

## **What is the one greatest gift your received from your mother that makes you the person you are today?**

- The ability to nurture.
- Values, respect for others, kindness.....
- Selling. The heart attitude to ask for the order with passion.
- She gave me the discipline to move forward - she never gives up and is a fighter.
- She saw and told me how creative I was
- My mother taught me to listen carefully to others.
- My mother emphasized the importance of making good grades, getting educated.
- The love of good home-made food, cooking that gathers people, generosity around food. I still remember one rainy day when there were 2 hitchhikers in front of house in the rain. She said, they must be hungry and cold, go and get them. She invited them to share our lunch. I was 11 at the time and I can clearly remember that event (maybe also because I was uncomfortable to invite stranger too). But what's more is, there is always enough food to add few more people.
- Love
- To strive for excellence in everything I do.
- The greatest gift from my mother was a deep sense of spirituality that she instilled in me from childhood. That there is a God, and he loves me unconditionally. He is always with me, listens to me when I pray to him, and will forgive me for anything as long as I ask with a sincere, repentant heart.
- Raised me in the church.
- A kind and compassionate heart. My mother touched everyone she met in a kind and respectful way. There was never a time when she spoke unkindly about someone. She was amazing!
- She thought me to always be contented with what i have, and that has been keeping me on till today.
- There are many gifts, but mother taught us how to take care of our skin, hair, hands and nails. Mother never looked age even after fourteen children. We shared certain days of the week together pampering ourselves. Today, I don't look my age. Thanks Mom! I believe that it is important to honor the 'clothing' of your soul; inside and outside.
- Love and devotion
- Care about other people
- When my mother hugged you, you could feel the love coming from her. Her greatest gift to me was to be able give hugs where you can feel loved.
- life
- A healthy body and intelligent mind
- Her sweet disposition because she was a born-again Christian, and trained me in the ways of the Lord.
- Strength
- Compassion and energy to help others.
- She shared Jesus with me and led me to the Lord
- Her unconditional love - although she is no longer with me her love still as warm and as strong in my heart as it was when she was alive. She taught me how to give and receive love.

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- The Greatest Gift that I received from my mother that makes me who I am today is Self Respect.
- resourcefulness
- quiet humility
- her sweet gentle love
- To dare to be different and independent to try new things to be unusual
- Her patience and soft demeanor. It was who she was, a role model.
- To always be honest with myself and others .
- She gave birth to me and that, I think, is the greatest gift.
- Her unwavering love and support.
- Life
- Taking other people into consideration.
- life
- She taught me it is good to smile with your whole face and laugh heartily.
- I do not know.
- Patience.
- I should understand the possible consequences of my decisions and actions with others. That the decisions I make or actions I take will generate results that I am responsible for. I am almost 70 and this has served me well throughout my life.
- She was my mother. There is no better gift than that!!! I miss her and I am a great mom because she was.
- She loved me unconditionally, and never favoured one sibling over another. She was also non-judgmental.
- Unconditional love
- My love and enjoyment of animals.
- to be kind
- She taught me to never judge someone based on how they act alone, but that there might be underlying reasons why that person was not kind or happy. I have always given people the benefit of the doubt.
- to be born
- El don mas grande y maravilloso que medio mi madre es dar al projimo y lo doy com amor consejos, dinero, y lo doy de corazon. y eso es el don de dar. [The greatest and most wonderful gift my mother gave me is to give to others and I give love, advice, money and I do it from my heart and that is the gift of giving.]
- My belief in God.
- my mother's attitude of gratitude
- her attitude of gratitude, look for the good
- curiosity
- curiosity
- Work ethic, caring about others and love of family
- Her love

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- Empathy, compassion and wanting to help or fix it!
- Her loving kindness to everyone she met.
- life
- I don't remember my mother very well.
- How she always cut me down and made me feel bad about myself, reminded me that i was not good enough for anything. How she favored my sister over me and how she make my children feel the same way. Always putting them down. She taught me the importance of never treating other people that way and to work hard at making my children feel that they are the most important people in my life and that they are all equal.
- To admire beauty instead of being intimidated by it.
- Helping me with my school work, high school work, university work and my work now (teaching work) and always supporting me through tough times.
- praying for my children
- Her sense of adventure and concern for those less fortunate.
- My passion for music and language. Music can lift me, and even my career centers around language and words (speech pathology). I also find myself doing the crossword in the local paper each morning. It is not only something I look forward to and fun, it is also good for me. How can it get any better?
- Her disapproval of me. It has pushed me to make sure that everything I say, think, do and emote is of the Light, full of unconditional love and unconditional forgiveness.
- She was an abusive person and that is why I am suffering from emotional problems and destructive cellular memories now, which I am trying to heal with the Healing Codes. I cannot think of a gift that I received from her. Perhaps if I try hard enough I might be able to think of something that could be considered a gift. If I can think of something, I will get back to you on that.
- Love of community service for the greater good. Early on she encouraged me to participate in Campfire Girls and as a teen in the Masonic Order of Rainbow for Girls. As a busy mom raising 3 children she made time to be the creative parent leading our troop and she did the same for my brothers' Boy Scouts troop. During my years in Rainbow, she actively participated in our service projects and made many of the formal gowns for me and others that we wore to special events. When my father died at the early age of 42, my mom was strong and courageous. She has maintained her sparkling personality and love of community service into her current 86th year.
- The space to always talk to her about whatever is going on in my life. There is no subject too difficult or awkward, we speak about everything.
- My Mom taught me that if my instincts gave a red flag, I should be asking questions before I made a decision.
- love
- Emotional strength/support that contributed to high self-esteem
- Life-- bringing me into this world.
- She taught me how to be responsible and independent.
- I remember my mother doing faucet repairs at our home in Yakima. My father was a

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contractor/farmer, so he was too busy to do repairs around the house., so mom had to fix what needed fixing. This gave me the courage to try to do fixes myself. This led to a life/career where I learned many different skills. The willingness to try-learn new skills is her biggest gift.

