

The Lovelight Stories

PODCAST

Ep: 12 | Living as a Black Woman in America with Dr. Patricia Maul-Jones
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00:00.47

lovelightstories

Patricia wow it is just lovely to have you on the love light stories podcast today. Um, we have had the chance to get to know each other over the last couple of years and I'm just so thankful that you're joining me today.

00:17.60

Patricia Jones

It's good. It's always good to talk to you. It's really good. It's been too long since we've actually seen each other touch to touch We I mean I guess this is face to face. But it's not touch to touch Sorry I miss that.

00:23.92

lovelightstories

Um, yes yes yes I do too for sure. You know we went to haiti together back in. Well when was it 2019 I think and it was a long time ago already.

00:35.17

Patricia Jones

Wow.

00:39.75

lovelightstories

Went to haiti in 2019 and we really got to know each other's stories because that was part of what we did as a team and I just learned so much through your story and how you shared the experiences that you've walked through the things in your life and um I just remember always feeling like you were so wise. And I know that's the case because our whole team always said it like Patricia anytime we needed some wise advice or some extra thought we're always like Patricia. What do you think What do you think we should say or do or whatever.

01:10.52

Patricia Jones

Ah.

01:11.42

lovelightstories

And so I think that you're just incredibly wise and that's a really big part of why I'm really excited for people to listen to this conversation today and be able to get a glimpse of your story and the wisdom that you have to share. So yes, yes, okay so let's jump in.

01:23.70

Patricia Jones

Thank you God bless.

01:30.19

lovelightstories

To where your story begins in the moment tell us about the moment that you'd like to share with us. Um in your marriage like your first marriage. Perhaps.

01:37.68

Patricia Jones

Okay, okay so I I was married young like most people in my twenty s which seems the same old at the time right? I think I was like 21 something like that. But now people waiting much longer. But at that time that's what you did you got married and you were young. And when the son as you thought you're an adult so I did I got married and and the kind that I married was he was a nice guy. We were really like best friends we were like best buddy we did get along but in at twenty something years though you have all these ambitions that you want to hurry up make a lot of money. Get rich. You know, have everything all the nice things that life shows you that you should have and so he did he but he decided the fastest way to make money would be to sell drugs and he thought I'll sell drugs I make a lot of money I'll i'll.

02:24.31

lovelightstories

E.

02:31.18

Patricia Jones

I'll get back with my family and we'll just keep going and I'll stop selling drugs but you know it doesn't work like that right? it never works that way whenever you do something that ice always say Sin takes you further than you want to go and keeps you longer than you wanted to stay.

02:36.30

lovelightstories

Um, yeah, yeah, yes.

02:48.64

lovelightstories

Um, see wisdom right? there? Wisdom um.

02:48.83

Patricia Jones

And so he. Ah, and so he got involved in selling drugs and of course that led to going to jail then it led to it was just 1 thing after another and so in the midst of all that he he went he actually we were living in St Louis Missouri he went to California to do that.

02:58.56

lovelightstories

E.

03:09.37

Patricia Jones

And I will definitely was not gonna get involved and he didn't want me get involved of course so it did separate us and then once he starts going to jail and that kind of thing I had this we had to cut the marriage but I had 2 children and he you know so we didn't I mean we did not hear or see from him for years.

03:11.40

lovelightstories

Yeah, yeah.

03:19.73

lovelightstories

Um, what.

03:25.84

lovelightstories

Oh my goodness. So how long were you still in that marriage while that was happening then.

03:29.80

Patricia Jones

4 years I had to actually get a divorce by default and I'm not sure if people knew that that's possible but I got the horse by default I did everything on my own and got divorce the father paperworks and I did all the steps of the take to try to find him. And at some point he had thirty days to respond. We put the newspaper all the type of that and so he had a certain amount of time to respond and once he didn't respond I was able to give the voice by the fall in that crazy.

03:56.77

lovelightstories

Oh my goodness. So so like at in that moment then did you not know where he was.

04:03.93

Patricia Jones

I did not know I knew he was in California. Well I mean the last time I talked to him I guess I'm just assuming right I don't know where he was the last time I talked him he was in California and his family had not heard from nobody knew where he was they would like.

04:08.41

lovelightstories

Right? Yeah, oh.

04:19.76

Patricia Jones

He might pop up on well you know that was before social media Instagram pay that kind of stuff so he couldn't I don't even think we had cell phones I wasn't like we could call him or anything like that.

04:23.98

lovelightstories

Um, right? Oh my goodness. Yeah, so what you said about sin staying longer and I can't say it as good as you said it. But but what you said really kind of transpired because it sounds like it was this thing where he got into it wanting to make some extra money and it snowballed. He ended up leaving going to California and got deeper and deeper into it to the point where he's like basically abandoned his family and.

04:45.76

Patricia Jones

Send you.

04:51.83

Patricia Jones

Here back to this family? Yeah, absolutely we? Yeah, he went to jail so we did find him we found him maybe thirteen years later

04:54.49

lovelightstories

And he may have felt forced to do that too. We we don't know right? Um, he could have been in a situation where he couldn't respond to you I don't know. Yeah.

05:08.10

lovelightstories

Oh wow.

05:11.20

Patricia Jones

Yeah, where me and my friends were sitting around talking about. We saw this thing where you could pay them or they'll find people for you and we actually did it. We paid some money and he found where they found him and he was in Jail I Guess that was made them easy to find right.

05:15.95

lovelightstories

Um, yeah, Wow. Yeah.

05:25.95

Patricia Jones

And he was actually in jail and I would go I went to visit him just so we to sit down and talk about what the heck happened you know and we did we talked about it. He you know told me all the different adventures he with had Winfield. But yeah, he went to jail for selling drugs and he was still in jail when night when we finally found him.

05:30.21

lovelightstories

Yes, oh.

05:39.91

lovelightstories

Um, oh that's too bad did he show it like any remorse like was he sad about it or yeah.

05:46.84

Patricia Jones

Yeah, he was sorry about it. He was you know he was sorry to happen. Of course he like he said he got caught up at what yeah went too far. He had gotten shot. There's a lot that went on in his life. So we you know that's not the direction that he was going and but that's where you can end up if you.

05:58.95

lovelightstories

Um, yeah, that's hard. Yeah.

06:06.30

Patricia Jones

Yeah to be careful about the power of a decision.

06:07.40

lovelightstories

Yes, yes, exactly I Just want to ask too in those moments where it could be during the time when you were like trying to find him or writing up the papers putting in a newspaper All that. What was going through your mind and like how were you feeling in those moments.

