

## Reading

Well so apparently we are enlightened bunnies...since we already know as we self heal to raise our own vibration, that shift ripples out to change and heal the world around us in multifaceted ways. And we also know our current world is definitely built by the masculinity gone askew, and restoration of the balanced masculine feminine whole is necessary for healing. We know chaos precedes change, and that change is not possible without destruction, as new beginnings and death are partners in love and life.

So the map building toward self actualization makes sense, as does the need for you to develop intimacy with your soul and highest self, knowing you're fully supported. The end was super intense, and took me by surprise (she also seriously looked like she was having an orgasm and could really do well in theatre). I'm interested to hear what you think.

So interesting she zoomed in on shame. When we were talking earlier about your family, that's what I was curious about too, as there's an energetic palpability there and I know you've shared mom has a different worldview and expectations that don't align with the way you want to love, and struggles with the gay thing as well. I'm sure there's much more as there always are with families but that's good she picked up on that.

Notes Along the Way:

- This is literally what you say all the time. The power of choice.

And lolololololololol omg. This is not funny. But she's like tell us a little about what you've been through. And you start and it just goes on.

This is beautiful and resonant: Make my life worth living. Make my story count.

I want to do it again and not tell her anything other than I'm from Bosnia I lived through genocide, I experienced a great deal of trauma and loss, both physical and emotional.

I need to do this. I could totally come up with all of this and make it psychologically and spiritually resonant and call it channeling from Ember.

Esther and Jerry Hicks - similar

Also so beautiful: To be vulnerable and to lean, by choice

There were several times she looked like she was having an orgasm.

## Reading 2

Highly compatible but conflictual

Maja Taurus, Alison Gemini in Vedic

Maja: lots of trauma; relationships become center of life and you get too focused

Alison: Really interesting relationships in my life but I have not been as decimated by relationships

Codependency and intense focus on Alison may be a red flag - might be a burden

Mother did not know how to put self first, Maja's creativity may not have been allowed to be expressed

Alison - archetype of teacher, creating, workshops, coaching, teaching therapeutic technique, professional partnerships coming way

Maja: financial insecurity, taking steps to create affluence and meet financial goals - daddy issues, looking to fill a void because dad was unavailable (which is true in terms of truly meeting needs vs having fun)

Alison: Saturn exalted w Mars right next to it - very forthright

Maja has had long term relationship emphasis, Alison has commitment issues

Maja to shake up Alison's beliefs and tendency to believe she's right and run/bolt Alison to bring stability to Maja's constant need for change, get you out of your head

Maja carrying victimization energy from previous life experiences, transforming trauma

M\$A: Lots of money, Maja is more ambitious and expansive, loftier goals

Alison: Mother had too much going on in her brain to just be a housewife, the focus on me must have been overwhelming; justified her life through me; mars energy goes against the grain. Constantly pushing against the grain unconsciously, didn't leave much room for me to be who I need to be, every time I tried to show independence as a child,

Chant for Alison: Har G Matta, Har G Pitha, do it whenever I find myself experiencing emotions related to mom

Alison gets overheated and doesn't like the heat - do liver cleanse twice a year in spring and fall

Maja needs creative expression and needs to paint, Alison is more about understanding/ Buddhism

Maja has yet to meet anyone worthy of her heart.

Symbiotic connection w working together. Alison to help healing Maja to see how healing she really is.

Ups and downs w conflict, money and egos will not be in harmony

Alison is here to bring more calmness and stability to Maja, Maja is here to shake my tree  
Sex is important but not the whole thing.

On Jul 26, 2021, at 15:34, Alison Slater <stretchyourheart@gmail.com> wrote:

Dear Maja,

I just want to let you know I am taking and giving space intentionally, in order to allow things to breathe and marinate. Additionally, in response to your shut down effect, I want you give you ample time to process what you need to, and to do the same over here. It's important to me you're connected to your truth and your core, that you have the time to listen to yourself, and that I do the same. But I do want to make sure you know the distance does not mean I'm cut off or indifferent, and that you know I'm here. I'm emailing this because our texts are of a different caliber, and you've asked directly for that time, so I do not want to be intrusive. That's all I have to say :)

**From:** MAJA KAZAZIC <mkazazic@me.com>

**Subject: Re: Footnote**

**Date:** July 26, 2021 at 5:09:46 PM EDT

**To:** Alison Slater <stretchyourheart@gmail.com>

Dear Alison,

You are fucking awesome.

:)

Sent from my iPhone

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Begin forwarded message:

**From:** Alison Slater <stretchyourheart@gmail.com>

**Subject: A little follow up**

**Date:** July 29, 2021 at 7:07:30 PM EDT

**To:** MAJA KAZAZIC <mkazazic@me.com>

I have no idea what I wrote beyond the basic premise, I just heart dumped, but I do want to address earlier. I hate that I feel so deeply about these things but it is who I am and I need to be aligned, it feels deeply threatening to me to not have a common understanding with my person, or to genuinely use our brains to come up with an understanding that better and deeper than before because we trust and inspire each other.

Maja...I recognize I get really reactive around key issues - human rights, race/civil rights, kindness, covid, etc. Being in alignment with my person on these key issues is essential for me, and I deserve that grace and peace. I can see "the other side," just like I get people think gay marriage is a sin or that it's okay to oppress or minimize someone's pain, and while I can empathize with the core values of these complaints - the demand of freedom, the need for critical thinking, etc, I have a difficult time with the facts. Just like oppression comes from fear, and the toxic masculine. I don't want you to ever be in a situationship or relationship or liaison or any situation where you have to suppress a part of you, where you can't be fully you, and I have learned my limits. While I can practice empathy in general, I need to be with my partner, on the same team, aligned and together, on key issues and core values and I need to gift myself that. So I think it's important that we talk about this stuff, because I don't want to try to change you or get angry trying, having you tell me what I want to hear, then going back to baseline. I don't want you giving up yourself, or parts of yourself, to appease me or make me happy, then develop resentment keep yourself hidden. You deserve to be embraced for every beautiful ounce of who you are, every little part, and I don't want less for you. So I think it's important we talk about these things, and really get honest with each other, because this is a part of core compatibility, it's a need not a want - for me to be aligned and on the same page with my partner, and for you to be accepted fully as who you are without someone trying to change you into who they need you to be (which I am an expert at), and I need to ensure I never again enter another situation or relationship where that is the case. It's so important to me, and I would rather have you and keep you before things get too far, to slow down to really assess compatibility, because I don't want to lose you in my life, and I want to be nothing more than a healing and vital force for you that nourishes and inspires you because of how you see yourself reflected back through me, and what I see in you. I want to be a positive person and ally in your life, so if there is core incompatibility, I want to discover and accept that so I can make the most loving and responsible choices. I'm not pushing you away at all, and this genuinely comes from a place of deep love. But I don't want to start pushing you away, or trying to change you ( which is very different than mutual growth or calling you out on your shit of course) or engaging in other destructive behaviors that are unfair to both you and myself, and it's very important I stay conscious about this, and not betray myself or you in these ways. And these are things I can't let go, because it's about trust and safety for me, and feeling secure. I just wanted to tell you, and hopefully we can talk about things in a different way.

On Jul 30, 2021, at 3:03 AM, MAJA KAZAZIC <mkazazic@me.com> wrote:

I just read this. My responses are within the email you sent.

Sent from my iPhone

On Jul 29, 2021, at 19:07, Alison Slater <stretchyourheart@gmail.com> wrote:

I have no idea what I wrote beyond the basic premise, I just heart dumped, but I do want to address earlier. I hate that I feel so deeply about these things but it is who I am and I need to be aligned, it feels deeply threatening to me to not have a common understanding with my person, or to genuinely use our brains to come up with an understanding that better and deeper than before because we trust and inspire each other.

I love the heart dumps. :) they are good. Good for you. Good for me. And good for us. I am not exactly sure why you hate that you feel so deeply - perhaps it's inconvenient at times and hard - but it's one of many lovely qualities you have. I love that you know who you are and that you are passionate about so many things.

I would agree that we do need to have a common understanding and genuinely use our brains to come up with a better and deeper understanding of each other. I am not sure where you are with me - but I trust you implicitly. I trust you with my life and I am not sure how I got there - especially in 30 days - but I did. Call it past life. Or our souls kissing. Or good chemistry. Or.....whatever....regardless of why and what made it happen it actually did and is happening. I tried to fight it and I am just not going to any more. Instead I am going to enjoy you and us as much as I possibly can.

Maja...I recognize I get really reactive around key issues - human rights, race/civil rights, kindness, covid, etc.