- Loyalty
- Compassion, empathy and willingness to always help those in need.
- To be open and friendly to everybody no matter race census age
- Demonstrate behaviors of dignity and integrity
- a spirit of adventure
- empathy and compassion
- Only one!?! Too limiting. But since you insist, I guess it would be her selfless spirit. Not that I have it, but that I cherish it and am working to be that way myself.
- Listening without judging - my mum is great at doing this, I'm still working on it but I know the importance of doing it, especially with my kids.
- From my mother, the greatest gift I believe I received: her ability to love her children no matter what. She could always say: "I love you." And we always felt that love. This is something I have brought with me into my family--loving our children.
- Care
- Friendship and protection. Love and more love.
- We spoke over Skype.
- 1. An appreciation of beauty and a gentleness towards animals and plants. 2. A sense of humor that's a little quirky. 3. The ability to draw and sketch. 4. An interest in natural medicine and nutritional sound cooking, and in yoga. Sorry, couldn't stop at one.
- The ability to respect everyone equally regardless of their social standing. This has enabled me to make so many friends everywhere.
- Toughness.
- To laugh at your mistakes and move on.
- Honesty, the best thing she gave me.
- goodness
- and again
- Why should I have to enter this over and over?
- to be patient with others
- The ability to be patient
- My mother's love of learning.
- Accepting things you cannot change
- She taught me to question everything, be friends with everyone, and never stop learning. :)
- She taught me to believe in God's love and mercy and to continually try to do His will.
- Courage
- Help others when you can.
- Faith, perseverance, spiritual strength.
- Discipline.

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- Acknowledgement that she did not give me the time and effort that she should have. She paid more attention and time to my brother and she realizes what this may have done to me as a child and an adult.
- her unconditional love
- My mom was always wanting to help me to be healthy...She took me to naturopaths and chiropractors when it was not easy or affordable to do so...She was always helping me with counseling and support so that I could find healing from the childhood pain I had experienced...she was open to trying new things and failing...this has helped me to be open to constantly being open to Father to bring me to healing and wholeness...and what has caused me to be open to The Healing Code...
- Fear, panic, and insecurity issues.
- My mother was a very sweet compassionate lady that would go out of her way to be helpful. I hope that I was blessed with the same quality.
- spiritual devotion
- patience
- Believing in the best in everyone. Until proven otherwise!
- A sense of duty and responsibility
- Not to judge people
- Her enjoyment of selfless giving to her family, by nurturing me with healthy food .
- Life itself!!!
- My mother taught me and helped me to realize that I am whole and complete exactly as I am.
- How to share and love
- Love
- The desire to have a better life than she did. By better I mean the following: to be present, happier, fulfilled, joyful, prosperous: yet not wasteful, loving toward self and others, compassionate, creative.
- My knowledge that there is a God and that Jesus Christ is His Son
- faith
- Laying the foundation for my Christian walk
- Faith
- Courage to be myself. She didn't really teach it to me but she knew a little about it and knew that I would be more able to do that than she had been. She also taught me to be quietly beside people and that reduced a lot of the criticism that sometimes is there with some parenting.
- My temperament.
- She gave me the gift of life. My mother "had to get married" back when it was hush-hush. She could have had an abortion (not legal in the 40's) or put me up for adoption, but didn't. She was also responsible for my being reunited with someone I knew 40 years ago and ended up marrying! In a roundabout way, it led me to "The Healing Code" and I was blown away! It has been my savior I will embrace forever.
- Trust, love and care for your children.
- Trust in my ability to make good decisions.

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- Patience!
- A love of playfulness and imagination.
- Unconditional Love
- My mother was the most generous person when she was alive. She would literally give you her last penny. I like to think that I have inherited something of that generosity.
- Life!
- To consider other people - do to others what you would like them to do to you.
- Tenacity. She came to this country unable to speak English, and went on to become an A student and the first member of her family to earn a PhD. I know that when there is something that really deeply resonates with me, I will achieve this thing, no matter how many times I have to try, or how long it takes.
- She taught me to be creative and to work with my hands.
- Faith
- To be a nurturing person and that to be a sensitive man/person is absolutely okay.
- She taught me perseverance. I never give up trying to get what I want and need.
- kindness
- That even though I am a woman, I can accomplish anything that a man can do, that gender alone should not limit me.
- Giving me a twin sister!
- Life
- Her love for reading and searching for the truth.
- She made me feel loved as a child.
- Being honest.
- The greatest gift I received from mother was to think for myself, to be adventurous and to be independent.
- My biological mother was 16 years old when she had me in 1958. In 1959 my aunt adopted and raised me. I am grateful for my aunt providing a roof over my head and raising me to the best of her ability. I am grateful for my biological mother giving birth to me. It has made me humble and grateful for the possessions I have in life. It has given me opportunities for love and success. I have two great kids that will be my legacy.
- Truth
- Always there when I needed her.
- Compassion for others
- The greatest gift she gave me was her humor
- She was always welcoming to everyone who came to our home. She was known for her gift of hospitality and love for everyone she came in contact with.
- Love
- Unconditional love
- The ability to adapt and be happy through life's rough times.
- The gift of faith.
- her example of what to do and what not to do