06:25.76

Patricia Jones

Why that time I was since I was really young I was still like confused like I wonder why he would leave us and what we know would you know I was looking at my children I would see my child.. The first time they were to school and. But they didn't get their homework and we laughing and talking and I'm thinking he's missing all of this. How would anybody want to miss these times I'm still confused by that when I see single parents or dads that are not in the child's life I'm thinking but you're missing so Much. You don't care. Are you sitting somewhere wondering.

06:47.40

lovelightstories

Um, yeah.

07:01.93

Patricia Jones

You know what? my child looks like I miss their first step did they laugh. Are they good at baseball are you missing all of it and so I was very very confused and and I went into a state of you know, kind of depression. A kind of just like disillusum. It would probably be a better word.

07:05.73

lovelightstories

Yeah, it seems like it's.

07:16.50

lovelightstories

A.

07:19.29

Patricia Jones

Because I kept going here I kept laughing I kept I you had to keep life going because you have 2 children but that was that was a period of disillusionment when I was like I don't understand who would do this and why you know man there's no explanation when you have you you sacrifice so much to try to chase after this.

07:29.24

lovelightstories

Yes, yes.

07:37.93

Patricia Jones

Pipe journey.

07:38.93

lovelightstories

Exactly Yes, so much your entire family and to a lot of people that is what life is all about is your family and your loved ones and all that so that would be very difficult and um I can see how it would. Cause you to go into a spiral of depression and stuff too. So Okay, so that marriage ended and what happened next in your story.

07:55.80

Patricia Jones

And then.

08:03.21

Patricia Jones

So my mean my story take a lot of turns you know I I got married again shortly after that for a free period of time because I was so determined to keep a mom and dad and children I didn't want to be a statistic.

08:21.37

lovelightstories

Ah.

08:21.62

Patricia Jones

So I was just so determined to have a mom and a dad and children I didn't want to be a single mom you know, especially being African American I Definitely didn't want to be that certificate here's another black woman with the children and the dead be that and so I did I got married to a guy that was like oh he would he convinced me the same thing.

08:28.10

lovelightstories

Um, yeah, yes.

08:40.65

Patricia Jones

Right? You don't want be a single mom I'll marry you and take care of your children but it it I'm being a very domestic violence is so situation so that was crazy and show I live I was like okay this is not work.

08:52.50

lovelightstories

Yeah, yeah, yeah I can see because you you went from like this period of being abandoned essentially by your husband. Um and then going into a safe space that you thought and then it turning into domestic.

09:01.90

Patricia Jones

Um, about it.

09:05.47

Patricia Jones

Friend.

09:09.35

lovelightstories

Domestic violence. Um, and so how long were you in that marriage and like you said it was short ok and and what caused you to kind of just call it quits early like I shouldn't say early but why did why were you like.

09:13.29

Patricia Jones

It was sorry I was only in that for about 3 years

09:26.74

lovelightstories

I'm not going to let this go on past three years

09:29.94

Patricia Jones

Right? I didn't want um death that I didn't well my he was actually trying to you know I didnt never I never knew when he was going to get violent. You know me and the violence and that and so. And and then I never knew how far I was going to get you know me like it got to a point where he almost tried to push my head through the floor and so and this is all church people. This' all Christians we're all going to church together.

09:47.41

lovelightstories

Um, yeah, oh.

09:54.21

lovelightstories

Oh yeah.

10:00.20

Patricia Jones

All of us lu the church together and then you talk to the minister and they tell you is you should stay with your husbands Brown and lest they are commit adults. We used to stay and I was trying to stay because well he's like him in adultery. He's just slapping me hit me in the face or you know mean and so he couldn't understand.

10:12.41

lovelightstories

Um, yeah, yes, yes, and.

10:20.80

Patricia Jones

Why I couldn't just do whatever he said and the one I Lee wasn't around just do whatever he was thinking I'm thinking because I don't know what you're thinking when um, you know it's just was ridiculous right? and so he and he had his. He had his own demons that he was dealing with which is why he was being very violent.

10:25.30

lovelightstories

Exactly yeah.

10:36.87

Patricia Jones

And I'm trying to deal with him and his demons and my own issues so and raising 2 children in a healthy way and that's not healthy for them to be involved in or to have to see or have to even live with right? so yeah so I had to.

10:39.27

lovelightstories

Right? right? and raising children in a healthy way. Yes.

10:50.60

lovelightstories

Right? right? Yeah, well it would yeah go ahead. Yeah, it would Yeah well it sounds like a really courageous and strong decision to do that I mean it was your second marriage and you were.

10:56.90

Patricia Jones

On so I had to move on I did and I love within about 3 years

11:09.87

lovelightstories

Got into that marriage looking for stability for your children and um, your family and weren't finding that and instead it felt more volatile I'm sure and like you said you, you didn't have a lot of control over this situation. It sounds like and so um. Yeah, it sounds like it was a very courageous decision to do that.

11:29.76

Patricia Jones

Yeah, there's no win in a decision to leave or marriage because the children are gonna be affected and you're gonna be affected so it's just a. It's a low. It's the best of the worst decisions.

11:39.78

lovelightstories

Yes.

11:43.59

Patricia Jones

You mean you can stay and he can become more volatile and then the children have to see that and there's all kind of complications or you can leave and then the children don't have ah a father figure in their home just like when my husband left was like okay so there's no, it's not. It's not a good situation. It's gonna be bad and of course now that I.

11:54.87

lovelightstories

Yeah, yeah.

12:02.67

Patricia Jones

A single parent I have to work and I have to work sometimes I work 2 jobs that was times when I work 3 jobs. So that means that I'm not always at home and making sure my children have a safe place to be or safe people to be with but it's not me.

12:09.29

lovelightstories

Um, yeah.

12:18.54

lovelightstories

Um, yeah, right? yep.

12:18.91

Patricia Jones

And so that's ah, that's that's another issue within the self you know I mean I usually try to work hours like when they're at school or you know and try to be there at the football game and then I might go from the football game take the kids home. You're okay, now go to my evening job. You know that's up of that So was always.

12:35.66

lovelightstories

Um, right? so.

12:37.79

Patricia Jones

It was always things that where I I probably missed out on some things where I wasn't there to be there all the time and the children still grow up and say so like well you weren't there. You missed this or you missed that or you weren't ever that you know so there's no winning and and you don't know you don't know exactly how your parenting is gonna turn out.

12:49.33

lovelightstories

Yeah.

12:57.12

Patricia Jones

And to your children grow up and say hey you didn't do this. You didn't do that You didn't do this. You didn't do that and your first response is excuse me I didn't do that because usually you wanted to eat every day and I thought that might be more important but you.