I would like to figure out ways to see if you could be a little less reactive to some of these things. No, I don't want you to change your mind or go soft on the topic — it's not about what you are saying. It's about how you are saying it. It's very combative and powerful without much of any room for the other person. As I said before — I am not worried about Covid or race because (even though I purposely push the envelope to get a reaction out of you) we are actually aligned on these issues. But I would like to talk through this in a productive way so we can practice and do this in a loving manner. Maybe writing about hot topics is the way to go. And when we get to a place that's reasonable then we finish the conversation in person when you are resting your head on my shoulder, while I am kissing your forehead and it's truly a calm loving environment - and not hostile one. So the first thing to this is trying to figure out ways for this combativeness to go down a notch because it puts me even more on the defense and I then take a stubborn stand just to fight. It's really dumb and I think we can both do better. I would love for you to tell me what I can do to help you keep combativeness to a minimum. I don't want to placate you, not dismiss you. But I do want to do it in a way where you feel comfortable enough not to have to pounce so hard. Just tell me what works and I'll do it. If you aren't sure we can test few things. And maybe writing things down is the best way because it does allow both of us to calmly discuss instead of having a heated argument.

Being in alignment with my person on these key issues is essential for me, and I deserve that grace and peace.

Agreed.

I can see “the other side,” just like I get people think gay marriage is a sin or that it’s okay to oppress or minimize someone’s pain, and while I can empathize with the core values of these complaints - the demand of freedom, the need for critical thinking, etc, I have a difficult time with the facts. Just like oppression comes from fear, and the toxic masculine.

I am not sure they you see “the other side” like you say you do. And even if you do it’s clear that you aren’t empathetic towards it. I’ve seen this in other situations with you. There is a disconnect for you with empathy vs understanding. I believe I have more of empathy for “the other side” even if I don’t agree with it — and my goal is to help you feel some of those things. I am not sure I am doing a good job at it....but that’s where I am coming from.

I don’t want you to ever be in a situationship or relationship or liaison or any situation where you have to suppress a part of you, where you can’t be fully you, and I have learned my limits.

Agreed. And I won’t do that to myself. I never have. I’ve been clear always on who I am and what I believe. Period.

While I can practice empathy in general, I need to be with my partner, on the same team, aligned and together, on key issues and core values and I need to gift myself that.

Agreed.

So I think it’s important that we talk about this stuff, because I don’t want to try to change you or get angry trying, having you tell me what I want to hear, then going back to baseline. I don’t want you giving up yourself, or parts of yourself, to appease me or make me happy, then develop resentment keep yourself hidden. You deserve to be embraced for every beautiful ounce of who you are, every little part, and I don’t want less for you. So I think it’s important we talk about these things, and really get honest with each other, because this is a part of core compatibility, it’s a need not a want - for me to be aligned and on the same page with my partner, and for you to be accepted fully as who you are without someone trying to change you into who they need you to be (which I am an expert at), and I need to ensure I never again enter another situation or relationship where that is the case.

Agreed. And I think we should talk about it. Again. I don't think we fall far on any of the issues but I think we should talk about it and try to create a loving and safe environment for both of us. As I mentioned— we don't know what life we bring to us. Who could have predicted the pandemic, right? So who knows what we might run across in the future that we don't agree on. I don't want that to tear us apart — I want us to know what to do and how to handle it. I want us to both grow from it and use it to expand our views and lives - not the other way around.

It's so important to me, and I would rather have you and keep you before things get too far, to slow down to really assess compatibility, because I don't want to lose you in my life,

We can check our compatibility any time you'd like. I think we both know the answer to this question. But regardless of our compatibility, you aren't going to lose me in your life. I am here to stay. Everything else that comes along you and I will figure out. One little thing at a time.

and I want to be nothing more than a healing and vital force for you that nourishes and inspires you because of how you see yourself reflected back through me, and what I see in you. I want to be a positive person and ally in your life, so if there is core incompatibility, I want to discover and accept that so I can make the most loving and responsible choices.

Agreed.

I'm not pushing you away at all, and this genuinely comes from a place of deep love. But I don't want to start pushing you away, or trying to change you ( which is very different than mutual growth or calling you out on your shit of course) or engaging in other destructive behaviors that are unfair to both you and myself, and it's very important I stay conscious about this, and not betray myself or you in these ways.

It's almost impossible to change me if I don't want to change. I am extremely strong and stubborn. In fact, if I feel someone pushing change on me (in any form) my instinct is to push back hard, even if I disagree with it. Perfect example is Maggie and that lady shoving Spanish down my throat. Don't fucking force me to do anything. I can feel it and I react immediately to it. So you trying to do something along those lines would be shut down immediately. I love to learn new things. I love to understand. I love to be proven wrong. I love my mind and horizons to expand. But that has to be done in a way I feel like it's growth and not someone changing me. These are two very distinct things. And again....race and Covid aren't something where we differ too much on. (I think maybe my sensitivity to race is far less than yours but on the core we actually align 100%). But there may be a time where we 100% disagree on the topic - and instead of fighting

about it. Instead of you (or me to you) trying to shove it down my throat - I think learning, understanding, empathizing is a much better way to approach it. Because it results in personal growth on both sides. And that is something I am interested in. Things are almost never black and white.

And these are things I can't let go, because it's about trust and safety for me, and feeling secure.

I understand. And these are important things. I want you to feel safe and secure. But more than anything I want you to trust me and vice versa. You and I have something extremely special, and nurturing it to our best abilities is one of my biggest priorities. It's only been 30 days and you've quickly become one of the most important people in my life. The thought of losing you is frightening, to say the least. But besides that, it's extremely important to me that you feel safe with me. That you trust me with your life. That you know I see you. That I understand you. That I will always be there for you, because you are just too important. Because you are mine and there is nothing that can come between us. Learning to disagree I think is a crucial piece in all this.

I just wanted to tell you, and hopefully we can talk about things in a different way.

I am so happy you wrote this and had a heart dump. I would love to talk about this in a different way and figure out a way to learn and grow from it. Besides learning this I also think we should come up with some safe word or something that will help us when we go down the rabbit hole. Sometimes it's some stupid things that we get hung up on and, honestly, they are annoying. I enjoy you far too much to be arguing with you or doing anything other than loving you and making you happy. Everything else seems like a waste of life. Sometimes it's fun to push your buttons and I enjoy your reactions and getting mad and shocked and being thrown off the track — but I either take it too far or don't know how to stop it. And that's not cool. So I'd like to learn or find a way this doesn't happen.

I can't wait to see you tomorrow. 😊

Also, it's 3am and I just wrote this and didn't read it second time. So there may be a lot of mistakes...sorry.

**From:** Alison Slater <stretchyourheart@gmail.com>

**Subject:** Re: A little follow up

**Date:** July 30, 2021 at 11:47:30 AM EDT

**To:** MAJA KAZAZIC <mkazazic@me.com>



I'm a little wet, a little heart fluttery, and it feels like my heart is panting slightly lol I don't know if it's the responding in parts and the thoroughness, or the thoughtfulness, or just you generally being on fucking point, you do what you do well, when you do it. On a truly serious note (not that that's not serious), you are wonderful, I couldn't have asked for a better or more thorough response (this is when you sing "oops, I did it again"). Thank you for your openness, your responsiveness and all the rest.

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On Aug 2, 2021, at 9:26 PM, MAJA KAZAZIC <[oceanchic@me.com](mailto:oceanchic@me.com)> wrote:  
You know, I hate long distance relationships. I don't get them and don't like them. I never even considered I might be in one because the thought of it is just so insane to me. I can't get my mind around the logistics and how it would actually work. The idea of having someone I care about be so far away is awful — I mean what happens if this person needs something or me? Not being able to run over and just be there during the unpredictability of life is crazy. It's like being in a relationship with one arm tied behind your back. Besides not being available during "bad days", it's hard for me to grasp how to enjoy the good days. There is so much love, care, and attention in little spontaneous moments — moments which require physical proximity. Moments that, when strung together, are happiness.....I mean how do you do that when you are so far away? And when you put it all together....can't be there 100% of the time during the bad times, and can't be there 100% of the time during the good stuff.....well, then it's just a mediocre relationship....and for me there is nothing worse than mediocracy. If you can't give it your all....better don't do it.

As per usual, life throws me something to prove me wrong and teach me a lesson. And now....here we are.....even if you lived on the moon I would fight to be with you. Distance means nothing, and I guess I just have to get creative to make sure I can be there 100% during the good and the bad days. Be ready to hop in the car whenever you need me. And find ways to create precious, spontaneous moments and our version of happiness. I made peace with that couple weeks ago, and it's a little fun to be honest. It's forcing me to think outside the box a little.  
I still have no idea how some of the logistics will work, but I am sure we'll figure it out and come up with some kind of dynamic that works well. Right now it seems to be alternating weekends. Which I love. Being able to spend every waking minute with you is so sick and yet, so fun. I love everything about it. It really helps nurture the codependency. :)

One thing I didn't count on is that these long, 24/7, weekends will leave me filled with so much information and content to process. Things to think about and sort out. Which makes my Monday's pretty useless. It's where I am now....just thinking about everything we talked about and processing it. Hence this email.....

There is so much stuff I need to sort through and understand — it's crazy! You have definitely met your match. But I think I have as well.

Instead of keeping it all to myself...or having you drag it out of me little by little, I figured I'll just process on paper with you, and for you.

Because I am processing all this, still, and tying my thoughts out I reserve the right to adjust some of these things later on as new information presents itself and I do more thinking and processing.....