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- The ability to keep moving forward no matter my situation or surroundings.
- Kindness with creativity and resource-fullness.
- Never burn bridges.
- The kindness.
- love and understanding
- An ability to see a situation in a practical way and deal with it, not get stressed over it and then be unable to cope.
- always on my side no matter what
- She emphasized the positive. When I was a teenager, if I moaned about a pimple, she would remark, "You know, it's not too noticeable. She didn't try to talk me out of my point of view, but subtly told me it was less dire than I thought. Then she'd point out something that looked good--my outfit, my hair. She didn't try to flatter me by going overboard with praise, she just shifted my attention. Even though I rolled my eyes, I knew that she was pointing to something very powerful. If I changed my focus, I would feel much better about the way I looked. This lesson stayed with me. It also helped me form the habit of always striving to make the best of whatever was in front of me in any moment.
- honesty
- the gift of giving
- The greatest gift my Mom gave me was how to hang on when things get tough, tomorrow's a new day.
- She believed that I could do whatever I set out to achieve.
- Caring for others
- Kindness, generosity
- Freedom. Not a lot of rules, but responsibility for ourselves. I was a latch-key kid before that term ever came up -- except that I didn't wear a key. (We didn't have to lock our doors in the town I came from.) There were repercussions if we did something wrong, but we learned.
- Love, she gave me all the love and protection that she could and for me, to know that I was loved, gave me the strengths to persevere in this crazy life that I have created to myself.
- Sadly, I honestly can't think and I have even told my husband I can't think of a single good thing that I received from my mother that made me the person I am today.
- My mother was an absolutely amazing and talented person and I can't pick just one gift over any other, she gave me the gift of her values, integrity, knowledge, humour and so much more.
- The greatest gifts from my mother are uncountable, i can name some but I don't think even thou i am a mother of three today you can count the gifts....but if i had to i would say organizational skills, i am smart in organizing with speed because my mom had so many life skills that i learnt how she was efficient in putting things together. Cleanliness would be second. And manners would probably be the third though once again its hard to quantify
- My mother was physically abusive and emotionally abusive to me my entire life - including right up to today. The gift she gave me was sending me to her sister's house (my aunt) to "get me out of her hair." My Aunt was a complete 180 from my mother in every way. She spoke with kindness, love and compassion and she treated her family well. I learned how to treat

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people well and she also taught me forgiveness and I have been able to forgive my mother for the terrible ways in which she has and continues to treat me. Staying at my Aunt's was my gift from my mother whether she knew it or not!

- Her unconditional love. There was never a doubt about her love for me...and still isn't!
- Hi, The greatest gift my mother gave me is her spontaneity, flexibility, being uncomplicated (not a person with a manual, if you know what I mean) and her ability to keep perspective. She is a wonderful person!
- Her love of learning.
- A sense of humour.
- The greatest gift my beautiful mother gave me was the courage to be who I am. She was my rock, she offered undying love and was always encouraging me to push the boundaries. She was always so very proud of everything I achieved. I would not be the person I am today had I not had my Mum to push me & offer unconditional love always. Sadly she has left us now but I feel her beside me every single day.
- My mother's gift to me was my birth. She also taught me wrong from right combined with love
- My gentleness and kindness.
- A positive, open mind with a great capacity for love.
- My Mother was not afraid of work and taught us as children that we would receive according to the efforts we put into anything.
- The joy and love to sing and share this gift with others.
- Generosity
- The ability to act as if nothing has happened, no matter what has happened. I could say anything to her; that I snuck out, got pick up by the police in a stolen car, I smoked pot, etc. and she was able to keep her composure long enough to talk it through, get all the facts and find ways to keep me safe while I was not smart enough to do it for myself. As a parent, I learned just how hard that was as my own children learned their own lessons growing up. Because of my mother, I am able to remain calm and keep a straight face while my insides come unglued. Today, I use that same ability as a counselor.
- My Love for the Lord, the word of God and the knowingness that Jesus is my Savior.
- The example of pure integrity and the importance and high value she placed on that virtue. I think integrity is the most valuable thing I have in my life since it seems like that isn't a very common or popular virtue these days.
- The ability to see beyond conventional perceptions especially coming from the media and mainstream beliefs.
- That being a homemaker was a beautiful calling, not "just a job" that had to be done.
- Her warm, honest, non-nonsense nature.
- There's always someone better off than me and someone worse off than me, so be happy where I am at the moment and listen to God for directions.
- A love of learning
- Her philosophy of "If there's a will, there's a way."
- rejection



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- My mom taught me by example, not by preaching or telling my siblings and I to be or act a certain way. The most valuable lesson she taught me was to be patient and kind. I've been a piano teacher for 40 years and these qualities have been my most valuable asset in working with students of all ages.
- To never give up no matter what the circumstances may be and at that time there were many, always recycle anything, make use of it in different ways and you my son can do anything you want in this life. Very strong belief in me.
- Beside love for God...love for family!
- Helping someone out whether they be friend or complete stranger, in their time of need.
- HONESTY
- She encouraged me to be strong and independent.
- Without question - Love and to believe in God..
- never give up
- A new set of dress, shoes, socks, and a red umbrella that I wore on the first day in school in first grade.
- My mother grew up during the depression. She experienced having a nice home with a "regular" life to having parents who now were migrant workers. She finally moved around so much that she quit high school in 10th grade. We never went to church as a family, but I did get involved myself from age 11 to 15. My mother always supported me when I felt the need to investigate something new for myself. She always listened to my feelings and new ideas about spiritual subjects without any kind of criticism. I valued having her unconditional acceptance of me and someone to share my intimate feelings with. My mother passed away 11 years ago. Now I have a daughter and we have this same relationship. We both do the Healing Codes together and share our feelings. I know that I made many mistakes as a parent. But I am reassured by my daughter's love and our relationship as adults that I did the best I could with my unconscious belief system. So my gift from my mother was to not judge others, and to live according to the "Golden Rule". She never said anything, but I watched as she helped whoever came her way and needed something, especially a kind, compassionate ear.
- Beside love for God ... love for family!
- She loved me dearly and provided a safe contented home.
- Unconditional love. To listen without judgment, but willing to give her opinion on an issue if asked. She has been an inspiration to all of her children, friends and family. She always has an open heart and mind, but also gives tough love when necessary. She is a beautiful soul.
- She taught me to sew. Those times were special times for just me. I wanted so much for her to be proud of me, so I did my best and now I have a wonderful skill.
- Ambition
- Her unconditional love for me no matter what went on.
- Just life - nothing more sadly, as she didn't want me, and tried to kill me as a baby if left alone with me. She was very disturbed following a major head injury following a road accident, but - I thank God for her carrying me through her pregnancy, giving birth to me - and as a result, life itself, the greatest gift anyone can be given!