12:58.32

lovelightstories

Yes, right.

13:08.80

lovelightstories

Yeah, right, you had to make the really tough choices.

13:13.10

Patricia Jones

You want to age you want to sleep you want to close I Thought that was probably more important but you can't respond in that manner. You had to say yeah I'm sorry you right.

13:20.30

lovelightstories

Right? right? because to them that was their lived experience and that that was probably the truth in that instance, but they don't have the full perspective and understanding of what it was like to be you in those moments doing the absolute best that you could.

13:26.67

Patricia Jones

Um, month that soon.

13:36.87

Patricia Jones

Right? What would you had to work. But.

13:40.50

lovelightstories

Right? right? Exactly That's the point with what you had to work with. Okay, so um, then what comes tax.

13:43.46

Patricia Jones

You.

13:51.17

Patricia Jones

But then so then I did I spent life you know, dating people and just kind of it was crazy. But as far as as far as significant others. There was people that I were dated I remember dating cards and I didn't I never taken drugs so I didn't know the signs and symptoms.

14:10.61

lovelightstories

Um.

14:10.87

Patricia Jones

Of what somebody looked like when they're on drugs until I was in the middle of a relationship um with somebody who's on drugs I'm thinking Oh okay, so.

14:16.67

lovelightstories

Yes, Okay, so you had to go through that experience.

14:20.54

Patricia Jones

So I went through a lot of different expense when it comes with dating. but yeah but I'd always try to make sure that that I worked a lot so that my children could live in certain neighborhoods that would be safe because the 1 thing that I did realize from being a single black.

14:30.36

lovelightstories

Um, yeah.

14:39.28

Patricia Jones

Parent is that I needed to make sure my son and daughter in neighborhoods. That's gonna be safe was cost more money all right? So that that means I had to work more because I didn't want to have to be on welfare or government assistance because that would.

14:42.56

lovelightstories

Yes, yep.

14:55.97

Patricia Jones

Putting me in a neighborhood where now my children's gonna be compromised. Their safety is gonna be compromised because someone might try to talk my son into being in a gang or some you know somebody might do something to my daughter so I had to make sure we're wearing neighborhoods. There was safer.

15:00.33

lovelightstories

Um, yes.

15:10.80

lovelightstories

Right? Yeah, yeah, definitely.

15:13.19

Patricia Jones

And safer neighborhoods usually cause more money and so that means that them work more and so and went and I went back to school so I would go to school and work and go to school and work and take classes and work and take classes and work. So I graduated from high school or pi took me 20 years to finally get my first degree.

15:31.52

lovelightstories

Wow But you did it? Yeah yeah, that's just absolutely incredible. Ah getting your Ph D and even your master's is a lot of hard work. But yeah.

15:32.94

Patricia Jones

I Do have it I did all way all up to Ph D right.

15:43.86

Patricia Jones

Um, I'm a guy guess.

15:45.24

lovelightstories

But you're clearly not shy of hard work because this whole story. It's talking about your hard work throughout all of it. Okay, so I know that you then got married a third time and tell us about that marriage.

15:55.68

Patricia Jones

So I am so I don't remember the third it's the same it is embarrassing to say that I have been married 4 times I've been married 4 times. So my third marriage was also to a gentleman and I thought he was he was like 15 years older than me.

16:02.56

lovelightstories

Ah, oh okay.

16:14.76

Patricia Jones

And so I figured it would be not because um, my guess my my life was in search of a stable household and I guess I was running and chasing after the stable household and for some reason I thought it meant men father mother children.

16:20.99

lovelightstories

Yes, yes.

16:34.36

lovelightstories

Yep yep.

16:34.63

Patricia Jones

Man woman or something to put 2 parents and a child and the children and I kept running after the stability of having 2 parents and the children. So I just figured I'd married this older gentleman and he would definitely offer stability right? And wisdom. And the and the of the older gentleman was actually a drug addict addict and I didn't know he was addicted to drugs. He was addicted that was when I started having an experience with people who were addict to the drugs but were functioning. You know I mean because I figure if you go to work every day.

16:57.99

lovelightstories

Oh.

17:04.24

lovelightstories

Yes, yes, right.

17:11.68

Patricia Jones

And you you know you dress nice and you seem that you know being able to help hold or do some conversation. You didn't look like you were totally stoned out then you you know you probably weren't using drugs or at least nice to the point of being addicted and so then I found out that you can do all that and still be addicted to drugs.

17:21.18

lovelightstories

Um, right? Yeah yes, and and so.

17:29.76

Patricia Jones

And who was.

17:33.52

lovelightstories

And yeah I think it probably goes back to the fact like you said you didn't do drugs yourself and so you didn't really understand that very well. Um and so to be able to identify that in someone who's functioning at functioning at a high level um would be difficult to pick out I think and.

17:38.43

Patricia Jones

By.

17:49.68

Patricia Jones

My and I didn't even come from a family that did you know I came from a middle class family or where I had my mom my dad me and my brother it was no divorce. No stepparents, no blended friends and every and everybody on my block.

17:51.59

lovelightstories

Here.

18:07.94

Patricia Jones

Had mom and dad and children. It was just pretty much. It was almost like I colored like a leave it to Beaver I don't know if you remember that it was like a little neighborhood where people had mom dad and children right? but its of course those neighbors to have their own problems but the problem is not usually divorced.

18:12.97

lovelightstories

Yeah, yeah.

18:21.50

lovelightstories

Um, yeah.

18:27.29

lovelightstories

Um, yes.

18:27.55

Patricia Jones

You know who knows what's going on to somebody's household. But for the most part at our house. It was me and my mother father my brother it was just like I didn't use Drugs. We didn't drink. We had coffee. You know they had a cocktail with dinner. It was pretty much a simple life so to go into the world and find out that. There's a whole new different type of world out there that I had not been exposed to limited my knowledge of what it was of what the world was like and the different things to look out for.

18:45.83

lovelightstories

Yeah, yeah, right.

18:54.79

lovelightstories

Right? Okay and I know in our discussions previously. You explained to me that there was a point at which you looked back and you were like why does this keep happening to me and I end up in these relationships. What.

19:09.16

Patricia Jones

And.

19:12.67

lovelightstories

What was that moment you realized that and like you were thinking about that and like what did you realize.

19:17.85

Patricia Jones

So the after my third marriage I Ah you know I was married to person who was that attic and he because he was an attic. He spent all my money. Ah he he cleaned out the bank account everything right.

19:21.25

lovelightstories

Yeah.