### **Overall**

I love spending time with you. From our midnight wild goose chase errands, to snuggles, and food, naps, and candle rituals, and so much laughter.....all of it. It's all just very nice, easy, and comfortable. I hope it is for you. This is not really how I am — especially with new people. I don't spend hours or days with my friends or their homes. And when I do, I am internally desiring to just go home. I can't wait for it to be over and once 2 hours have passed I get really antsy. It's hard for me to create the feeling of safety and home. The feeling of being at ease and relaxed. It's why I don't go many places. I think this is something you can probably relate to as well. And I don't know how you feel at my house, but I do hope you can relax while you are here.

Being able to relax (and sleep so much) means a great deal to me. It's so new and unique that I really don't know what to make of it. I am just kind of going along with it to see what happens. I've never really had this before. When I am having a hard time in life, and I cry by myself in the closet, through my head I get these thoughts — "I just want to go home." And it repeats in my mind in a loop. It's the thought that usually gets me back to reality because I start thinking logically about it — what does it mean and why am I thinking that. "I just want to go home." — when this happens I am usually at my home. Home I picked out. I set up exactly how I want it. In my safe space — closet. I AM home....what's the problem? I am capable to do whatever I'd like I just have to decide what I want to do.

There is no reason why I can't make myself feel better and solve this. What is it that I want? Then I think...maybe I need to buy a house somewhere else? Maybe I want to go back to Mostar and live in our old home. Which wouldn't be that hard at all. We still have it and I can do all my work remotely....all I have to do is make a decision and go. But when I think about it, I always arrive at the same place. I love my home now. I don't want to be anywhere else. I want this to be my base. I want to have several condos around the globe as bases to be able to travel. I am so happy and content with this vision I end up dropping it all until the next time I find myself crying in the close wanting "to go home" again. From the day I met you there was a sense of familiarity and peace about it. Never did I consider we would end up in a relationship, but there was always a sense of home I saw in you. And the more time we spent together, the more that word kept coming up. It's like a feeling I can't describe that has this combination of love, safety, familiarity, peace, depth, importance.....all jumbled together into something that feels like home. As I constantly keep coming back to it in my mind, I am constantly reminded of my closet yearning "to go home". Perhaps all this time I have been thinking of a home as a place when, in fact, it's a person? And maybe that's why I am at ease and sleeping? And maybe this is why I don't care about long distance relationship — your home is your home regardless of how far you are from it. I am not sure if I am right, of this is the case....but I seem to be going in this direction. And this kind of brings me to the next thing I have to sort out.....the "I love you".

### **I love you**

That was fascinating to me. It came from some twilight zone that was between my dream and wake states. Somewhere between my conciseness and sub-conciseness — somewhere deep where it might have been hiding, and it found that perfect moment to escape. We talked about it for a minute — and I have no idea how it made you feel. How it made you feel in that second when I said it — which I would be curious to know. And after you had some time to process it - which you already kind of told me.

I think I fell back asleep almost immediately after because I was too exhausted to think about it — and to be honest — I wasn't even sure if I dreamt it or if it really happened.

For me to tell someone that I love them is like this whole process. And it happens after a long while. Once I break the damn and say it the first time I am good and I say it frequently. Although I NEVER say it unless I mean it

and I am fully there and present — feeling it. But to get to that first time, it takes me a minute. I also don't tell my friends I love them. They say it to me ALL the time. I almost never say it back. Kat tells me all the time she loves me, I've never said it back to her. All this to say...no, my I love you isn't like what you described and settled on..."oh, it's like a friend I love you". I don't do that. My "I love you" comes with weight and emotion that's reserved for a very few special people. It's not something I say to my family or parents because of our culture. So the only people that are on the receiving end of this are Taya, Kenzie and my partner. That's it. I've been thinking about it for couple days now and I am not sure what to make of it. I think I might have purposely put up a block to access that emotion because it might actually turn out that I do love you, and then I will be freaking out. And I am not ready to admit this to myself yet. I think it's inevitable at this point, and possibly already true, but....I am just afraid to go there, this soon. I fall in love quickly and for that reason I hold off on "I love you" until a long while because it requires certain amount of bravery on my part. And with you, I already feel like I am serving up my heart to you on a platter, and this amount of vulnerability is a lot for me.....but my guess is that I probably do love you, and I mean love you love you, already, I just can't go there now.

## **COVID**

When we started our weekend you had this COVID/Delta/masks concern. Not sure where it went or how concerned you are at this point, but I do feel the need to clarify some things.

You and I agree on the COVID almost 100%. Probably, like for you, there are certain things that influence how strict you are about CDC guidelines. Like — we went to skilletts and didn't wear a mask. You were comfortable doing that. I made a note about it — but you were ok. Perhaps if you were going to see your parents later that day or tomorrow you wouldn't have done it. To me, circumstances do effect how I will behave in any given situation and I am not that rigid not to adjust my behavior to the circumstance that requires it.

I take COVID and everything around it very seriously. And when it comes to my mom and her asthma I am extremely protective. I have been very strict during the height of pandemic and have no issues following the CDC guidelines.

I got the vaccine because I was planning on it, but never really made it my priority. I tend to test fairly regularly (even when I am home without any reason) and that may be the reason why I didn't rush to get the vaccine.

Having you in my life, well actually, our potential relationship and my desire to meet your parents and see this interaction was not the reason to get the vaccine but it was the reason to get it ASAP. I now wish I got it sooner because it's important to me that I see you with your parents and learn as much as I can about that dynamic.

I am saying all this (again) because I don't want you to be under the impression that you talked me into something, or I am not being true to myself.

I also want you to know that I was very strict and diligent during the pandemic period that I know what to do. If CDC recommends that we start wearing masks inside — I will wear the masks regardless of you/your parents. But I also understand that we are all different and different people have different requirements and thresholds. Like in your dad's case. He is high risk and his threshold may be different than yours. But when you enter his sphere you have to adjust your threshold for him, not for you. That's the same thing I have with my mom. And for me adjusting that threshold to be safe is really easy. If we were to go back to the wearing masks indoor, and having to quarantine from everyone, or whatever the new rules are — I have no issues following them to the T. I am not worried about any of it even a little bit. And however you/your parents/my mom want it to be — that's how it will be. Kind of like when you say: we'll move at slowest speed we feel comfortable. This is the same thing, we'll follow the strictest guidelines set. Better safe than sorry.

Rest assured that we will not have any issues at all. We will both do what needs to be done. This is very simple to me in my mind. And you need to know that I will follow everything extremely carefully and you don't need to question what I am doing or not doing when we aren't together. Beyond the safety and doing the right thing, what's more important to me is that you know you can trust me. Period. If I tell you I will/won't do something you need to know that's the case without a any doubt.

When/if the time comes for new guidelines we'll figure it out together and follow it. Done.

## **Breaking Up**

During the COVID conversation you mentioned that breaking up is one of the hardest things for you to go through. It was a quick mention but, for me, a powerful one.

For me breaking up is crumbling. Even with the shitty people I've dated. I can't imagine what would it feel like if I lost you — and it's been a month. Fuck. Just the thought of it makes me want to puke.

I am bringing it up because I want to put you at ease, at least from my side, that I am not going anywhere. I truly feel that there isn't anything we can't solve and get past. Between your mind and mine, between our connection, between our desire to make this work I think we are actually going to be ok. I am actually at peace about it. I am not saying we won't have arguments and have to work through things. I know we will because of exactly who we are — but at the same time, because of who we are, we will also get through all of it.

### **Marriage/Annulment**

I know you mentioned this in some alternate universe. And never did I think I'd get married. And personally the idea of a traditional wedding makes me want to kill myself. We have this superstition in Bosnia that if you sit at the corner of the table it means you won't ever get married. Adult women always corrected young girls and had them move from. For as long as I have known about this (which is maybe since I was 6-7yrs old) I have been deliberately sitting at the corner of the table. And each time I sit I do it concisely and have this sigh of release and the thought goes through my head is: "Ahhhh, that's right, not gonna do it. Fuck you all." And through my relationships I just couldn't really commit to the rest of my life for many reasons. I genially have no issues making that commitment to you and if we do want to get married at some point in our lives, I think we should and I am actually ok with it. I feel very much at peace knowing that you are my person forever. I don't know why or how — I don't have much to hang my hat on — but I do feel good about all of this. I think our relationship will get better with time (unlike with most couples where it gets worse with time). I believe this is because we are both so deep and analytical and stubborn and strong....so shit is coming up immediately as we are learning each other. But I think this will only get better and sweeter as the time goes on.

### **Sex**

I know we had sex or whatever version of it you have in your mind. I feel a little bad about it because I feel like I rushed it — it's really hard to resist you. So, it happened and I utterly enjoyed it and you. From now on I'll let you set the pace and decide how to move forward and make the moves you'd like to make. It's not because I don't want you or be with you, but because I don't want to rush anything. I think you are right about the foundation and I trust you with my life and that you know what you are doing — most of the time ;) I typically have to stop myself from reaching

out from touching you, and kissing you, and that just feels so good, and then it goes to the next level.....so, from now on, unless you have thoughts or objections, it's all you.

