect and I want to become like you.
I also want to feel sad but say that I am happy like you do.
That means I am growing up.
That means that your and my world is coming closer.
I want for our worlds to be touching.
When you get angry because I have not cleaned up my room
I learn that outside things can make us angry
And that I need to look outside to find what I am really feeling.
I am learning to look outside myself to find out who I am.
To me you are perfect and I want to become just like you.

I want our worlds to touch.

I see that you are busy with very important things.

Making phone calls and cleaning the kitchen floor

And driving to rooms with big wooden desks in them

And lots of adults sitting around these desks and talking

And drinking water

And I can't wait to be busy with very important things too.

I want to have a life just like yours.

I want for our worlds to touch.

And I sit in the car in the back seat with my seat belt on

And we go somewhere fast

And I have to be quiet

Because you are saying very important words to your friend.

And I can feel that you don't feel what your friend feels.

I can feel you both.

I can feel that your worlds don't touch.

But your words dance.

And I want to learn how to do that.
I want to learn how to say things that don't touch me
And use words that don't come close to my feelings.
To me you are perfect.
I want to learn how to be so the world does not touch me so much.
I want to learn how to say yes when I mean no.
I want to learn how to smile when I feel sad
And say everything is fine when it is not.
I want to learn how to be worried about the future.
I want to be exactly like you are.
And I will learn how to become that.
I feel everything.
I am very intelligent and I can copy just about anything.
I want to be a grown up just like you.
And I am practicing that every moment of the day.

If your world slowed down enough to catch what you are feeling
And feel what I am feeling,
We would have a different life.
This is how it would be:
I can be myself
And you can be yourself
And our worlds touch.
And to me you are perfect.
When the monster under my bed scares me,
You hold me softly and feel how afraid I am.
You are not afraid of my afraid.
You are right with me.
My afraid has a place to be.
And both my afraid and I feel loved.
When my cat dies we are sad together.
Really sad for a few moments
And then we smile because we have each other

And we feel how the cat is still in our hearts.
And we'll go out and get a new one
Or maybe we'll get an ice cream instead
And sit quietly and ponder about the impermanence of life.
And I am confirmed in my knowing that joy is something that is always in you and me
No matter what.
I miss my cat,
But I also know that she is somewhere in this universe
Because nothing is ever lost.
We both know that.
And when you are busy going to the rooms with the big tables inside
Where the grown ups sit together and talk and drink water,
I will wait for you until you come back
I know that there is much I have to learn about being a grown up.
And I also know that I don't need to loose my world to learn it.
I can grow up and still feel everything,
I see you doing that!

And when you talk with your friend,
You feel what she is feeling and your worlds touch
And I am content sitting in the back of the car with my seatbelt on.
I learn that words can dance and I don't need to understand them
Because I feel that your worlds touch.
You have learned to think more, and you still feel everything.
I want to learn how to think more.
To me you are perfect.
And I don't have to leave who I am and become like you
Because our worlds still touch.
I learn to think freely.
I learn that this world is a safe place to feel and think in.
I learn that I can create anything I want.
We both know that both of us are intelligent.
I feel home with you.
I love you.
I love to be me learning from you!

Could you please not skip over your feelings
And pretend that the world does not touch you much?

All the children in the world and I would smile a sigh of relief
Because we know how intimate all life is.
We have not forgotten yet!

With love

Anna



Lela Iselin born and raised in Switzerland studied method acting at “the Drama Center” in London. Acting with Rajneesh International Theatre Group touring through India in 1979/80 was the beginning of her active search for enlightenment. After many years of studying with different teachers, H.W.L Poonja, helped her to awaken in 1992 and asked her to teach Satsang. She then traveled around the world with her husband and her two children, teaching. In 1996 she withdrew from public life to have more time for her sons and to practice Dzogchen with Namkai Norbu Rinpoche. In 2001 she moved to Edmonton, Canada. In North America she studied with John de Ruiter and Daniel Barron.

She is a certified practitioner in the Feldenkrais method, an Avatar Master in the system of Harold Palmer, certified in the Work of Byron Katie and a certified EBE facilitator. She has created Emotional Body Awakening and Heart Being in Motion.

Lela is offering personal, couples, parents and group sessions and intensives. She is based in Edmonton, Canada.

www.heartbeing.com

Copyright 2007, all rights reserved, Lela Iselin