19:32.57

Patricia Jones

And he would do that on a regular basis until I could no longer afford to be with him like okay I keep making these crazy mistakes and I sat out and talked to a minister like what is going on. You know, like why am why am I in these crazy marriages and he actually said that the comedy de

nominatminated was me. Like whatever's going on is with me because I'm the one who and I was I had to stop and take a look at myself and say oh yeah, it. It is me whatever it is that I'm the common Denominator. There's something going on where I keep making these same decisions to.

19:52.15

lovelightstories

Um.

20:07.72

Patricia Jones

To be attracted to people who are not ready to be in the healthy relationship or we're not on the same. We're not at the same place as far as relationship wise so it was gonna be a problem and so that's when that that it is the part of when I decide that I probably need to go to some therapy and figure out.

20:13.27

lovelightstories

Yes.

20:20.52

lovelightstories

Yep, right.

20:27.60

Patricia Jones

What's really going on with me and I and one of my exes had recommended that I got it there because they thought someone was wrong with me and they were right right.

20:31.51

lovelightstories

Oh interesting. Yeah, well,, That's a tough pill to swallow though to be like oh wait I am the common denominator here and I mean you are definitely not to blame for the actions of your your ex-husbands of course but to realize that hey I. There's something here inside of me that I can change and hopefully change the trajectory of the choices I make moving forward and yeah.

20:57.25

Patricia Jones

Exactly? Yeah, so that is I did have to go to therapy sit down and talk about I mean you know you go all the way back to what? ah from the influences of your childhood What did you learn to believe. And there was some false beliefs that I had learned to believe from childhood. 1 of them was that I could that everybody was good and I could and if they weren't you know somehow I could change that I could just be really nice and really sweet to you and you would change when that's not you can't change anyone else.

21:22.64

lovelightstories

Oh.

21:30.40

lovelightstories

Yeah.

21:32.98

Patricia Jones

Absolutely people can change but another human being cannot change another human being they have to do that themselves and it's a process. First of all, they have to realize that they need to change. They have to realize that there's a change that needs to happen and they have to realize that well I even have a desire to do so.

21:38.30

lovelightstories

Yes.

21:52.52

Patricia Jones

Because even people who realize that there might be a change that needs to happen. They may not want to do it right? So they would have to first realize that they need to change first and and accept the fact that it's something that they want to do and that and whether they want to do will depend on what the outcome is right.

21:55.65

lovelightstories

Right.

22:08.29

lovelightstories

Exactly.

22:11.23

Patricia Jones

So this is a lot of levels to changing who you are because is a very very deliberate process. It's much easier just to say Well, That's how I am That's how always been That's who I was meant to be and just accept who you are and keep going That's only beautiful if it's not a problem you know I mean.

22:26.60

lovelightstories

Write. Yes, exactly.

22:30.55

Patricia Jones

If you saying hey I use drugs I like using drugs and that's what I like to do okay but the problem is that it takes money you don't have any. So now you gotta get money from somebody else or steal some money that it becomes a problem because now people don't like it when you still need money. That's what there's also.

22:42.30

lovelightstories

Yes.

22:49.70

Patricia Jones

And mean they find go call it police or it's trying to beat you up or shoot you you just never know what's going to happen so it becomes a problem you have to look at what you're doing and even if it's just who you are is it. Do you like the consequences of it if you don't like the consequences of the person that you are.

23:00.80

lovelightstories

Right? right.

23:07.42

Patricia Jones

Then you can change some things and the consequences will change.

23:08.14

lovelightstories

Yes, you sound like you're a therapist for anyone that doesn't know Patricia is the therapist herself and so I believe that it's because of your own experiences is that is that kind of what led you to go.

23:24.30

Patricia Jones

Absolutely I am a therapist and the reason why it came with there is fire from my own experience if I have to say even when I was a little girl I used to always analyze, people's behavior and try to figure out the why behind what they did as opposed to just responding to what they're doing.

23:27.12

lovelightstories

And yes.

23:37.69

lovelightstories

Ah.

23:41.25

lovelightstories

Yes.

23:43.99

Patricia Jones

Which is why which is another reason why I found myself involved in in relationships with people who probably weren't the best person for me because I'm so busy trying to understand why they're doing it and help and so what happens is I had to learn to separate that I can understand why you're doing it.

23:54.80

lovelightstories

Um, yep, yes.

24:03.21

Patricia Jones

I Can even talk to you about it. But I don't need to be married to you.

24:06.59

lovelightstories

Right? right? Exactly I can still help you ah that Yes, right.

24:12.58

Patricia Jones

You don't need to be my boying friend and I could just step back and say hey I understand exactly no judgment I Understand why you are the way you are what led you to using drugs. What led you to wanting to be a ah drug deal understand all of that and don't need to be living in the house with it. Its.

24:26.16

lovelightstories

Right? right? and probably shouldn't be for your own good which which you found out. Yes, yes, wow.

24:30.17

Patricia Jones

And probably should not be look is what I found out I remember my first x the crazy one that sold drugs was who he really brought some things to my attention to he said Patricia your problem is is that you want to save the world by marrying the world.

24:46.56

lovelightstories

Oh Wow. Okay, so it sounds like you had this like strong desire built inside of you to really just like help people. But you weren't You didn't have the understanding that you didn't have to. Give your whole self to them in order to help them. It was kind of almost like a um Martyr situation or something Maybe where you're You're really yeah.

25:04.48

Patricia Jones

Absolutely.

25:10.74

Patricia Jones

Yes, it is. It is almost like a martyr situation and for some reason is a lot of us out there. There feel like that is what God would expect of us to be mortyrs. You know there's people that feel like oh anybody who.

25:21.94

lovelightstories

Um, yeah, yeah.

25:27.33

Patricia Jones

These are places you should be the come and stage your house. No they shouldn because there's things that come along with that. There's reasons for why I've been in the position that they're in and if you really want to help you need to get to the core of what the reason is and

them coming to stableers not goingnna get to that. It's just Goingnna cause problems probably more problems.

25:31.70

lovelightstories

Um, yeah, yes.

25:43.79

lovelightstories

Um, right? Yes, right? right? Yeah I love digging into this in this story with you because it really gives us a picture of like.

25:47.27

Patricia Jones

For you. You know what? I mean.

25:57.43

lovelightstories

And better understanding of how someone can get into these situations right? like when I think about the things you're saying like I really see and believe that like while you were the common denominator and you had things to work on yourself like. They were kind of coming from a place of pure intentions like you had such good Intentions. You wanted to help people and you you got married again and then again because you wanted your children to have a stable family and that's the type of family you came from and you were just striving and trying so hard to make those things happen. And unfortunately ended up in situations that made it really hard for you. Um, and so for people listening I think it's just a wonderful Way. An example of understanding these types of situations and how hard it can really be and um.