And on that note, you shouldn't be afraid of me. I am not shut down to you. Once I decide to be intimate on the physical level there is a sense of safety, love, care, and comfort that I feel with the other person. And it's enough to trust you to do whatever you feel like. If at any point in time I don't like something — you will know. It's not that I am closing off emotionally or shutting down — it's just a preference in technique I guess. As the time goes you'll learn my preferences and also I'll learn yours. And the only way to learn these is by actually doing it. So, whenever you are ready, know that I am yours, and ready. Like our relationship, this too will get better with time. We are both very sensitive and intimate, we both get off on vulnerability and as the walls crumble our intimacy will keep reaching new levels. I am quite looking forward to it all. :)

\*\*\*\*

I think these are all the topics for now that I had to work through. If I think of any more or have updates, I'll let you know. :)

**From:** Alison Slater <stretchyourheart@gmail.com>

**Subject: Re: Few thoughts....**

**Date:** August 7, 2021 at 11:43:47 PM EDT

**To:** MAJA KAZAZIC <oceanchic@me.com>

Dearest Maja,

I hear that, and while I understand the small day to day moments that make up connection, I feel like those can be created from anywhere, in any way, in lots of magical ways. And yes, creativity is part of that, as is the unobstructed ability to eat pizza and cinnamon rolls and breadsticks at 2 am without judgement or interference. And long distance does stretch you to show up in other ways, to connect and strengthen in ways that are often unseen or neglected in person, while still cultivating your own autonomy (although the 24/7 phone time can really nurture the codependency too). But with intention, any dynamic can be extraordinary. So I agree with you completely, of course.

“So sick and so fun.” Another T- Shirt.

Overall:

I love spending time with you, too. I like looking at you, I like your shower leg and your other leg and that it comes off and makes you literally shaped like this pregnancy pillow that I'm on right here and is like literally the most comfortable thing ever and makes snuggles like next level. Seriously, it's so perfect and I kind of love it. Not to mention the tenderness of it all. I feel like that's very inappropriate and quite possibly offensive, but not as inappropriate as the other comment in my head, and I really mean it and don't mean it to be offensive, so is it really bad to say if I feel it? I like that you made it a priority to take it off, and to let me see you shower, when you knew it was a priority of mine, and I was respecting your privacy. That was really lovely, and beautiful, so thank you. That's one of my favorite things about you, if I say something is important, you find a way to make it happen.

I think your thoughts about home, and all that means, makes a lot of sense. From the first moment I saw you, I recognized a sense of home in you as well, which brings me to my second point. I think our souls love love each other. I think they have from before we met because along with that echo of home I felt a click with you in a heart home way immediately, and I knew you were one of my people. I wasn't sure in what way that was or what it meant, but my soul is in love with yours, and I think you are one of my soul mates, so it makes sense why you feel that way too. I love that you said "I love you" in a twilight state, that both of us weren't even really sure it happened, that is was so natural and just there, and loving you is unavoidable. For me, falling in love is a long game, that happens over a very long period, by which I mean the kind of commitment that happens when one falls in love. But there is a part of me that does love you, and does love you love you, and is enamored by you. The rest just takes time, a lot of time for me, to mature and settle into, to set. I can see myself deeply, fully, truly, completely falling in love with you, which is rare and I'm not sure has actually ever happened before (sans Elizabeth, but that was a product of long term trauma bonding and never actually resulted in real or long term intimacy, so I'm not even sure that counts). As you know, I've never really allowed myself to fall in love, truly, nor have I allowed myself to wait for a partner that I choose. Enter you. You are new for me on so many levels, and actually someone that I would pick out for myself on multiple levels. I made this inner change, and you came waltzing into my life and my heart with your eyes, and hair, interests and love for culture, and depth, conversation, warmth and sex goddess ways. And here I am, trying to figure out what the hell is happening, and rolling with it all one step at a time. But it is relatively remarkable (also, amen to spending every waking minute together being so sick and so fun. LOL it really helps nurture the codependency, codependent and loving it). So that's how I feel about that so far. But as far as home goes, I think we can be home to one another, and it makes sense that home is a person, not a place for you. I know it is for me.

As far as the rest of your notations about how you express loving someone vs do not. I love that. It makes it very special, and very meaningful, and way better :) And I bet it caught you off guard, and that you're secretly shitting your pants a little, and I love that too. But I get not being able to go there now, and that makes sense, so one step at a time.



Our weekends...definitely leave an enormous amount to process. I have to really think about and process all the things that come up...and there is so much.

## COVID

Okay, that is reassuring, and makes me feel better. Thank you.

## BREAKING UP and MARRIAGE AND ANNULMENT:

I can't even read these because some of it is so good. Vaporizer quality. Yes, breaking up is a death, and it feels like unbearable endless loss for me. I have a compulsive drive to make meaning and fold experiences in so they're a part of me and I can fully move on once they find their rightful place in my universe, even if it's outside the gates. I like to know I'm connected in some core way to anyone I've ever loved, and to be on the best terms possible. There is a part of me that is dependent on it for stability, like something is missing or off kilter, and when a relationship ends, a part of me dies, and I feel as though I have to rebuild my whole self or world again. I recognize the unhealthy, and obviously a steady universe outside of transience is and has been a primary goal in progress, and I've been baby stepping for quite a long time in that. At this point in my journey, however, I've come more to a place of acceptance - how can I accept and work with these pieces of myself, learn to live with them in the most loving and healthy way, rather than struggling against them or constantly looking to change change change.

Here you come, disturbing my flow once again.

## SEX

I do believe we will get to the place where we have deep, enduring and flowing mutual intimacy, and that it just will take some time and familiarity and safety to get there. I do believe in building a foundation, in this case particularly. But basically you said all the things and I agree with it all.

This is all a very shallow and somewhat dry account for what I'd like to say but there's so much changing and coming at me that even this email is now outdated, so I will marinate and wait to write until the next heart opening moment where it flows to share.

On Aug 17, 2021, at 15:47, Alison Slater <stretchyourheart@gmail.com> wrote:  
Dearest Maja,

Body Image. I have many different feelings around this topic, it's a hard one I'm not sure I'm ready to discuss. It takes a lot of time to sift through the Alisons to find the real one who wants and needs to speak, who gives the most accurate account of my inner reality. So for now, I'll write in pieces (since you can't wait) and eventually the whole truth of how I feel will be put together. I think my whole body is beautiful, in it's rips and tears, folds and stretches, its broken and imperfect create a wholehearted beauty, one that has been touched by life. My body tells a story, and waxing and waning, the scars

and changes of time are part of that. But it also holds my tendency to self destruct, and all my frozen places, the parts that feel unworthy of love and want to be shut away from the light of day. Exposing those parts is a vulnerability in itself, if it's not someone who acutely struggles with the same thing (in which case there's a comfort). I have layers and rolls that are not part of my form in the way they currently present, and it is a barrier to my body and a reminder of the ways I am frozen and cannot connect. Parts of me want to stay buried and experience pleasure I know, part of me is testing can I be loved as I am (can you love me even now? Can I love myself?) which has forced me to discover other parts of my value, since I've been told I'm disgusting since before I was born and before I was fat. My mother views my inability to manage my weight as a devastating weakness and her disgust is palpable, and that lives in me too, and creates a foundation for self rejection that is up to me to fix. Part of her concern is valid, but it's always been through the lens of health, and worthiness in beauty has never been address, but is a clear cornerstone of her reality, and unconsciously, mine. So part of it is a demand, can you love me even when I'm unloveable? Can I love myself? But I continually struggle between rebellion and the knowledge that true freedom lies in conscious choice, otherwise I am simply a slave to that part of myself and it's not freedom at all. The shame wrapped around all of this is deep, and intense. There is self hatred and a desire to hurt myself, coupled with genuine acceptance and celebration of how these places create grace. Which intersects with my inability to love myself, coupled with the simultaneous truth that I love and accept myself exactly as is, and I know I am worthy and enough. But my body, the way I treat myself, from purging to overeating to not listening to myself to staying frozen, is the current outlet for self harm, for the acting out of self loathing and a way to stay dissociated (except for the parts that need to be checked in just to be a bit above average lol). I am in the processing of currently defrosting to myself, and leaning into these places. I have had periods of a healthier relationship with my body, and unhealthier periods, but developing a non-abusive relationship with myself as a whole is a process, and really I just need to be supported and accepted as is, and supported in each part of my journey.

PS This is why Stephanie and I are friends, by the way ;) lol we share the challenges, understand shame, and can support one another

On Aug 17, 2021, at 9:39 PM, MAJA KAZAZIC <mkazazic@me.com> wrote:

Oh Alison.....I have SO many thoughts running through my head (it will be fascinating to see where this email takes me - and my guess is I'll probably be processing and readdressing this several times).....this little keyboard and my 10 fingers can't even begin to capture my feelings and thoughts on the subject. It's kind of unfortunate that I am not next to you, because if i was, then, perhaps, I would be able to touch you, and kiss you in a way I see you. In a way I experience you. In a way you can feel the beauty and power I see in you.

I see the struggle and fight within you and it breaks my heart. At the same time it makes me angry that you were ever put in any position that made you question your beauty,

your kindness, your grace, and child's innocence. This is not fucking ok and, as I see glimpses of real you....the shit that happened to baby Alison is not ok. But, I guess, like you I have to accept some things and learn to move forward. For me all this is new.