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- Just life - nothing more sadly, as she didn't want me, and tried to kill me as a baby if left alone with me. She was very disturbed following a major head injury following a road accident, but - I thank God for her carrying me through her pregnancy, giving birth to me - and as a result, life itself, the greatest gift anyone can be given!
- For the past 40 plus years I did not like or love my mother very much. In my mind she was the cause of a great deal of pain and self-loathing in my family. She was hyper critical to everyone in the family but me. I was her fair haired son, and she treated me like something I was sure I was not, perfect in oh so many ways. It is only recently that I have come to understand what made her what she was. Both my parents were depression kids. Both lost their mothers early, and were raised by harsh fathers. It is only recently I have come to understand much of what made them what they were. I doubt either of them were told they were loved, so did not know how to treat their own children differently. I remember vividly deciding I was not going to live like that, in my early 20s. I remember hugging my father and telling him I loved him. It was like hugging a tree. It was many years before he relaxed, but he never answered. The strange thing was able to see that in my dad, but not my mom. Not so different, but she was very outspoken about children and grandchildren. She just couldn't see the result for herself. She wound up dying a lonely death because her actions kept family from visiting her. I was very relieved when I forgave her, and I pray someday she'll also forgive me. I wanted so much more for us both than we gave each other, and now she's gone. Good-bye Mom and Dad. We could have all treated each other so much better. We had stories to tell, and memories to share. They weren't all bad times, and we weren't all bad people. I'll say it now, and pray you hear. I love you.
- work ethics wanted the best for me culinary skills
- Devotion
- Compassion and unconditional love.
- love and honesty
- Unconditional Love
- Acceptance. She accepted me as I was and modeled accepting other people as they were and showing some curiosity about those who were different from us.
- Belief in myself
- Guts
- She taught me that no matter how bad someone may seem on the outside of them when you search long and deep enough you shall always find something good about them.
- Love
- creativity and musicianship
- honesty
- A desire for independence
- Quick witted dry humor was my Mom's trademark. She was talented in ways I could never adapt to, like playing several musical instruments by ear, learning to paint in her later years, and took golf lessons and applied herself to be good enough to get a hole-in-one (in my presence). I took some piano lessons but we didn't have a piano, and I was relegated to practicing on a cardboard keyboard. I took some tap and ballroom dancing lessons. I wasn't very coordinated and there was an abundance of others who were more qualified. In high

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school I wanted to play drums, but they had enough drummers, so I was again relegated...this time to a clarinet. It never had a chance. Later, my sister quit halfway through 8 accordion lessons and I finished them for her. Still, I never really got into any instrument more than a very basic beginning. My artwork still looks a lot like my finger paintings from 1st grade. I'm guessing that leaves quick witted dry humor. Now, if you had asked me about my Granny...

- To always look for the good in other people. Every person has something good within them and when you look for it, you can often communicate on a more personal and sincere level.
- The gift of loving my father! She gave me a stable home to grow up in.
- The gifts of strength, intelligence, and wisdom. My mom and I have had our differences over the years, but as I've gotten older and become a mother myself, I now realize how incredibly blessed and fortunate I am to have a mom like mine. I know that I have inherited these wonderful gifts from her and they have made me a better person, wife, mother, and friend. When I was younger, I would have been irritated if someone had said that I was "just like my mom", but now I would take it as the highest form of compliment!!!
- Awareness and love of nature.
- She was very sensitive.
- Thank you for making me think of this. My mother placed me in an orphanage at the age of 6 and allowed me to come home when I was just about 14. The gift was that the orphanage was a very spiritual place and I existed within that holy vibration for 8 years.
- Honesty with myself and with others.
- To take the steps necessary to be the change I seek in the world and apply myself.
- giving to and helping others
- Love
- Confidence that I was as good as anybody else, had just as many talents, and could do anything I really wanted to do.
- Empathy
- Unconditional love - my mother had ten children and she loved us all very much. I asked her once how she had enough love to love us all the same. She told me that she didn't always show it, because as each of us needed to be shown - i.e. had troubles or problems she concentrated her love on that child (adult) until we got through(never neglecting the others). She was a super-mum. However, none of us realised that she was because she was always in our life until she wasn't-very suddenly. I count myself as one of the luckiest of her children because I had her for longer than 8 of my siblings. Just spoke about her today and the person I was talking with said Wow what a fantastic mum you had!!!!!!!!!!!!!! I agree. Bless you my wonderful mum. xxxxxxxxxx
- The experience of forgiveness.
- Acceptance. Of situations or circumstances. Accepting rather than resisting.
- Jade ring as a graduation gift from High School
- The ability to be kind to other people.
- Responsibility
- an appreciation of Beauty
- being born