26:36.26

Patricia Jones

On.

26:50.60

lovelightstories

How hard you were working the courage you had um to try to make it all happen. Yeah.

26:54.99

Patricia Jones

And so the thing is is that everybody you know wants to say everyone deserves a second chance and they do but the second chance doesn't have to include you being involved in a life. Their second chance could be offering them a resource pointing them in the right direction.

27:09.20

lovelightstories

Um.

27:12.96

lovelightstories

Yes.

27:14.62

Patricia Jones

Mean for them to do what it takes to get themselves in position so they'll be a better person to for society for their family for the children for the job. Whatever the situation is.

27:18.54

lovelightstories

Yes.

27:24.78

lovelightstories

Right? right for them to become a better person so that they can succeed in their second chance? Yeah yeah, okay so I do know that you're married in a loving relationship for how many years all right.

27:30.23

Patricia Jones

There You go? absolutely.

27:37.12

Patricia Jones

Yes, 22 years finally right but

27:41.93

lovelightstories

Yes, yes, okay, tell us about your husband and and all of that where in your children there's in California right.

27:49.99

Patricia Jones

Yeah, finally I did fine after after taking a break you know I took a break from like okay let me stop dating and just kind of figure out what's going on with me and why I keep attracting a certain energy or why I keep making certain decisions. So Just say a why but I did finally meet ah a gentleman that that had his wife had deceased so he hadn't gone through all the crazy that I went to he was married once to the same person so he offered Stability. He was married to his wife until she died so he and he came from the same travel background that's important too.

28:14.17

lovelightstories

Um, yeah, yeah.

28:26.42

Patricia Jones

Although he came from a mom who was a single mom but he did come from from a stable background. So that's important to kind of to kind of I learned to sit down and talk to people and you know and learn more about them when you and when you are trying to date need to know people.

28:29.28

lovelightstories

Um, okay.

28:45.30

lovelightstories

Yes.

28:45.54

Patricia Jones

I'd learned the right questions to ask like? Okay, so what do you do? And what's your family like and actually start getting to know someone and spending time with them and not just taking their word for it or whatever watching them. You know that type of thing. So.

28:57.40

lovelightstories

Yeah, right? right? Oh that's wonderful and um, you you said 22 years that's a really really long time too. So um, congratulations that's a big deal and very exciting and um so I want to go? Um. Into like switch a little bit into society and some of the issues we're dealing with in society because I think your background as a therapist in particular and then being a black woman living in America you can shed a lot of light on some of these issues that we've kind of been digging into. Um. I should say wrestling with in our country in recent years. So um, the first one is you mentioned to me that as a therapist you've seen anxiety and depression increasing quite significantly in the last couple of years and um I'd like to know why. Why do you think we're seeing that.

29:53.59

Patricia Jones

So I think that the pandemic did cause things to come to the service that were all that were there. It may be laying dormant or just kind of put on the back burner. But because there were not things that just didn't exist anymore. There were things were always there. They were land dormant but it was like the perfect storm you had a certain person that it was in the position of president that had a mindset that was different than any other president. Let me take that back. He had.

30:17.92

lovelightstories

Yes.

30:26.77

Patricia Jones

He verbalized the mindset that was different because I'm sure there was other people that obviously thought the same way he did otherwise how would he become the president right? And how would he become such a popular person. So what he was saying is what people obviously have been thinking but somehow it had been.

30:34.83

lovelightstories

Yeah.

30:46.62

Patricia Jones

Laying dormant or in some type of position where it wasn't in the forefront. So I guess you can put that with a global pandemic where everybody is on edge and now everybody things have shut down. So only thing that's left is the foundation and the.

30:49.15
lovelightstories
M.

30:59.30
lovelightstories
Yes.

31:04.80
lovelightstories
Yes, yes, and you know I've read too that whenever there's a global crisis like that or um I think it even was said like something like a pandemic you can expect Civil unrest to break out. Um riots or people getting anxious like.

31:05.73
Patricia Jones
Basics of life.

31:18.98
Patricia Jones
M.

31:23.78
lovelightstories
Um, because it's such a change in life and so much uncertainty and um I think you're right because during that time period We saw the insurrection at the capital which I don't want to get too political here in this conversation of course. But I think it's important to hear your perspective.

31:34.40
Patricia Jones
And we.

31:42.86
lovelightstories
As a black woman in America um, because this podcast is all about that and we don't for listeners. We don't have to agree with everything that's said on these episodes but I I hope that you'll um, want to listen because again, that's that's how we learn and and. Be able to challenge our perspectives and come up with our own opinions and perspectives so Patricia I want to ask you? Um, when when we talk about the insurrection of the capital. How did you feel in that moment like when you are watching what was taking place.

32:17.60
Patricia Jones
When we think about the insurrection of the capital I think it would be great if we could step back and let's look at it as if it's just human beings right? We don't we're not gonna attach the color to it at first. So let's initially thing about the insurrection of the capital.

32:26.29
lovelightstories
Yeah.

32:34.87

Patricia Jones

And say there was a group of human beings that got so fired up or agitated or angry something was going on inside them for them to all leave their house and get on planes and cars and gather together in one location. That's a lot of people that have come from a lot of different directions and so it was harder that not to go unnoticed somewhere all along the way the airport was more busier than usual had to have been and all these people So at some point.

32:59.10

lovelightstories

Yes, yes.

33:10.89

Patricia Jones

By the time they got to be released down the street from the capitol That's a lot of people gathering together and they all somebody had to talk to them about it because how would they know right? So there was some conversations had there was something had where there was a people that had an agreement that would all.

33:22.52

lovelightstories

Ah.

33:30.61

Patricia Jones

Angry enough or fired up enough or something enough for us to agree that we're gonna get together and we're gonna walk down the street and then we're gonna attack the building that's supposed to be the foundation and core of what this country was built on.

33:31.80

lovelightstories

Um, yes, um.

33:45.62

lovelightstories

Yes.

33:48.53

Patricia Jones

It's supposed to be the place I went to the capitol before I couldn't even bring in my cell phone I had to I had to hi because I didn't know that right? So when I took a tour the Capol I had to hide my cell phone in my purse somewhere behind the trash can hope it was gonna be there when I get back because they would not allow me to bring it in.

33:57.85

lovelightstories

Um.

34:04.95

lovelightstories

Oh yes, right.