And while I can appreciate the pain and struggle you are dealing with I have a completely different reality of who you are. How you look. And your worth. I wish I could buy you for what you think you are worth, and sell you for what I think you are worth. I know you know "the right stuff" to say and what to do and how to act....but it seems deep down, beyond the autopilot deep, the struggle is very much there and very much real.

I don't know if I ever told you this, but one night Lu asked Lea and me — if we had the ability to have any super power what would it be?

I thought it was an interesting question and we all answered it. After we all answered, I realized that the answers were very telling of our personalities and who we are.

Lea wanted to be invisible. And Lu wanted to teleport. And I wanted the ability to become and turn into anything and anyone I wanted. I found it interesting because majority of my life I have tried to understand and empathize with people. To truly understand what it feels like to be them. Often I placed myself in less than favorable conditions and situations just to learn what is like to be/feel something.

When I gained my weight suddenly I had a very distinct feeling and thought that one reason I did it was because I wanted to know what it's like for people to be fat and struggle with food. I ultimately decided to stick with the reason that it might be because I didn't want to fit into the wedding dress (autopilot deep) — but the entire time, and still, I continue to work on experiencing what it's like to be overweight. This, by any stretch of imagination, doesn't mean I know what it's like to be you, nor does it mean our experiences are the same — but I have spent time looking myself in the mirror with a belly that I am not used to having. With arms that look like Rambo arms (in fact that's what they called me in Mostar last year because of my weight. I'll have to tell you that story.) or my thighs...or the fact that I can hardly move, and everything hurts just a little. And I am always hot (where I used to be always cold.) And everything feels swollen. And I don't feel like doing anything. And none of my clothes fit. And....

I am mentioning all this because I am so grateful to have had at least some taste of what it's like to feel this shame because you just don't feel good enough. Good enough for yourself or the world. See, I walk around with huge scars, and pounds of metal attached to me. And that never bothered me — but having the extra weight really screws with my head. And I don't have anything remotely attached to my looks from childhood like you do. I am probably bothered because injury happened TO me - there was nothing I could do about it. But weight seems like a personal choice. Something I can "fix", yet I won't. Something I caused and I chose to do. It's like publicly I am harming myself for all the world to see. Like I am publicly shaming myself. Telling people to stay away from me. Which adds a whole other layer of weakness and character flaws that add to shame. It's like perpetual self torture and sabotage coming from so many fucking angles. Not to mention going from me constantly being hit on and getting compliments — for all of it to get cut in half or completely disappear. There is a very

distinct line how the world perceives me that's solely based on my weight. Which instantly effects my self worth. I found all this fascinating before I even met you and I used to contemplate on it, and try to unravel it because I always felt if I knew the answers I could help so many people. I grew up in a culture where being overweight isn't so horrible like here. Where looks aren't as prized as they are here. I also don't have physical complex attached to my looks and have a very strong sense of self worth and confidence. My physical image typically evoked power and beauty which stroked my ego for over 40 years. And weight gain and everything that goes with it has only happened to me over the last 3 years. But even with a secure self image, relatively small amount of weight gain, and supportive family I still managed to experience shame, embarrassment, self loathing, depression, and myriad of other harmful things — which made me wonder about people that struggle with weight for real, and it makes me wonder about you. And how difficult it must all be for you to have lived and struggled with this your entire life. And your parents, what should be your primary support in all of this, are not only not your support but are really the cause. And this entire time baby Alison is figuring all this shit and dealing with it, really, on her own. It's a hard and lonely place to be.

When it comes to your weight I have 3 things that tend to circulate in my head - although I rarely think about your weight. It's typically evoked by something you say that makes me wonder.

First, it's the health portion. We associate weight with health and I instantly get scared that I'll lose you. There are no overweight old people. One common denominator old people have is that they are skinny. I worry about you having health issues, but then I comfort myself with the fact that you are 7 years younger and I'll die first and then I am all good. And then it becomes more important to me that you do what makes you happy.

Second, it's the barrier from the world. Protective physical wall you have built to guard little baby Alison. It's a physical manifestation of what you feel emotionally and all I want to do is love you. Love you until all those emotional layers melt away and you feel completely safe in my hands. Raw. Naked. Vulnerable. I feel that some day this will happen and when it does your physical barriers and walls will start to crumble on their own without much, if any, effort. Then you won't have to worry about walks or diet it will just happen...

Third, you've been talking about losing weight lately and when I think about you losing weight my first thought...instantly...is sadness. I let out this "awwww" in my mind and I genuinely feel sad because it feels like there will be less of you to love. Like somehow you are disappearing and taking parts of you away from me. Like I am losing those parts and I don't want to lose any part of you. It's why I talked earlier about kissing your body all over. I want to get it in before you lose the weight, before parts of you disappear. Before you are smaller. I really do want to kiss every single inch of your body and know that I've done it. That I didn't miss out on any part of you. It will bring me peace and comfort. So, if you want to take an ambien, go ahead, just please let me do it. I love everything about you. You are absolutely stunning in so many ways and I wish I

could snap my fingers and make it all go away for you. But I can't...so together we'll figure it out.

As far as your weight is concerned I don't really see it unless it's brought to my attention. And it's brought to my attention by small little indications from you. And in all of it - I just want you to be happy, fulfilled, and at peace. I want you to feel content. I want you to get rid of your shame and guilt and pain and all the baggage you have been carrying for far too long. You've paid your dues. You've done a remarkable job of getting where you are. Now, it's a new day. It's a turning page. You have your person. You have a safe space to let go. To know I'll catch you. To unload all of your stuff. One thing at a time. One layer at a time. Know that I am here for all of it. That I will not go anywhere and I will support you in every way you need. If you want to eat and gain 50lbs I'll do it with you. If you want to lose 50lbs I'll do it with you. Everything is ok as long as it makes you happy. As long as it helps you. Don't lose the weight for the looks. You are already stunning and regularly take my breath away. There is so much beauty in your curves. And so much passion. So much comfort. If losing weight makes you happy, I am going to support you. But know that I will miss it.

I have no fucking clue what I wrote above. I just threw up on a page and it's too long to read again. But I do hope I haven't insulted you or made you mad or hurt you with my words. It's the last thing I want to do. You are extremely sensitive and sometimes a single word can make a difference. Please forgive me if I have, because I understand this is a very sensitive subject. If I am misunderstanding you or not getting something I would like to learn. I would like to know you. All of you. I want you to teach me and let me be close to you. It's really the only thing in life I want to do. You found your person. You belong to me and I want to know everything there is to know about you. I might get it wrong at times but please allow me to learn and keep teaching me because I want to see the most vulnerable parts of you. I want to love all of you. And I do. Unconditionally.

Some day baby Alison and baby Maja will meet and that day will be a lovely day.

Unconditionally yours.

MK

Begin forwarded message:

**From:** Alison Slater <stretchyourheart@gmail.com>

**Subject: Re: Body image**

**Date:** August 17, 2021 at 10:11:17 PM EDT

**To:** MAJA KAZAZIC <mkazazic@me.com>

You're perfect, and thank you 🌹

\*\*\*\*\*

**From:** Alison Slater <stretchyourheart@gmail.com>

**Subject: The other parts**

**Date:** September 13, 2021 at 11:20:27 AM EDT

**To:** Maja Kazazic <mkazazic@me.com>

I wrote this stuff after I sent the other stuff but figured I should share the whole things that came up.

Everyone always says they can handle it or blah blah but of course can't when they see underneath the "put together." I either need too much or push away when someone doesn't see me adequately, or can't meet my needs that way. Sometimes I still push away when they do. I get the key is being mindful and communicating about it, which I do, but it's too much for most people because everyone needs breaks and the deeper stuff gets triggered when I'm really invested which is just a lot a lot, and it takes a lot to navigate through it, and a lot of safe space for me to do so or be brave enough to try to do so and share the feelings in the moment or soon after.

Listening- often you're not present and don't remember important stuff I tell you

And if I'm like your dad and you don't want to be like or be with him (for good reason) how can you love that part of me and what if I can't change it? What if I try and keep trying but I can't? It makes me feel like the song - how many times will you let me change my mind and turn around? I never want to leave you but I can't make you bleed if I'm alone. I also know it's my responsibility to show up for you and find a way to work on that and soften.

...like maybe I should leave and let you go so I make sure you're in what's healthy for you, knowing my limits re change, despite the fact eventually I'm able to talk it through. But if I can't and I can't give you what you need and deserve I don't want you in that and love you enough that I want you to be happy. Or to have to build walls to be around me. I know that will just unfold those were just my thoughts.

I guess that the unedited talking writing thing came from when I showed you my Notes post Lea and instead of getting it you felt offended, and oftentimes we talk now and defensiveness and reactivity happens on both sides which reinforces that, so now what do I do??

All that said, thank you for being tender and soft and loving, and going out of your way to be, last night and this morning, I appreciate it a lot. I really do love you and am open to learning about more peace in practice vs theory.

