



# Mother Impact

## THE HIDDEN IMPACTS OF THE MOTHER RELATIONSHIP

How the unresolved relationship with your mother  
silently shapes your emotional world, your body,  
your success, your destiny  
and how to heal it now.

A True Life  
<https://atrulife.net>

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## TABLE OF CONTENTS

INTRODUCTION .....	1
THE INVISIBLE THREAD .....	3
SIGNS OF UNSEEN WOUNDS .....	5
THE COST OF CARRYING WHAT IS NOT YOURS .....	7
THE HIDDEN DYNAMICS BEHIND IT ALL .....	9
BUT MY MOTHER WAS GOOD.....	11
THE BRICK WALL.....	13
THE DOORWAY TO LIFE .....	15
THE PATH TO HEALING .....	17
REAL STORIES OF HEALING.....	19
WHAT HAPPENS WHEN YOU HEAL? .....	22
YOUR NEXT STEPS.....	24
A TRUE LIFE .....	28





## INTRODUCTION



Dear Reader,

You may have come across this document because something in your life feels off, anxiety that won't go away, relationships that never quite work, a sense of heaviness, or a longing for something more.

What I want to share with you, gently, but clearly, is this,

*Many of the struggles we face in adulthood have their roots in our relationship with our mother.*

Not because she did something wrong. Not because you are broken. But because the bond between a mother and child is the *first and most powerful connection to life itself.*

It shapes how we receive love, how we trust, how we feel safe in the world, and even how we allow abundance and joy to flow.

This relationship is invisible.

Often unspoken.

And sometimes, deeply misunderstood, even by those who had a “good” childhood.



In the pages that follow, I will guide you into the hidden layers of this bond. We'll explore the emotional, energetic and ancestral dynamics that may be quietly influencing your choices, your body, your emotions and your future.

But more importantly, you'll discover this,  
*Whatever pain you carry, there is a way through.*

There is a path to healing.  
And you are not alone on it.

I've walked this road myself. And I've created a gentle, powerful process to support others in doing the same, with compassion, clarity and respect for both the mother and the child.

If you read this with an open heart, something inside you will begin to shift.

And that shift can change everything.

With love and respect,

**Veselin Bjelakovic**

Founder of A True Life



## THE INVISIBLE THREAD



### *The Relationship That Never Leaves*

Before you had words, you had her presence.  
Before you had a name, you had her heartbeat.  
Your mother was your first mirror,  
your first relationship with life itself.

But this bond is not just emotional or biological.  
It is spiritual. Energetic. Invisible. Yet foundational.

Even if your mother was absent or difficult, something deep within you loved her with complete innocence. That love is pure. It is unfiltered. And it is blind.

Out of this blind love, many of us, without knowing it, tried to *carry our mother's pain*. To save her. To make her life better, easier, lighter.

We said, unconsciously,  
*"I'll carry it for you, Mother."*

"Your sadness, your fear, your loneliness,  
give it to me."

"Maybe then you will be okay."

"Maybe then I will finally receive your love."



This attempt to save our mother often becomes a hidden sacrifice. A powerful sacrifice that we are not aware of.

We give up our own life force, joy, relationships, prosperity, or even our health, in an effort to unconsciously “repay” or rescue her.

But the truth is,

*Your mother, at her deepest level, does not want you to carry her burdens.*

This actually hurts her.

She does not want you to suffer.

She does not want you to take this from her.

It is hers, and she is there to own it.

Your mother at her soul level,  
she wants you to live.

To thrive.

To be her child, not her savior.

The moment you realize this is the moment your healing begins.



## SIGNS OF UNSEEN WOUNDS



You may not consciously connect your current struggles to your mother. But the symptoms show up everywhere, in ways that seem unrelated at first.