34:08.47

Patricia Jones

That's how strict this place is right? and so we're going to go to a place that's that strict with what you can and can't do and get a group of thousands people come and actually start busting the door down climbing up the wall because I guess the steps were too crowded to get up.

34:27.50

lovelightstories

Um.

34:27.78

Patricia Jones

But we want to get in so bad that we're not gonna wait to the steps clear. We're gonna clamp up the wall and climb over into and so we can get into this building. That's a lot of feelings and I'm assuming negative feelings because people that are happy. Don't normally act like that right.

34:31.57

lovelightstories

Yeah.

34:38.74

lovelightstories

Yes, yes. Yeah, yeah, yes, yes.

34:46.69

Patricia Jones

So goodness these people were feeling negative stuff. Anger pissed off frustrated hey really when there you can have some people as Juniors are for the fun of the right. But for the most part it was a group over people and they were all in there. So that's what I saw I'm like there's a group of angry people.

34:51.11

lovelightstories

Yeah e.

35:04.64

Patricia Jones

So whatever cause they're fighting for they really believe in this to the point.

35:07.29

lovelightstories

Yes I Love that perspective that you're bringing because and it's It's very much a therapist perspective I think because you're you're digging into what are these people thinking and why why are they acting this way and seeing them as human Beings. So I Think that's a really great way to to think about it. Um, so go Ahead. Um.

35:27.12

Patricia Jones

And so and then that is the first that is my first perspective when I see this happening that these are this something they're really upset. It's almost like I wish I could just give them some bigger arms. Grab them all and just give them a big hug and say. It's okay I I don't know what you said about I I know what they're said about. But if I even if I didn't you'll be like it's okay, you come on is whatever it is oh my god you need a big hug because you're just so upset and angry.

35:51.27

lovelightstories

Yeah.

36:01.90

Patricia Jones

You know what? I mean so that is That's how it was so that's the first thought like Wow these people are really angry about something to the point where they feel like an injustice has been done even though the rest of the world can't seem to see the injustice because the people inside the building.

36:05.69

lovelightstories

Yes.

36:20.79

Patricia Jones

Ah, doing what they think is right? Otherwise they wouldn't be doing. They're voting and they're making the decision and they're saying okay this is what happened the votes happening within they make a change of power and it went the not that something that they do every time the power switches over but for some reason they were convinced.

36:23.34

lovelightstories

Bright.

36:35.65

lovelightstories

Yes.

36:40.67

Patricia Jones

That this was such a wrongdo that they were willing to actually che his capitalit up to get to this injustice and and had a noose out. They're gonna hang people I'm in serious we're getting serious here right? and this what's confusing about it is like so where is the miscommunication.

36:44.99

lovelightstories

Um.

36:49.10

lovelightstories

Yes, yes, yes.

36:59.38

Patricia Jones

Where you got the people inside believing that this is something that needs to be done and the people outside saying that we don't so that means there's some type of miscommunication that must have happened for this to be going on and that's just that's the core of it where is the miscommunication or what happened why is that miscommunication and what's going on.

37:07.64

lovelightstories

Yes, right.

37:18.56

Patricia Jones

And that is the number 1 problem one of the number one problems in this country is there's a miscommunication going on.

37:25.32

lovelightstories

Definitely. Okay, and and shortly after I mean just at the same time as this was happening. We also found ourselves kind of in the midst of another conversation which was about racism and what what like. Actions that were taking place at the capitol what that represented to black americans so as a black woman in America can you give us your perspective and understanding in how that moment made you feel.

37:54.65

Patricia Jones

Right? So What I want people if anyone ever hears this I want you to be able to be honest with yourself and actually picture how you would feel and let's be honest, how would you feel what would it look like to you or feel like to you. If. All these people were black that just saying that if anybody would be honest, they automatically know how they would feel it would be a whole different feeling and there would be a whole different response if a.

38:27.40

lovelightstories

He.

38:30.74

Patricia Jones

If thousands of black people got together if they could make it out of the airport was probably not because it would be concerning for people to see that mean black people congregated to Dc right to Washington Dc we're not talking about to Chicago.

38:40.56

lovelightstories

Um, yes.

38:49.55

Patricia Jones

Outside We're talking about a bunch of black people getting together loudly and you know but us being loud is already uncomfortable for people right? So we're getting together loudly and we have some black person.

38:54.40

lovelightstories

Yes.

39:00.77

lovelightstories

Yeah.

39:08.83

Patricia Jones

At a microphone Sam we're going down to the white house. This is what we're gonna do and it's a group of black people with sticks and nooses going toward the capital that group of black people would not have made it a block.

39:15.89

lovelightstories

Yeah, bright.

39:27.35

lovelightstories

You're right? You are right.

39:28.33

Patricia Jones

Without without the national guard being called in airplanes will be flying. It would be people for ships coming across. It would just be.

39:34.58

lovelightstories

Yes, yes, right.

39:43.26

lovelightstories

Ah, you're painting a very chaotic picture for us that that you're right? You are right.

39:47.50

Patricia Jones

And they would start shooting us down as if we were a bunch of roaches which is what we are they would start shooting us down as if we was roaches. We just got they got to be stopped. They got to be stopped.

39:56.71

lovelightstories

Um.

40:04.52

Patricia Jones

We would have to restop and everybody and and to say there's no dog my mind that people can see how that would be possible because we would look so dangerous and so threatening and so just because we're brown people because.

40:15.45

lovelightstories

Yes.

40:21.45

Patricia Jones

Muy What threat have we ever been you. You know we were brought over here. So it's kind of like you I kind of like you take for a bunch of people you bring them to your house and you then you say you a threat you brought me in your house. Oh my mom is you will bring me over here.

40:30.82

lovelightstories

Yeah, yeah, right, right? right.

40:38.92

Patricia Jones

Beat me down and then say I'm a threat to you really? um and that's really much the foundation of how bad people are. It's always like as a race. We don't have the power that of this country because we're not the power structure of this country but we seem to be the biggest threat and we don't have the most guns.

40:42.43

lovelightstories

Ah, yeah.

40:56.96

lovelightstories

Um.

40:58.90

Patricia Jones

We don't have the most positions of Authority We don't have the most money. So how we're the biggest threat and you and you shoot us down as if we are the biggest threat.

41:08.50

lovelightstories

Right? right? Yeah, that makes a lot of sense your perspective and I'm sure again, not everyone agrees but I definitely can put myself in that moment and think about it and I understand what you're saying um and.