**From:** Maja Kazazic <mkazazic@me.com>

**Subject: Re: The other parts**

**Date:** September 14, 2021 at 10:01:20 AM EDT

**To:** Alison Slater <stretchyourheart@gmail.com>

On Sep 13, 2021, at 11:20 AM, Alison Slater

[<stretchyourheart@gmail.com>](mailto:stretchyourheart@gmail.com) wrote:

I wrote this stuff after I sent the other stuff but figured I should share the whole things that came up.

Thank you. :)

Everyone always says they can handle it or blah blah but of course can't when they see underneath the "put together." I either need too much or push away when someone doesn't see me adequately, or can't meet my needs that way. Sometimes I still push away when they do. I get the key is being mindful and communicating about it, which I do, but it's too much for most people because everyone needs breaks and the deeper stuff gets triggered when I'm really invested which is just a lot a lot, and it takes a lot to navigate through it, and a lot of safe space for me to do so or be brave enough to try to do so and share the feelings in the moment or soon after.

Please don't say that you need to be handled. You don't need to be handled, you just need to be understood. And beyond the "put together" most people don't have the skills, the knowledge, the depth to actually do understand you. To see you. And that has nothing to do with you, it has everything to do with them. In order to be where you

are and for someone to understand and appreciate you the person has to have enough trauma to be broken down to their core, then they have to have enough knowledge, patience and willingness to understand that trauma, live in it and build themselves up to a functional person. Most people are one or the other. They have heavy trauma and they live in it in some form and never really get past it. Or they want to get past it, but aren't capable. (This to me seems like where Elizabeth fits.) Or they didn't have enough trauma and are mostly in "functional" space so they don't get people like you (and me). But there is a rare window of people who are — say it with me — fucked up and put together just right that will understand you and also be functional with you. That is me. And for me that is you. It's probably why we connected like two magnets and haven't let go. Deep down we both know how rare this is. It's why I feel like it's a privilege to be with you. You can (like I have been, and you have with Mayta) pick any functional person, come to terms that this is how it is and you'll never be fully understood, and live out the rest of your life. It would be much easier than dealing with the likes of me — but you haven't done that. You've chosen to be with someone who is just as complicated and fucked up as you are. And that you are willing to do the hard work. And to me that's privilege.

Listening- often you're not present and don't remember important stuff I tell you



I sometimes forget, but that's mostly my anxiety/PTSD, I might get better with this stuff, but typically when I am reminded of something it comes right back. I just seem to have lost some ability to search for information. I typically remember in feelings and not details.

Not being present sometimes happens because I just need to be disconnected for a minute, and that's ok. But sometimes it's auto pilot and I need to learn to differentiate between the two and you need to allow me to discontent sometimes. It doesn't mean I don't care, or I don't love you, or I don't want to hear you, it just means in that moment I am overwhelmed.

And if I'm like your dad and you don't want to be like or be with him (for good reason) how can you love that part of me and what if I can't change it? What if I try and keep trying but I can't? It makes me feel like the song - how many times will you let me change my mind and turn around? I never want to leave you but I can't make you bleed if I'm alone. I also know it's my responsibility to show up for you and find a way to work on that and soften.

I love my dad and that part of him, even though it's fucked up. The same is true with you — I love you and that part of you — I don't have to like it, and I don't, but I am perfectly

happy to accept it in you just as I have accepted it with my father.

You can keep trying to change that part of you (and I would recommend it because it's not a way to live), but I don't care if it ever changes. That's yours to decide and deal with. My part is to protect myself from it. And you have to allow me to protect myself from that part. You need to recognize that that's what I am doing and just allow me to put those walls up in order to avoid conflict and turmoil. So, try to change it, don't, succeed at it, or don't — any of those are ok — I will accept and love all of the outcomes, as long as you allow me to protect myself from that one part.

I hear that song in my head ALL THE TIME. It never leaves me. It's a song that's so much like you and so much like me. Please, let your fears go, as long as we keep communicating, as long as we keep connecting, as long as we keep learning, I will always keep loving you.

...like maybe I should leave and let you go so I make sure you're in what's healthy for you, knowing my limits re change, despite the fact eventually I'm able to talk it through. But if I can't and I can't give you what you need and deserve I don't want you in that and love you enough that I want you to be happy. Or to have to build walls to be around me. I know that will just unfold those were just my thoughts.

That would kill me. If you want to go, I won't stop you. But you leaving would be one of the most deviating things in my life — it would make circles seem like dots. And just like you mention that it's your responsibility to show up for some of these parts for you, it's also my responsibility to show up for some of these parts for myself. You have to trust me and know that I can take care of myself. I don't need you to do things for me. I am more than capable of taking care of myself — and when I don't, it's choice, it's not inability. Best thing you can do is understand me. And the best thing I can do is to understand you. We already have so much love for each other — it's more than enough.

I guess that the unedited talking writing thing came from when I showed you my Notes post Lea and instead of getting it you felt offended, and oftentimes we talk now and defensiveness and reactivity happens on both sides which reinforces that, so now what do I do??

I am not sure exactly what you are referring to here or what you are saying. Can you tell me more?

All that said, thank you for being tender and soft and loving, and going out of your way to be, last night and this morning, I appreciate it a lot. I really do love you and am open to learning about more peace in practice vs theory.

Thank you for being you. I love how you are and I don't focus on one ego state that drives me insane. I focus on so many aspects of you that not only I love, but I utterly like and enjoy. I love you more than you can imagine. But I really do hope that you trust me enough to lean in into me, allow me to hold your hand, and find some peace and balance. It's lovely place to be. Really.

\*\*\*\*

**From:** Maja Kazazic <[mkazazic@me.com](mailto:mkazazic@me.com)>  
**Date:** September 26, 2021 at 09:52:21 EDT  
**To:** Alison Slater <[stretchyourheart@gmail.com](mailto:stretchyourheart@gmail.com)>  
**Subject:** Morning feels....

My love,

I slept so good last night. I thought maybe it's because I took 2 GABA pills, but then I realized I take two or three of them almost every night. Usually 3. Then I thought maybe it's because I stayed up late, but we stay up late frequently. Then I thought maybe it's because we drove in the car, and were in fresh mountain air, but we do that frequently as well. So I started thinking why did I feel so good? What was different? What made me feel so good?

And I realized it was you. It was us. It was feeling like I used to feel when I met you. Sitting under the stars and talking to you. Connecting in ways neither of us connect with anyone else — well, except maybe Elizabeth - 😂😂😂 - sorry, that was a joke and I just couldn't pass it up.

But, for real, being on a plane where only you and I exist, a few lightening bugs, moon and the stars. It's my sacred place. My church. Place where I feel peace and love. Place

where I feel safe. Place I never knew existed, and now, I crave and can't live without. Place our souls met.

And then, when we went to sleep you were on my shoulder. I don't why, but there is something knowing you are there, safe, in my arms that makes me feel at peace. Knowing that every single time I open my eyes in the middle of the night and look for you, I don't have to move and think much. I just feel your body on mine. I feel your arms stretched over my chest. I smell your hair. I move my hand across your back. Then gently slide it up and across the top of your head, as I kiss you.....and immediately, fulfilled, satisfied, happy, whole...I drift back to sleep. Only to wake up to that over and over again. It's like I dose myself with happiness and love throughout the night and THAT'S what keeps me sleeping well, feeling safe, and peaceful. Thank you for being my love and so much more than I ever could have dreamed of.

Since last night I have been constantly on the verge of tears. I feel like any word will set me off. I am not sure if it's because I am happy...because I feel your love.....Or our conversation last night, and you trying to keep pieces of me in case I am no longer with you. Yup, that's actually it because as I wrote that tears poured down my face.

I am heartbroken when I think about this. I am heartbroken that you think it. And while I don't want you to take me for granted, (and vice versa) I DO want you to have peace and know that I am not going anywhere. No, this doesn't give you the blanket right to do whatever you want and I'll suffer no matter what (and vice versa). But it should give you peace that I swore to myself that I will never put us in the situation we were when we broke up. It may take days, it may take months, it may take years for you to believe and feel that. But, trust me, when I say something I mean it. And I am saying to you, and meaning it - I am not going anywhere. You are my love. You are my life. You are my everything. And like you I can't wait to discover depths of me and my love for you (and vice versa). I am thrilled we are over "the hump" and may I add - we handled it well and got through it fast. All we both needed was outside objective perspective. And almost in an instant everything was alright.

Now, I feel like, you and I will only get better from here. We'll keep going deeper and deeper reaching the levels neither one of us explored before. I am excited about that. I am excited to share my life with you. I am excited to get to know you, and for your to get to know me in the deepest corners of our existence. It's a step and what we need to truly become one.

As this happens, and we get in deeper and deeper, I realized long ago, like you, each day I have more and more to lose. But I don't care. You are worth every minute. Every second. And instead of focusing on what I might lose I chose to lean in and focus of what I have. Every precious second. I focus on how to keep you safe. How to keep us safe. Because, there is nothing in this world that's more important to me than you. I mean it. I truly want to build my life with you and around you. I promise, if you lean in, I will catch you. I will be there. I may be learning some things but I am yours in all the ways, it's just a matter of time. You are my home. You are my everything. I love you. Always.