If you recognize yourself in any of these, your mother bond may be energetically entangled:

- “I’ve done so much work on myself, but I still feel empty or stuck.”
- “I carry a constant sense of guilt, shame or inner pressure.”
- “I often feel unseen or misunderstood, by everyone.”
- “My relationships repeat the same pain over and over again.”
- “I can’t fully open up emotionally, no matter how much I want to.”
- “I’m deeply afraid of becoming like my mother, or completely different from her.”
- “I sabotage my success when I get close to it.”
- “I have issues with money & financial well-being.”
- “I feel like I’m carrying something heavy that isn’t mine.”



These experiences are not random.

They are not signs of weakness or failure.

They are signs that your inner child may still be entangled with your mother's story, pain or unmet needs.

And that can be changed, now.



# THE COST OF CARRYING WHAT IS NOT YOURS



The unhealed mother wounds don't live in your past.

They live in your nervous system.

In your heart.

In your body.

In your daily decisions and inner beliefs.

And this is how they show up in everyday life.

## **In Your Relationships**

You may feel rejected, unworthy, overly responsible, emotionally distant, or unable to fully receive love.

## **In Your Mind & Emotions**

You may struggle with chronic anxiety, overthinking, perfectionism, guilt, or feeling “not good enough” no matter what you do.

## **In Your Work & Success**

You may block yourself from receiving abundance, fear being visible, or stay in survival mode even when opportunities are there.



## **In Your Body**

The body remembers what the mind suppresses. Fatigue, autoimmune issues, tension and illness may carry emotional roots linked to the mother bond.

## **In Your Parenting or Family Legacy**

You may unconsciously pass your own mother wound to your children, or carry the unhealed wounds of your mother, grandmother, and lineage without knowing it.

This is not your fault.

But it is your opportunity.

Because awareness is the first step to freedom.



## THE HIDDEN DYNAMICS BEHIND IT ALL



Most people think the mother relationship is defined by memories or behavior.

But the real impact lives *beneath the surface*, in the *hidden dynamics* we carry without knowing.

These are unconscious patterns that silently shape your emotional world. They are born from deep, loyal love, the kind only a child can feel.

Here are some of the most common hidden dynamics.

### **Blind Love and Loyalty**

“Mother, I will carry your pain.”

“I’ll do it for you, so you don’t have to suffer.”

The child, out of pure love, takes on what never belonged to them: grief, loneliness, shame, even a lost sibling or unspoken trauma.



## Role Reversals

“If you cannot take care of me, I will take care of you.”

You become the emotional parent of your mother. This reversal distorts your ability to receive, relax, or trust life, because you’re always giving, always on guard.

## Taking on Her Fate

“If you couldn’t succeed, neither will I.”

“If you were alone, I will be too.”

This is one of the most hidden but powerful forms of entanglement *becoming loyal to her pain instead of living your own life.*

## The Energetic Misalignment

When we don’t fully take our place as the child, and recognize her as the mother, the flow of love and life breaks down.

And this leads to struggle, isolation and disconnection.

None of this happens out of blame.

It happens out of love.

But it creates a bond that, left unseen, can hold you back and create struggles for a lifetime.



## BUT MY MOTHER WAS GOOD



This is one of the most common and confusing experiences.

“My mother was kind.”

“She was always there.”

“She did everything for me.”

“I had a good childhood...

so why do I still feel broken inside?”

Here’s why,

*The wound is not just about her actions.*

It’s also about what was *unspoken, unavailable* or *inherited*. Even the most loving mother may have:

- Carried trauma from her own childhood.
- Been emotionally overwhelmed or energetically absent.
- Been caught in her own grief, fear or emotional suppression.
- Never received the love she needed from *her* mother.



And without realizing it, she passed this to you, not through words, but through energy. Through silence. Through what was never said or held.

You may have felt her sadness as a baby ... her fears during pregnancy ... her tension every time she smiled but held back tears.

That is the *invisible inheritance* many of us carry. And that is what needs to be healed, *not to change her, but to free you.*



## THE BRICK WALL



Imagine a small child looking up at their mother.