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- My mother gave me unconditional love. No matter what trouble I go into, she always stood by & loved me.
- An appreciation for natural/holistic ways to prevent illness and stay well.
- She gave me her love - always.
- Think before you speak and Believe NONE of what you hear and HALF of what you see
- To do justice and to see justice is done including anybody everybody - if need be, fight for justice within lawful means.
- Ironically, when she approached me in my late 30's and opened her heart to admit and apologize for resenting me all my life, because she contracted polio when she was pregnant with me, and she lost the active lifestyle which she had enjoyed to that point. She knew it wasn't rational or right, but that was what she felt anyway. It helped to understand why I was always frightened of my mother, and why I never felt like I could be good or successful at anything, and it helped to begin the long road to recovery. I believe The Healing Codes has come along at a time when I can finally heal those memories.
- welcome into this life; love and comfort in the early years; gift of healing ability; gratitude
- Strength, empathy, bravery and love even in the face of great challenges.
- Unconditional love
- life
- To say "Thank You."
- Independence
- Courtesy and Etiquette (social skills)
- Understanding
- Independence.
- To persevere no matter what the circumstances are.
- faith
- The demonstration of unconditional love for all.
- unconditional love
- Her teaching on how to be humble.
- Mother did the best she could to provide the basic needs in the home. I do not recall her being particularly "high-minded" by way of seeking for or concerning herself with Truth. She was pretty much overwhelmed by the issues of her life and so was not able to give me much by way of tools for living a successful life and realizing my dreams. She was a well-educated woman, well-spoken and accustomed to the high-society life. She gave me a lot of room to make my own choices, and I have to say that greater attention and instruction from her might have made a great difference for me. But then again, it is not possible to give what you do not possess. Looking at myself today and the issues that have come to be really important to me, I cannot see that she, or for that matter my father, contributed in any way to helping me cope better with them. If I know anything today, it is purely from having been compelled by painful experiences to learn them rather than an urging from either parent towards the right path.
- Her devotion
- That I am capable.

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- I learned that in order to become successful in any area of my life, I was the only one who could make that happen.
- Unconditional love.
- Love
- When I was a teenager (in my more arrogant phase) my mother took me to a foot doctor to have a plantar wart burned off the bottom of my foot. I remember feeling afraid probably of the impending pain, and also wanting to keep up the facade of having things together. At one point while we were waiting for the doctor to come in the room we were both quiet and I noticed my mom had taken my foot in her hands and had her eyes closed. I asked her what she was doing. She said she was praying for things to go well, and said something to the effect that if there was any way we could trade places so I wasn't the one needing this she would gladly do it. I was deeply touched by both her willingness to pray for me, and her tenderness, especially after how I'd been treating her for quite some (teenage) time. I think it gave me a lot more courage in the moment to go through with the whole event. It also paved the way for me to pray for other people, and gave me the thought that if there is nothing else in the world even for someone who doesn't believe in God (like I think my Dad's view is) you can always pray, and pray for someone else. Later in my life someone else prayed for me when I was feeling quite in despair, and I felt the effects very immediately and profoundly - so I know it can and does work. It gave me faith and hope and a direction. Thanks Mom!!!!
- reasoning
- How to care for someone when they are sick
- how to take nothing and make something out of it, and how to walk into an empty kitchen and cook a meal
- nothing
- Compassion.
- Her love of humanity. I've never met a person she couldn't love.
- My mother taught me to love everyone. She taught me this through her actions and words. She very rarely had anything negative to say about anyone. She was kind and compassionate in her dealings with people and tried to treat everyone as a child of God. I have not been able to be quite as non-judgmental as my mother, however, I am constantly striving to emulate her in every way that I can.
- Accepting of all people.
- Her love of beauty and nature.
- Dependability. Mother was always available when needed and always kept a promise. Her motto was a promise made is a debt unpaid.
- Music. It was always playing in the house and she was always wanting to dance. It lifted her spirits and not wanting to deal with trauma in her life. I find myself doing the same thing. That is why I am so grateful to have found your work and website to work thru all of these things. Thank you and God bless all of you. Jean
- As an artist herself, my mother helped me develop my artistic abilities, as well as continuing to develop her own. I have made a career as an artist/designer. Thanks mom.
- Being a student of the Bible and a teacher of the Bible

## **What is the one greatest gift your received from your mother that makes you the person you are today?**

- A sense of awe for life- the beauty all around us, and the possibilities for our lives. She always believed that I could do anything and she never hindered me in any way.
- Because my mother was clinically depressed most of her life, she needed an inordinate amount of care. I would say the gift she gave me was the insight to see how lack mentality can chip away at your inner peace, little by little. It has caused me to be an eternal optimist and to always look for the silver lining in any situation. Unfortunately, on a subconscious level, her dark energy still runs in the background and prevents me from pursuing peace and joy in many ways. Thank goodness I found the Healing Codes and a way to heal all that is constantly running in the background so I can move forward into ultimate joy and love!
- A family of three sisters and two brothers.
- Playing games and cards with family members and friends.
- LOVE
- Love. My mother was the first example of love in my life, for sacrificing for me because she loved me. Love was shown in playing with me, doing thoughtful things, teaching me things. I carry on and show my love in similar ways because of her modeling.
- My mother gives endlessly of herself, I have learnt from her to be a caring, compassionate woman. I try to model her in order to be a better mother myself to have her patience and tolerance this doesn't always come easy for me.
- I am one of six children and I am happy to say my mother's greatest gift to me was unconditional love. Each of us (my siblings) is unique with different strengths and weaknesses, but there was never any favoritism. We were all loved equally and absolutely.
- Appreciation. She taught me to appreciate everything ... small things, large things.
- She inspired me with her great endurance, hardworking, kind and loving personality. Her strong faith and trust in God has instilled in me a strong Christian faith.
- The greatest gift my mother gave me is her example of truly living for others. My mom always puts others' needs before her own. She is honestly one of the most unselfish people I have ever known.
- Life
- Kindness and her gentle hands. I loved how they touched me when she was calm and with me. Also I've come to know that she really knew her children well and paid attention to their special interests even if she didn't agree with them. She always wanted the best for each of us.
- My mom helped me know how to nurture and create unique touches for each person individually. This was especially demonstrated by how she celebrated our birthdays and other holidays. Each person counts and is unique.
- Criticism. So I have suffered from low self-esteem, and so I have bought the Healing Codes to help me really overcome this and any remaining resentment I have because of never quite coming up to the mark.
- The greatest gift I have received from my mother is her endless love and compassion, and her belief that I can achieve anything.
- good posture
- Her wonderful sense of humour along with her positive outlook
- It would have to be Compassion. Interesting timing. First time I have decided to log in and the