MK

**From:** Alison Slater <stretchyourheart@gmail.com>

**Subject: Re: Morning feels....**

**Date:** September 27, 2021 at 11:42:15 PM EDT

**To:** MAJA KAZAZIC <mkazazic@me.com>

My sweetest love,

I loved our night with the stars, the moon and just us to. It did feel like it did when we first met, and I have missed that so much. I miss that quality of connection and intimacy, of hours of looking at you and feeling safe and held and loved and loving you all those same ways. I love sleeping in your arms, or wrapped up together in any manner of ways. I love - and have missed - the feeling of knowing beyond any doubt you want me close to you, you want me on your chest and your heartbeat with mine. I love that so much, and I miss you.

Even though I still feel a little far away and disconnected, I liked being closer to you tonight too, and our moments of connection throughout the day.

Good job identifying what made you want to cry - and did. It's not so much that I'm preparing to lose you, but rather than I need to know I'll be okay if I do, or at least try to be, and part of loving you is opening myself to that loss which is scary as hell. I don't like it when there's an energetic barrier, even seen what happens when you shut down, and the thought of that is excruciating and just becomes more so. But like I said, I don't care. Loving you is worth it, and worth the risk.

Goodnight sweetheart.

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On Sep 28, 2021, at 12:38 PM, Maja Kazazic <mkazazic@me.com> wrote:

I really didn't know what to say when you told me all of those lovely things and what you love about me. I felt like a mute....wanting to speak, but it was so strange I couldn't get a word out. There was this conflict in my mind....like I want to hear what you are saying, but I also don't. Like I want to trust you and I can, but what if you aren't real? What if what you are saying isn't real? Like there was some ulterior motive for you being so nice. And if I allowed myself to hear it and embrace it, that and you would just go away and somehow I would end up hurt. But then I forced myself to listen. I took a page from your book and decided to embrace you despite my fear of losing you, because you are worth loving every single second I can. You are worth the possibility of any pain. Just these 3 months have changed my life and I will never be the same. So I forced myself to listen....just sit there and embrace you words. Hear it and feel it. And then the most lovely thing happened to me....as I was listening to you all I could think about is what I love about you. Things just kept rushing into my mind. And I wanted to say it out

loud, but I just couldn't. I wanted to listen to you. I wanted to bask in the love I felt for you every time I thought what I loved about you. I didn't want to interrupt you, and I didn't want it to stop. It felt really good to hear you say lovely things to me, and for me to feel and be reminded of so much that I love about you. It's really a great way to start my day. I've been thinking about it since and it makes me smile every time I think about it. And it all made me feel like I want to tell you what I couldn't muster to say this morning. I want to tell you about all the things I love about you that make me smile through out the day.....

- I LOVE when you wake up and smile. When I think about your smile it takes my breath away and my heart skips. Every. Single. Time. I want to start my days with your smile for the rest of my life.

- I love when you blow-dry your hair, and your attitude follows so you move your head around with confidence and vigor as your hair flies around like in some shampoo commercial.

- I love your hands and how soft they are.

- I love the rings on your fingers and how they remind me of us. I see the opal (I think it's opal) ring and think about you. It reminds me of you before me. Someone so special and mysterious. Someone I desperately wanted to know. I see the Love ring and reminds me of the first time we met and how badly I wanted to get it for you. It reminds me of your feared look when you saw the Tiffany box on your pillow. It was an odd combo of fear and pleasure at the same time. It reminds me of you seeing how well it fit on your middle finger and your fear washing away. And how happy you were. And the butterfly ring....ah...I love it. It reminds me of NC, the store, you, us, and the turning page. The day things shifted and we started going back to us. The real us. The us that we both love and know we can be. So I look at your hands and the rings on your fingers and all of these emotions flood my heart at once and all I want to do is kiss you.

- I love when you get "that" look on your face. The look of happiness and content and love. It peeks sometimes but, like a drug, I wait for it just to get a small little hit.

- I love when you look at me.

- I love when you laugh. Oh, how much I love it when you laugh. My heart is just filled with love and enjoy when I hear you laugh.

- I love when you "cater" to me and how it makes you happy to make me happy.

- I love when you are confident.

- I love when you wear your glasses.

- I love when you wake up in the morning and have no make up and it's just you with your beautiful eyes and lips and cheeks and forehead and eyebrows and all of it. It's why I always want to caress your face, because at times it seems overwhelming and I just want to touch it all and make sure it's real. Make sure it's mine. I can't believe I get to wake up to that, to you, every morning. I don't even know what my life was before you. It's odd — it's like I was in suspended animation until you came.

- I love your body. I want to embrace and hold you forever. You feel so good and so soft and so warm and so loving. I just want to wrap my arms around you and stay there forever.

- I love your knees, inner thighs, and calves. Yum. I just want to kiss them. I loved kissing them last night. It was absolutely satisfying and amazing.

- I love your feet. Despite of what you might think I actually love massaging them. There seems to be some kind of energy exchange when that happens that actually turns me on. (Which has never happened to me before. I don't think I ever massaged anyone's feet - let alone liked it. I am not even sure what to do with it.)

- I love when you talk. I love the different voices you have for every occasion, and then some. I love how I never know which voice will come out, and like a little surprise present I get to find out only when you open your mouth.

- I LOVE when you sing. I love that so much -- I wish you would just sing and laugh all the time. It's so soothing and comforting. Somehow it makes an entire world seem better. I am not exactly sure why or how I am feeling that — but that's what it feels like. It's like your voice reverberates through out the world and make it just a little bit a better place.

- I love when you chase me. I didn't know that until recently, but I do like it when you are after me to smell my tenders or push my boundaries or whatever it is. It's a strange place to be, actually. Because I really do mean it when I say no, and it does make me feel uncomfortable --- but the love and desire you show by pushing the boundaries feels so good. Like you really care and want me and love me and want to be around me. Which makes me feel very special — like, of all people in the world you have chosen me. So it's this conflicted thing where I am uncomfortable but it feels sooooo good.

- I love that you get excited about traveling and car rides. I love how excited you get when I buy junk food. I love when you hold my hand in the car and reach over for me.

- I love that you want to be with me all the time because I want to be with you all the time.

- I love that I am here with you and that we are having this time together. It seems like a dream, and honestly, I really don't want to wake up from it.

- I love that you fight for us as much as I do. It gives me hope and makes me feel safe.

- I love that we can talk about anything. You really are my best friend and I can't bare the thought of losing you. Shit, I can't bare the thought of not talking to you for 3 days let alone losing you. My life just isn't right without you.

I could go on and on.....in fact, in my head I do go on and on....I look at your pictures and videos for hours, and all I do is think about what I love about you. You are my life. You are my everything. I am so grateful for you and your love. Your attention and care. Your wisdom and tenderness. Your fears and shame. Your sadness and bravery. Your laughter and tears. Your commitment and strength. I am truly grateful for all of it — every little piece that makes you you and now belongs to me.

I love you. Always. And more than you'll ever really know.

MK

**From:** Alison Slater <stretchyourheart@gmail.com>

**Subject: Re: Earlier this morning....**

**Date:** September 28, 2021 at 2:37:50 PM EDT

**To:** Maja Kazacic <mkazacic@me.com>



Well, this email effectively made me cry... particularly the part where you said I fight for our relationship as much as you do, because I do, and I will, and I want to, and I want you. I love the part about my rings (I feel the same way too...and the one from before you is a moonstone just like my heart...although I do love opals too :))...I love when you kiss my body, and my calves and my feet and my thighs, I love it so much, it's a turn on, but more it makes me feel so close to you and cozy and cherished and loved. I love when you kiss me and I can just experience you, and when you do massage me I loveeeee it. It makes me feel so close to you, and is an intimacy possibly deeper than sex for me because I can release into your hands in a way that makes me feel seen and known and loved, by finding those places and giving them attention, and giving what's in there room to come out. And only you can do that, because I am not close to anyone the way I am to you. I love you so much, I love all the things you love about me and the way you love me and the ways you let me love you, and see you, and uncover you, and know you. I love when you take your walls down and your eyes sweeten, and how your hair looks like a supermodel every freaking day (it also infuriates me, it's not fair to look so effortlessly gorgeous). The massage thing made me think of sex; honey, I don't want you to think for a second that I don't want to be intimate. I do. I'm sorry I'm having issues with arousal and orgasm, I always or usually do, but I want to be close and I think my body will respond well if I listen to it and don't try to force it. Which means that it might look a little different sometimes, but that doesn't mean I don't want you to go down on me, or have sex with me or be close to me and I definitely still want to be intimate in all the ways, because I am very turned on. I think the medication is a part of it too, as is my body in general. I hope you'll be patient with me, and go at my pace, and I will try to match you in yours as well. But please don't feel rejected because whether I come or say okay pause, let's come back to it, or orgasm or whatever happens, I want to be there and I very much want to be doing what we're doing. I know I'm complex, but I hope we can play and build intimacy through it.

I love you so much.