They see that she's in pain. She's tired. She's overwhelmed. Or simply ... unavailable.

And so, the child picks up a brick.

Then another.

And another.

Each one represents something she carries: grief, disappointment, fear, shame, trauma, emotional exhaustion, a family secret, a lost child ...

And the child, in deep, blind love, says,  
*"Mother, I will carry it for you."*

Brick by brick, a wall begins to form.

Not just on the child's back, but between them.

And eventually, between the child and life.

That wall becomes:

- A barrier to intimacy.
- A burden in the body.
- A block to success.
- A fog over purpose.



But here is the truth that sets everything free.

*The mother's true soul does not want her child  
to suffer.*

She does not want her child to carry these bricks.

She wants her child to be free.

Healing begins when we start dissolving the bricks,  
with love & respect.

When we return to her what is hers, with dignity.

And when we reclaim our own life back.



## THE DOORWAY TO LIFE



*Your mother was the bridge through which life first reached you.*

She was the channel.

The vessel.

The passage.

Through her, you received breath, heartbeat, nourishment, spirit.

If that bridge was damaged, through trauma, pain, absence, or misalignment, your connection to life itself may feel uncertain.

You may walk through the world with the feeling that something essential is missing ...

- A sense of true belonging.
- A trust in your own value.
- The right to succeed, rest, love or shine.
- The safety to receive, be held and be seen.

But here is what most people never realize,  
*That bridge can be rebuilt.*



Through healing, reconnection and the right inner work,  
the flow of life can be restored.

You can reclaim the vitality, love, support and clarity  
that was meant for you all along.

The past may explain your pain. But it does not have to  
define your future.



## THE PATH TO HEALING



No matter how deep the wound, no matter how long you've carried it, *you can heal this.*

You do not need to confront your mother.

You do not need her permission.

You do not even need her to be alive.

Because this healing happens *inside of you.*

Your soul already knows what to do.

What it needs is a *safe space, the right guidance* and a clear process to help return what was never yours and reconnect to what always was:

- Your right to live.
- Your right to love.
- Your right to thrive.
- Your rightful place in the flow of life.

That is exactly why I created this work.

*Your Healing Tools Are Already Here!*

You don't need to wait.

You don't need to figure it out alone.



The following resources are already available to you.

### **The Book: Mother, Doorway to Life**

This short but powerful guide reveals how your relationship with your mother shapes your inner and outer life, and how to begin healing it.

### **Healing Journey: ‘My Mother’**

A transformational audio journey that reconnects you to your mother’s essence and restores love where there was pain. Available in the free ‘*A True Life*’ mobile app (available on Android and Apple app stores).

### **The Master Guide:**

#### **Healing the Relationship with Your Mother**

A 3-week guided process with ‘My Mother’ healing meditation, transformational statements and emotional healing practices to release burdens, restore harmony and reclaim your life.

Available in the free ‘*A True Life*’ mobile app (available on Android and Apple app stores).

*You don’t have to suffer in silence.*

*The door to healing is open.*

*And it begins with one simple “yes.”*



## REAL STORIES OF HEALING



These are real transformations from people who didn't know how deeply their relationship with their mother was still shaping their lives, until they began to heal it.

**“I didn't think I had any issues with my mother ...”**

She was a good woman, strong, kind, always doing her best. But I still felt emotionally alone. I kept choosing partners who pulled away. I carried anxiety I couldn't explain. I never felt fully worthy, no matter how much I achieved.

When I began the mother healing journey, I saw something I had never seen before, I had been carrying her sadness. I had never been just her child, I had tried to be her savior.

Through the guided meditation My Mother and the Master Guide, something shifted. I returned what was hers. I honored her and let go. I felt a softness I had never known. The anxiety began to dissolve. I could finally receive love and life.

*Sophia M., Austin, USA*



## **“I always felt blocked with money ...”**

I worked hard, I did everything right, but I was always just surviving.