## What is the one greatest gift your received from your mother that makes you the person you are today?

Question is about my dear mother. I stayed home today after I heard some bad news. Mother has been sick w/ Leukemia and at the hospital for most past two months. After the last round of Chemo and its Terrible side effects the Doctors could not help her anymore. They just took her home. They say 24 to 48 hours. She is abroad and I could not be with her. I am meditating and sending her all my love as I am drowned in deep grief and sadness. You simply cannot prepare for this moment. I log in for a reprieve and the question pops up.

- My mother taught me to greet each day with a smile; to remember that things could always be worse; to help others; and to make sure that God is an important part of my life. But my mother's greatest gift to me was her unconditional love. Now in the winter years of my life, having her love brings me great comfort and joy.
- She made me work ... too hard ... as a kid. However, I developed strong work and "stick to it" muscles ... muscles I use to this day. I'm 52 and run circles around most of my friends.
- love
- I you are going to do a job do it well - do your best, I work as a Nurse Practitioner and the feedback from patients tells me I do this well which in turn helps them to heal. Also the ability to cook well, the art of being a good hostess, ..... the best thing she taught me is manners.....I used this with my daughter.....if you have manner then everything else falls into place and she has grown into a beautiful young woman with a kind heart who rarely judges anyone!
- Love. With lots of warmth and the ability to show affection.
- There are two: First, "Everyone is the same inside- no matter what their appearance on the outside"; Second, "Be kind to everyone and always help if you see someone needs it (for ex. open the door, carry a package, help someone up, etc.) or an animal needs it (food, shelter, medical).
- Independence - I learned at an early age to fend for myself. I still have issues with my mother as a result but one of the positives that came from all of it is my independence. I am not afraid to take on a challenge or to make a change in my life. Fear is one emotion that does not rule my life.
- Love & acceptance
- Her presence made people's faces light up.
- Compassion
- She instilled in me a strong belief in a loving Father in Heaven who will be there always and that he is only a prayer away and that even just keeping a thought of him with me continually will keep him near.
- unconditional love for family
- creative outlets
- A curious mind.
- love of nature and an appreciation of the simple things in life
- My mother gave the gift of Trust: without her unconditional love and non-judgmental approach to me throughout my childhood and teenage years; well into my forty's she continues to believe in me and no matter what... her faith in me has taught me the valuable lesson to allow children to make valuable mistakes in life which they will continuously learn from without been judgmental: To love & Trust them unconditionally no matter what.... To

## What is the one greatest gift your received from your mother that makes you the person you are today?

guide them through life with TRUST and LOVE...

- The education through her example, and the democratic and freely life style that she promotes
- My mother has always been understanding and kind. She is my biggest supporter and I feel how much she believes in me. And that made me a woman that believes in herself and I aspire to give my children this self-confidence for their own lives.
- My mother gave me the gift of excitement about learning, and I embrace lifelong learning. What an incredible gift it is to be on a learning path in this life. In phone conversations my mother and I explore ideas, share observations about the learning about ourselves and our world, and at 74 she's still excited about learning and it's still invigorating to get into conversations with her about life. She also gave me the gift of unconditional love, which I've passed on to my incredibly kind and compassionate daughter.
- Life.
- Good example of a mother who provided well for her children and made sure we all had a good education. She sacrificed much.
- My mother was a silent, suffering servant. However, she entertained and welcomed people with ease and joy. The gifts she gave me were the skills and confidence to entertain others and make them feel welcome in my home. Mom was always cooking and entertaining. I stood by her side and, at a very early age, made the salads and baked the cakes. So today cooking is my passion (I'm an instructor in plant base cooking for cancer prevention & survival), and when I'm in the kitchen I feel my mother's presence.
- Most definitely, LOVE. She might have had her own demons to deal with, and hopes and aspirations for me, but underneath all that, there was, in the end, only unconditional love. It helps me to refer back to that, and know that I have the same, sometimes hidden, unconditional love for my own children.
- SHE ABANDONED ME WHEN I WAS 17 MONTHS OLD.
- I am capable and can do anything I decide I want to. She gave me self-confidence.
- Life...
- The gift of laughter... loud and long.
- I was very blessed to have the most wonderful, loving mother in the world. Even when I was a teenager (loooong time ago!) and would get mouthy with Mom, she understood and supported me with her grace and love. I remember once I said something really awful to her and she said, "You'll regret saying that one day." Of course, I scoffed and said no way. After I had my son, Mom and Dad came to visit us. I took her to lunch and reminded her of that nasty remark and told her that I really did regret it and that I truly "got" how much she had always loved and cared for me. She hadn't even remembered the incident from several years before because she had long since forgiven me for my surliness. Her faith in God, her positive outlook even in very trying situations, and her nickname for me - "her little ray of sunshine" - are the gifts that have made me who I am today. If I had to pick just one, I believe her unwavering faith in God is the gift that has provided me with such a strong foundation and an awesome awareness of hers and God's unconditional love.
- Life.
- Love