41:24.00

lovelightstories

I Think you can correct me if I'm wrong, but it wasn't a black group. Ah a big group of black people that were doing this and the fact that they made it to the capital. They made it inside the capital is what was so hurtful to the black community right? because if it had been them.

41:42.21

Patricia Jones

That's one of the things that was really hurtful. It was hurtful just just in general as ah as human beings watching it was hurtful to know that people attack the capitol which is supposed to be the you know the source of our democracy right? that was hurtful was was really hurtful is.

41:43.98

lovelightstories

Yeah.

41:48.22

lovelightstories

Yes.

41:58.50

Patricia Jones

Just once again show that man people they can you know people have the right to do things that we don't have the right to do as black people. It was another example of people having the right to do things that black people don't have the right to do.

42:04.32

lovelightstories

Yeah, yeah, and again someone.

42:14.60

lovelightstories

Yes, and some people listening might not understand that. Um, but I think it's probably because we haven't had to live in the shoes of of you and um I believe that you are saying that and I wholeheartedly believe that that.

42:25.29

Patricia Jones

Um, you know.

42:31.72

lovelightstories

Because you're saying that and that's your perspective. That's the truth. Yeah, oh.

42:39.89

Patricia Jones

Um, more it is definitely is that it definitely is it. It is how it is how the Peaks for sure.

42:46.32

lovelightstories

Yes, yeah there you go. That's a better way to say it for sure. Okay, so now we've we've touched on that a little bit and just I think it's important like it is a political discussion. It's It's really, ah, a charged discussion. But I think it's really important to be able to. Get to understanding. Um your perspective and how how moments like that make you feel and what it's like to live in this country where you feel like you don't have the same rights yet, you should and um so I want to ask just. If You have any other examples or stories in your life to illustrate again. Um this place or this topic of racism and like how you felt about our country and your place in it if that makes sense.

43:39.39

Patricia Jones

Yeah, well you know the examples are all you know are always when you have my son of course is is a black child and he's a you know, pretty big dude and he's handsome Dark skinned black guy. But. So He's always being stopped just because you know and the only thing that I can say is a couple things that maybe easy been blessed that he hasn't had any confrontations that led to him being shot or beaten because you know he's learned how to how to be polite, but that doesn't.

44:00.23

lovelightstories

Ah.

44:14.76

lovelightstories

Yeah.

44:15.23

Patricia Jones

That doesn't always work either. Sometimes you can be polite and respectful and just do what you're told and you still might get harassed. But for sure he gets just stopping him. There's been times when he has been the passenger.

44:20.99

lovelightstories

M.

44:29.97

Patricia Jones

And the person driving was stop and they pulled him off the car and asked him of his driver's license and his information. He's like I'm the passion driver I have a driver's license I'm just sitting in the passenger sleep right? and so that happens to him. There's been times when he was working as a security guard.

44:37.36

lovelightstories

Right.

44:47.44

Patricia Jones

Ah, you know playing close to Treaty guard in a store and so he's kind of walking around the store just kind of mount his own business keeping the eye on things and they call security and so he comes to the scene to find out that they're caused security on him right.

45:02.15

lovelightstories

Um, what right.

45:04.40

Patricia Jones

He is a security guard So there's a white person that goes up to the front and saying this this black town walking around the store and I think he's up to no good and they want to and they

cost security and then he comes he shows up because he's security and the woman's like oh right? yeah you cause it.

45:11.16

lovelightstories

Oh my goodness.

45:17.91

lovelightstories

I called Security Oh my goodness that is that is.

45:21.98

Patricia Jones

But I didn't call you that call security like I am security.

45:27.63

lovelightstories

Wow Now that is a really clear example I don't think it could get any clearer like how sad but also funny in a way because it's like it really shows like how our perceptions can be so wrong and so skewed and.

45:46.55

Patricia Jones

It is hurting.

45:46.74

lovelightstories

It's hurtful I'm sure I mean I'm sure he's he's walked through this enough to kind of let it roll off his shoulders I'm guessing but it's hurtful.

45:54.12

Patricia Jones

It at the core of it. It is hurtful Unfortunately, as ah as black people we have learned how to maybe laugh about or joke about it or you know taking a straw because it's our life is. It's the life that we were born into it's not even like it used to be better. No, it's the light that we're born into.

46:08.85

lovelightstories

Yeah.

46:12.91

Patricia Jones

It used to be different. It used to be different but I don't think it was better I don't think it's better now I think it's just different now you know I mean it's probably more covert than over. So that means that I don't see it coming now whereas before.

46:15.10

lovelightstories

Right? Interesting yeah.

46:29.86

Patricia Jones

There was a fine line. It was you know a real serious line drawn. You lie on this side of whites on that side I'm not sure that's better, but that's that's just different whereas now that that line is gone the still the feelings are still there because the line is in your heart. It's not in the neighborhood.

46:37.95

lovelightstories

Um, yeah.

46:47.32

lovelightstories

That's good and that's really good.

46:47.95

Patricia Jones

So we can desegregate and we can put everybody together but that doesn't mean desegregation is going on in your feelings in your beliefs and that's where that's where these are go on if that hasn't happened. The line is still drawn and you just come up with a better way to mask it.

46:59.23

lovelightstories

Right? Yes, yeah, what you're saying is if there's this racism or a line of segregation drawn in your heart. We can't. Transform what happens in our society and we can't move the issue forward and so it's really a heart issue that begins inside of each of us and and so I would challenge all of us to really take that to heart without too many puns.

47:17.22

Patricia Jones

Um, for.

47:22.21

Patricia Jones

I.

47:31.88

lovelightstories

Um, involved here but to to really chew on this conversation and um your perspective Patricia because I think I think I mean it's it's a vulnerable place too to share your own story and your own heart and your own experiences and your thoughts and so I really thank you for doing that because.

47:38.27

Patricia Jones

Do I.

47:51.00

lovelightstories

Um I think it's It's a really beautiful thing when someone gets to the point of being comfortable doing that for the benefit of all of us and the benefit of the rest of humanity. So I thank you for um for sharing that I want to ask you? um you know.

47:59.11
Patricia Jones
Do.

48:09.44
lovelightstories
If someone does want to continue transforming their heart and dig up racism inside of them. What. Would you suggest to that person either to help them personally do that or to help work towards dismantling it in society.

48:27.65
Patricia Jones
I Think the best the 2 things that you can do for sure is be honest with yourself and that is that isn't no matter what race you are black brown white Yellow you know Asian latinx be honest with yourself and realize what do i. Holding my heart against a certain person because of their race and just be honest and don't don't say no I don't really feel that way just be honest and say okay and so that means I have deliberately deliberately try not to not to hold it against anyone realize that I do notice it.