\*\*\*\*

**From:** Alison Slater <alisonslater333@gmail.com>

**Subject:** love

**Date:** October 1, 2021 at 2:08:24 AM EDT

**To:** MAJA KAZAZIC <mkazazic@me.com>

My sweetheart,

You are in there sleeping so soundly, and I have gotten quite a bit of work done out here. I've responded to Elizabeth, made a practice email to Mary Ann to think about, and am now writing to you to tell you how much I love you.

Today, with the mist in our faces and hair, standing next to that beautiful waterfall, was a memory I will carry in my heart, I loved laying on the rocks with you, I love taking pictures with you, and I'm excited to see how our connection grows in photos over time.

You are so beautiful, with your hair and mouth and eyes. I loved our pop rocks kissing and photos, and I love all of the memories we are making. I know this email is all over the place, and short, but I am tired, and just want to come be next to you. But I have you in my heart, and want you to know.

You, with ocean eyes and goddess hair,  
A miracle of strength overlying soft, and softness enfolding steel,  
A walking enigma of sleepy eyes and iron will,  
Of grace and earth, powder and sweat, vulnerability and fire,  
You come to me, you sing to me, you settle into secret places.  
Sit down, stay, come in.  
Sweet touches on my face,  
Kisses warming places lost,  
Imprints on my heart folding in, changing landscapes of what was, morphing into what is, what will be... and  
You.  
Echoing scent, mouth of embers and comfort,  
Steady, Here,  
I Love You.

Thank you for being here. Thank you for giving me this time with you, in this place. Thank you for not only making my North Carolina dreams come true, but making them better than I could have imagined. I can't wait to wake up to you. But now, I'm going to sleep beside you.

Sweet dreams, my love.

Begin forwarded message:

**From:** MAJA KAZAZIC <mkazazic@me.com>

**Subject: Re: love**

**Date:** October 1, 2021 at 10:28:41 AM EDT

**To:** Alison Slater <alisonlater333@gmail.com>

Oh Alison....since the falls and our ride back home I've been dying to write something to you. I was too tired last night and wanted to do it when I am fresh in the morning. And to wake up to you, this lovely message you wrote, and a poem is happiness, joy, love, like I've never experienced before. My heart is filled with you and it's the best feeling I've ever felt.

Every day I want to, and can't wait, to go on an adventure with you. I really don't care where we go and why as long as we are together. I absolutely love our rides in the car, stops at various gas stations, and experiencing joy and laughter only Krispy Korner like

places can bring out. I know today is supposed to be our day home but I know I am already antsy wanting to go and experience life with you.

Yesterday, after we trekked down the steps and while my soul felt like it was coming through my nose because I thought I was going to die from all the climbing and steps — when we got to the falls, pass the ropes, and felt the mist of water hit our faces, it's like all of the exhaustion and struggle from hiking just washed away. There was something energetically special about that place. There was something amazing about being there and experiencing it with you. I wanted to stop the time and pause in the moment with you. I know something happened to me. Something that brought me closer to you. But it also felt like you hit a new place too. Your eyes glistened like I've never seen before. You felt different. You felt full and happy. You felt like you. (Although I am not sure why or how I know that, but it just felt right.)

I just wanted to sit there and kiss you. I just wanted to gaze into your soul and feel you. That felt like our place. Like somehow we belong there. I don't know why I am saying any of this. And I have no idea how you felt about being there. But, for me, those moments with you will forever be engraved in my heart.

All of it invigorated me to practically fly down the mountain and not feel the walk back. It was absolutely incredible.

I remember sitting in the car thinking — “wow, this just can't get any better.” I was so happy....but then, it got so fucking much better.

I was exhausted from walking and just the emotional journey. My mind was going 100 miles per minute. But when you suggested I stick my head through the roof.....ugh.....I was besides myself. I utterly enjoy wind. It's my favorite element. It makes me think what it brings with it. As I breathe it in I wonder which continent it came from, what it all passed through, and what it carries with it....I usually picture this warm air leaving Africa, passing through all of the African countries, all indigenous people there...the rich, the poor, the clean, dirty....just invisibly passing through Sahara, the Serengeti.....picking up molecules, atoms, energy.....then hitting the Atlantic Ocean and passing through storms and rain, as well as still early mornings, when the sun is hitting the horizon — and water is still like glass.....to hit South America.....rain forests, Mayan lands, as it slides up through the Caribbean's and Rastafarian worlds of peace and love....across Cuba and Gulf of Mexico....to simply end up with me.....for me to take a nice deep breath in.....it feels like a privilege, more than anything, to receive all the energy and pieces of the world it carries with it.

Last night in the car I kept smelling the pines that take me home, the burning fire that makes me feel safe and cozy, the fresh nature.....all of it....and it felt like because I was happy you were happy too Which them made me melt. To be with someone that has your happiness as their priority is a privilege and so rare. Maybe I am mistaken, but I feel the same way about you. Nothing makes me happier than you being happy. Feeling content and full of love and life. And to have someone reciprocate that is something I never imagined I would be lucky enough to experience. Thank you.

And as I closed my eyes and felt the wind on my body I felt so grateful for the moment. I felt so happy and fulfilled that I wanted to scream from happiness. In that moment I felt a little drop that makes my life worth living. These little moments of pure joy and happiness are why I live in between. Life is made up of these moments that make all the pain and struggle so fucking worth it. And when those moments happen I appreciate them. I embrace them. I love them. I cherish them. They are so wonderful and so special that I felt so guilty about it. Because I get to experience this but so many other people don't. Most people go through life never truly understanding the power of a single moment. And it's a life wasted. I don't know about you - but I truly hope you get to experience, pause, and appreciate moments like these. I hope I can give you what you give me. I hope I can take care of you the way you take care of me. I hope I can support you the way you support me. I hope I can love you the way you love me.

I am sorry this email is a lot of rambles and isn't organized in a lovely poem like yours. I just feel so much and this is a small drop in the ocean of feelings I have....some feelings that words can't even describe.

I can't believe you are in my life. I can't believe this is actually happening. And there is nothing more in the world that I appreciate and love that us. I know I will fight for you and you will fight for me. I know we will figure it out. I am sure there will be hard days and we'll both have our moments. But I also know that we are both strong enough to hold on to each other when it matters. I know we both appreciate what we have. I know our love will transcend all the challenges and we will continue to find our ways home to each other.

I can't and don't want to imagine my life without you. Now that I know what true happiness feels like as I taste small glimpses of it — I want nothing more than to keep creating this happiness, this world, with you.

I hope I can love you back into letting the true Alison come out and bloom. I hope I can love you until you feel safe to let yourself go into my arms. I hope I can love you until you are standing naked in my arms, melting into me until we can become one. You are my love. You are my everything. You are the reason that makes life worth living. I've never said it anyone (including my parents) and I mean it with all my heart.

Thank you for being you. I love you. Always.

MK

Ps. This is so fucking long I have no idea what I wrote and can't read it again.

So....sorry for the typos and rambles and.....😂🔫

\*\*\*\*\*

**From:** Maja Kazazic <mkazazic@me.com>

**Subject:** ❤️👉👈

**Date:** October 19, 2021 at 11:45:58 PM EDT  
**To:** Alison Slater <stretchyourheart@gmail.com>

Here I am, at 11:30pm, taking my third shit 💩 of the night 🚽 because I continue to eat dairy 🥛, and I keep ignoring my body's signals. 🙄  
We'll, they aren't signals as much as they are cries for help. 🆘 But, really, who cares because I am having so much fun eating all the bad shit with you. ❤️ I know it's horrible for both of us and we should stop — but I just don't wanna.....when we get home we'll regroup. 😊

Anyway, as I am sitting here on the toilet for the third time, I got an urge to write to you. Mostly because I am wondering whether you are sitting outside the bathroom door 🚪 waiting and listening 👂 for my bathroom 🚽 activities 🧻.



And all that made me think and realize how fucking lucky I am. 🍀 I mean, how many people can say that their partner wants to be that close to them to sit in front of the bathroom door?



Although you can be a colossal pain in the ass admire you.

I absolutely love and

I love love love your lips 💋

I love your eyes 👁️👁️

I love your kisses 😘

I love being with you 🐱🐱

I love talking with you 🗣️

I love your smile in the morning 😊

I love that you chose me ❤️

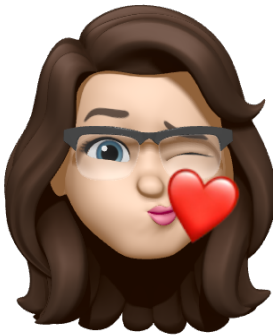
I admire your honesty 📣

I admire your strength 💪

I admire your dedication 🐾

I admire your intelligence 🧠

And now you are bothering me so I have to finish and get out of the bathroom. I fucking love you so much. But I'll write more tomorrow.



**From:** Alison Slater <stretchyourheart@gmail.com>

**Subject: Re:** ❤️🤔

**Date:** October 20, 2021 at 12:32:57 AM EDT

**To:** Maja Kazazic <mkazazic@me.com>

LOL this is hilarious. I love YOU and your poops and we are going to heed your body's cries for help right after these appetizers I'm about to chow down lololol

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