## What is the one greatest gift your received from your mother that makes you the person you are today?

- Seeing how she accepted her lot without complaint and seemed to be content with little. However, on reflection, although this is a seemingly good example I also feel she was very repressed ?!!
- Life
- She taught me a lot of songs
- Her Generosity
- She had 6 children and we were all accepted for our individuality...not treated as if we should all fit into the same fold. She saw me for my wildness, my joy, and didn't try to break that...she offered me many opportunities such as piano lessons that the others didn't get. I feel that I too can see people as unique, not shaped from the same mold,
- life
- Strength and perseverance in facing life's challenges.
- Faith
- My Mother always had the ability to make people feel special. She was an encourager and she loved unconditionally. Most of all SHE PRAYED for me. I look back at my life and KNOW that those prayers brought the angels of God to minister and protect me continually. She gave me the gift of having a strong example in my life that LOVE combined with PRAYER conquers all. What a priceless gift.
- Life
- A sense of inner strength that kept her going through everything....not giving up....keep going no matter what....
- The deep sense of independent self and survival instinct.
- Wow, difficult question! Being a child wasn't really fun but....in the long run I realized that my dear mother did what most of all parents do: they do the best they can with the possibilities available! Sure this is never perfect. Later in life I realized that being a parent is a most difficult to be! What my mother imprinted in my youthful head was, primarily, respect of others but in the meantime for Self. Lack of self-respect leads to all sorts of negative feelings?! So, I thank my mother for, sometimes, have given me a rough time and I respect her for her generosity towards people around her and I greatly admire her unfailing courage in difficult times (especially during the war 1940-1945). So the greatest gift is RESPECT on every level and COURAGE to go on no matter the difficulties. Thanks for making me ponder on the subject !
- We do what we do no matter what others do.
- freedom to choose
- Kindness
- perseverance
- A lot of love & attention the first two years of my life. After that it wasn't so good because my dad left my mother for another woman.
- Love and understanding
- I learned through negative example how important it is to give without strings attached.
- Honesty, love, and perseverance
- The greatest gift I received from my mother was the gift of truth. To always be true to who you are and what you can be and to who you want to be. She taught me that can do whatever

## What is the one greatest gift your received from your mother that makes you the person you are today?

you put your mind to and if you truly believe in yourself and your abilities you can do anything. She is an amazing woman.

- She showed me what it means to sacrifice....with a smile!
- My greatest gift from my mother is being born into this world...
- The joy of giving.
- LOVE
- LOVE
- Intuition
- The greatest gift received from my mother is her kindness.
- Wow! I have just signed up and am currently working on some issues I have a around my mother. It was the anniversary of her death on Tuesday 26th July. I have many "stories" about her and why I am the way I am in relation to money because of those "stories". I believe now the greatest gift she gave me that I did not receive fully was her ability to manage money. Manage very little money at that and kept us all fed and clothed. I to date have not managed money at all. I have allowed the avoidance of responsibility for my finances to become the predominant way I deal with money and then firefight when crisis arises. My mother was an amazing banker and I am ready to receive her gift so that I can bridge the gap I have kept between myself and money, creating more and more debt and sinking further and further into an abyss of fear. Thank you for this opportunity to name that for myself.
- The lesson that there is no such word as "can't"
- I think the greatest gift that I received from my mother is simply being a lovely person. It is at the core of who I am and who she is. It comes from making an effort, of going out of one's way, and loving without gain or reason. It is seen by people we know well, and people we just meet, and it gives me an underlying self confidence that carries me through life.
- The desire to inspire.
- COMMON SENSE!
- My mother was a Godly woman who lived her faith daily thus demonstrating the Godly life.
- Courage to speak out and express my mind to anyone - friend or foe.
- Calmness and clarity in a difficult situation to work out a solution to the issue rather than dramatise an event. Optimism Hope Laughter Perseverance Discipline Self-reliance
- My mother never gives up. Whenever she faces a physical challenge she does whatever it takes to get better. I've seen her go thru conditions where most people would curl up in a ball and give up. Not her! I want to be just like her. She's my hero.
- 'There is nothing you can ever do or say that will make me stop loving you.'
- My mother was a great cook and housekeeper. I learned those skills well, but the best gift was that she was into herself which left me to learn what little I know about life the hard way--the gift part is that I didn't get a lot of her programming and was (and still am) free to think for myself. Although she is a very nice person on the surface, she has little empathy for others. Thank you, thank you, I am not her!
- Gentleness and faith
- My long legs and not having to worry about gaining weight. Thanks Mom!
- Determination; she thinks if someone else can do something I can do it too. I may not do

## What is the one greatest gift your received from your mother that makes you the person you are today?

it as well or as easily but I can. So if you want to be a brain surgeon go ahead you can

- When I was 14, I was offered a scholarship to an exclusive school. It was an hour away with 2 bus rides totaling 2 hours one way. But it was one beautiful peninsula and was very small. My Mom told me that it was up to me to make the decision to go or not, but if it were her, she would jump at the opportunity. I decided to go and it was one of the best decisions I have made in my life. I think it would have been different if she had forced me one way or the other. She just offered her opinion and let me make my own decision.
- Sharing of her wisdom...give the other person the benefit of doubt, the ease she shares a smile and says hello which makes you feel the warmth of love and friendship and her humor and ability to laugh. In traffic....wait long enough for the way to be more safely clear....this has never failed me. I have tried to implement these things into my life. My mother of 94 years young lives with me and we still have a lot of fun with humor and laughter to ease life's burdens of ageing.
- To study and educate myself, so as not to depend on any man for a living.
- health
- her desire to never stop learning
- Wisdom
- The greatest gift I received from my mother was a lesson in honesty.
- Love! My Mother was very loving, affectionate and supportive!
- Every time I would talk things over with my mother and would wonder how I was going to do something that was hard, my mother would say, "You'll get it." This was so comforting to me, and I always found that if I worked at it, I did "get it." So I often pass this little "you'll get it" phrase about perseverance on to my children.
- almost unconditional love and praise...telling me all the wonderful things I could do and tender admonishment when I did things that weren't so wonderful
- Freedom!
- She taught me the value of keeping my cool. it was a hard lesson to learn because i was always so sensitive (i'm a Pisces, so sue me), but once I learned the lesson, I heard the angels sing.. Thanks Mom I love you!!
- I spent 20 Years in the Marine Corps. My Mother wrote me twice a week for the first few years and always sent packages at Birthday & Christmas time. Later she only wrote once a week and when I was in the States I would call home. The first thing I noticed in Boot Camp (other than the Military routine) was that some people never got Mail, (Over my 20 years that never changed, some people never got Mail, Married, Single, Engaged, etc.) I never did understand that. For Sure Boot Camp was the worst place I had ever been in my life, so far at least. Before she Passed I did thank her for her Letters and Packages. Because if I didn't understand anything else from the letters, (as she wrote them as if I just left and understood what she was writing about) I understood that there was a different reality out there than what I was living and that I was Loved.
- The knowledge of how to be empathetic and treat others as I would like to be treated.
- The gift of Laughter:)
- The greatest gift that my mother I received from my mother is two-fold: nurturing my spirituality and how to really love.