48:51.23
lovelightstories
Um, yeah.

49:01.49
lovelightstories
Yeah.

49:06.52
Patricia Jones
And I do it does affect me and then try not to hold it a again somewhat you know I mean and and so I also on ah on a global level more you could actually see when you see it say something you know when you see something happen just say something.

49:08.87
lovelightstories
Right? right? Yeah I think that's really good.

49:20.87
lovelightstories
Yeah, yeah.

49:26.21
Patricia Jones
For example, if you know you just went through the a cashier airline and ah you were writing the check even though People't write checks anymore and though casher asked me for your idea and it was a black woman and when they came here you whitened they ask you just say hey why don't you ask me for my idea I notice that you asked that black woman for her just.

49:43.41

lovelightstories

Um, yeah.

49:45.91

Patricia Jones

Say something just little things like that.

49:46.10

lovelightstories

Right? right? Yeah, that's a great idea because it's It's not rude to ask that you're just curious but it also causes them to stop and say I don't know or maybe they had a really good reason. Maybe there was a bottle of alcohol and you didn't see it or who knows but.

49:53.12

Patricia Jones

Um, then.

49:55.80

Patricia Jones

Fight Maybe they had a good reason exactly exactly exactly.

50:04.21

lovelightstories

It It could stop that person to be like I need to think about that? yeah.

50:07.67

Patricia Jones

Exactly and when you stand next to someone my daughter she was wearing her hair in her natural afro beautiful right? and she walked past these 2 white women and 1 white woman said to the other white woman I wonder why they wear their hair like that don't they know that that's aggressive.

50:23.95

lovelightstories

Aggressive.

50:26.43

Patricia Jones

Right? And I'm thinking how can the hair of the way nat grows out of your head be addressable. That's not how I think of it but I understand what she means is is we find that threatening because the stereotypes that we know of is the people with the afros. Black panthers power to the people you know that that's what they think of when they see an afro or that's what they think of. Okay, so in this there's 2 women. It would be nice if one of the women had said well yeah, it's just her hair. It's not really aggressive. You know say that to your friend. You mean when you walk next to.

50:41.36

lovelightstories

Yeah, right right.

50:51.56

lovelightstories

Um, yeah, yes.

50:59.22

Patricia Jones

But that's if you of course you buy a groger friend you right? It's aggressive or maybe you can say it to yourself or stop and think is that really aggressive that her hair the way she wears it naturally automatically makes her aggressive or threatening or one of those angry black women because she wears her hair.

51:04.53

lovelightstories

Right.

51:18.55

Patricia Jones

And that's another thing before you call someone an angry black person just think about why they is what they're saying deserve Anger I mean you know mean if you just you know if I walked into your store and I just and you obviously.

51:28.61

lovelightstories

Um, yeah, yeah I mean.

51:35.95

Patricia Jones

Treating me differently by ignoring me I'm standing there and you let other people go in front of me. They were white and you didn't speak to me until after everyone. Um and now I say something I'm angry you know am I angry because I say excuse me but I was standing here I can't even a lot of times.

51:45.68

lovelightstories

Um, yeah, yes.

51:55.40

Patricia Jones

If I even say something as simple as excuse me I was standing here. Did you see me I sound angry so I have to stand there and think I'm not sure how I can say this without you thinking I'm angry.

51:59.10

lovelightstories

Right? and.

52:04.89

lovelightstories

Yeah, and I mean on 1 hand like you actually do have the right to feel angry in those situations like I can see how right right? right? But they're not having the awareness to understand like the situational awareness of what is actually happening here and that's I think.

52:12.43

Patricia Jones

Wait and I had the right to feel angry. Exactly.

52:22.40

Patricia Jones

Um, is I.

52:22.73

lovelightstories

That's the root of what we're getting at the issue here is is not having that awareness. Um and you do have the right to be angry and yet you feel as though it's hard to stand up for yourself in those situations when you should be able to? yeah yeah, okay so.

52:35.98

Patricia Jones

Right? I said be able to be angry without you telling me I'm angry for no reason you know I'm making the same like I'm being a crest of or I.

52:45.30

lovelightstories

Yeah, right? Okay, so now the opposite I want to ask the opposite. What would you say to someone who says they don't see racism in our country.

52:56.90

Patricia Jones

So for someone that says they don't see racism. It would be. We would have to be clear on. Maybe some reasons for why because to me the only way that you can say you don't see it is if you really never saw it which means that you grew up in a neighborhood of everyone who looked. You're very homogeneous. Everyone looked like you. Store everyone looked like you you was everyone looked like you and then your Tv shows since you can choose what you watch it was just people who look like you and act like you so you right? You don't see it so I agree that you don't see it but it does exist and that's the problem. The problem is that.

53:27.26

lovelightstories

Um, yeah, yeah, right.

53:34.35

Patricia Jones

Even though you don't see it. It still exists and it's a problem and then when you do start seeing things you're confused because you're thinking what I didn't know people could act that way or I didn't know they would do that and for sure there's the same people that are in your neighborhood that are nice and friendly and you think and they would never. Do anything to anyone no matter what color they want You don't know that until the black person of the father street moves in and then you get to see who really would accept and who wouldn't.

54:00.88

lovelightstories

Um, yeah, and again, probably if they're not accepting it. They might be doing it unintentionally not realizing that it's actually there in their heart again because they're not recognizing it and it goes back to that point that you said being honest with yourself.

54:08.70

Patricia Jones
Give.

54:18.76

lovelightstories

And I always say too that um the power of story is so powerful because the fact that we're um, one person we can't possibly experience everything in our own life and thank goodness we don't or it would be a ton of hardship right? But. Um, if we haven't experienced it the next best way to experience it is through someone's story and so it's stories like this patricia where you're opening up your heart and being transparent to help us be able to see and understand through someone else's perspective and experience. So um I hope this. Has been an enlightening episode. It's certainly been for me. Um your story is very powerful and um, just incredible to have the opportunity to be able to partner with you in sharing it. So Thank you Patricia. It has been such a lovely conversation a difficult one but a very worthwhile and lovely conversation.

55:14.80

Patricia Jones

I Really appreciate it I Really appreciate that you have interest in want to know that's that that warms my heart.

55:23.53

lovelightstories

Yeah, yeah, well definitely I wouldn't want to hear it from anyone else first. But from you right? So um, you're just again so wise and now people have gotten to see that wisdom come through. So thank you again.

55:31.32

Patricia Jones

Um, by the way.

55:37.16

Patricia Jones

Thanks so much.