## **What is the one greatest gift your received from your mother that makes you the person you are today?**

- She loved and cared for me. She taught me about respect and responsibility.
- My mother had always been aloof, and one night, my dad mentioned that "she never loved you." I finally looked at her, and asked "what is going on? Why did dad say that? I can handle it." She looked uncomfortable, sad, alone. She said, "I don't know what it was. I can't explain it. When you were born, your repulsed me. I could not look at you. Maybe it was postpartum depression." (this was told to me in the 1980s, and when I was born, this "did not exist" so she was on her own. In one instant, I got it. It was a relief because I knew the reason she was aloof. But now, as I explore the Codes, I am finding that I was not the problem. It was my mom's torture, her own sadness.
- Religious upbringing which led to my quest for spiritual truth and justice.
- To believe and have faith in yourself
- Unconditional Love!
- Gentleness, patience, caution (don't rush into decision making)
- It was the unconditional love that she gave to her family that embedded her greatest gift that she left us to learn long after her passing. For my mother gave all her love to her children and husband, but she gave absolutely nothing to herself. This left us with deep sadness for her and a feeling of guilt for us not giving more. It took 35 years of searching with great emptiness in our hearts that we then discovered her real gift. This was that one must give unconditional Love to oneself first, and then the Light of Love radiates from within you, which then flows God's Love to others. So her greatest gift was "the secret to Love" that she herself left unresolved, but bestowed to her family to discover, unveil and eternally treasure. We love you mum. ;)
- UNCONDITIONAL LOVE
- Unconditional love, always, no matter what happened and what I did/do!
- My mother had a deeply rooted hatred of debt, due probably to coming from a desperately poor childhood and a mother who was always in debt. The gift she gave me was how to be thrifty, so that I have never had "issues" about money even when I lived on a limited income with a husband who would spend on his pleasures without a thought for our budget.
- Communication
- independence
- Curiosity to learn new things.
- to have fun and be happy
- a mother's unconditional love for her child
- The attitude that says that we need to try everything and see if it works for us and then make a decision on its suitability
- Patience
- The belief I can do anything.
- Unconditional love
- She let me be the person I knew I was. When I left home she told me that home would always be here but I had a chance to see whatever I set my mind to see and do. She gave me the courage to go explore.
- My life itself, being here in a physical body in this great time of awakening.

## What is the one greatest gift your received from your mother that makes you the person you are today?

- Think of others before myself ...
- I can fix anything with the right tools.
- Her loving heart!
- She showed a deep love and commitment to her husband.
- Detachment - my mother was chronically depressed and avoided contact with me. The first half of my life, I acted out and pretended to be special. The second half of my life I got real and came to terms with how her behaviour caused me to feel unlovable. I'm now able to love and respect myself. My search for acceptance has taken me to many places of spiritual wisdom. I'm just arriving at a wonderful place called self-acceptance. My search now goes inwards - to connect with God in me. At last I can trust what I'm finding which is a wonderful release from the belief that I'm unlovable. The Healing Code with its 4 basic positions of self-love is the best thing that's ever happened to me. I don't know how it restores my belief in myself, but somehow it has replaced what my mother could not give me.
- LOVE
- LOVE
- LOVE!!!!!!!!!!!!!!!!!!!!
- The greatest gift I received from my mother was love.
- "Soul is a Divine part of God and you are that." And Soul? What is Soul? Soul is unit of Awareness. It is the basis of Attention and Attention is merely being conscious of something. Whatever is within each of us that is Inwardly conscious of both our internal and external experiences is an Awareness we cannot describe. This is Soul.
- My mother gave life to me twice, when I was born and then again she was the one who told me about Jesus. These are the greatest gift, that I live as I should have been an abortion and that I call Jesus my Lord and savior today.
- My mother was a very spiritual person, dedicated to God and Jesus. She taught me right from wrong and she lived by her commitment. She taught me to live by the virtues she taught me and to Love and be grateful and generous especially to the poor. I only wish I had followed her teachings more to the letter.
- life
- The gift of laughter
- A sense of adventure and the knowledge that our judgments may not be correct.
- Unconditional Love!
- conformity limits you, it's ok to be eccentric
- How much she gives love and wants to help people. I wish she didn't worry so much, though, but she is reading the book!
- unconditional love self-sacrificing and unwavering support throughout my life
- I received a hunger to know God from my godly mother. She was a good role model for how to walk with God.
- her tenacity and fight
- She supported my desire to go far away from home in pursuit of my dream: leaving for America to find a better life for myself, even though I had no idea then as to how to make it a reality...I here I am in America fifty five years later after having had a successful & fruitful

The Healing Codes Question of the Week:

**What is the one greatest gift your received from your mother that makes you the person you are today?**

professional career.

- Forgiveness
- Talked to me about God and being compassionate