When I started the mother healing work, I realized I had taken on my mother’s scarcity mindset and fear. She grew up in post-war poverty. She never felt safe to receive. I inherited that fear.

When I returned those fears to her with love, things started to change. I didn’t just earn more, I *received* more. Unexpected gifts, new clients, even a raise I never asked for. It was like the channel finally opened.

*Paul H., Los Angeles, USA*

## **“I couldn’t connect to my daughter ...”**

I love her so much, but I kept reacting with control and fear. Through this work, I realized I was unconsciously repeating what my mother did to me, and what her mother did to her. I was caught in a pattern.

Now I see my daughter with new eyes. I give her space. I trust her more. And most importantly, I finally trust myself to be a good mother. This has changed everything.

*Virginia H., Palo Alto, USA*



**“I didn't even know I had grief in me ...”**

My mother died when I was twelve. I told myself I was fine but ...

This healing process helped me feel what I had locked away. It was painful, but also peaceful. For the first time, I felt her presence again. As a soft, loving support inside me.

Now I know she never really left me. I carry her differently. And I feel less alone in the world.

*Leslie J., Tampa, USA*

These are just a few reflections.

Everyone's path is different, but *the doorway to healing is always available and the same.*



## WHAT HAPPENS WHEN YOU HEAL?



When you release the burdens you've carried for your mother ...

When you reconnect to her essence, beyond the pain and stories ...

When you take your place as her child and allow her to be your mother ...

***You return to life!***

Here's what becomes possible ...

### **Inner Peace**

A calm that lives in your body. A deep sense that you belong.

### **Self-Worth**

You stop trying to prove yourself and begin to feel enough, as you are.

### **Healthy, Loving Relationships**

No longer repeating old patterns. You begin to connect from wholeness, not wounds.



## **Prosperity & Flow**

The channel of life opens allowing money, support and purpose to flow with ease.

## **Improved Physical Health**

As emotional burdens leave your system, your body can finally rest and heal.

## **New Energy & Life Satisfaction**

A renewed vitality. More joy. More inspiration. A sense that life is working *with* you.

## **Opening of New Opportunities**

As you let go of old entanglements, new paths open. People, ideas and possibilities appear where you never expected them.

## **Healing Across Generations**

When you heal, you break generational cycles, liberating not only yourself, but your children and your family system.

*Healing the mother wound is not just emotional work, it's a return to wholeness.*

*And from wholeness, everything becomes possible.*



## YOUR NEXT STEPS



If this document touched something in you, a truth you've always felt but never put into words, then you've already have taken your first step.

Now, let's continue.

### **Resources to Begin Your Healing**

We have prepared several resources available for you to successfully heal your relationship with your mother.

### **Free Mother Relationship Assessment**

This reflective self-discovery tool is designed to help you gently explore how your relationship with your mother is shaping your life today.

By bringing awareness to this bond, you create clarity, an essential foundation for healing, growth and inner freedom.

To receive your complimentary copy of the Mother Relationship Assessment, please email us at [contact@atrulife.net](mailto:contact@atrulife.net) with the subject line: "Mother Relationship Assessment."



## “My Mother” Healing Journey

Connect with the essence of your mother, release the past and open to new life.

This guided healing meditation supports inner transformation, gently shifting blocked and stagnant energies into a natural flow of peace, love, and vitality.

The “*My Mother*” *Healing Journey* is available in the *A True Life* free mobile app (on both Android and Apple app stores), or you can access it through our online portal at <https://a-true-life.passion.io>

### Android



### Apple



### Portal



## “Mother, Doorway to Life” Book

**Mother, Doorway to Life** explores the profound impact of the mother–child relationship on every aspect of life, including emotional well-being, relationships, health and prosperity. It reveals how this foundational bond shapes our inner world and life direction, often in unseen ways.



Through a gentle and clear healing perspective, the book guides readers to reconnect with their mother at a soul level, restoring the natural flow of life, love and support.

This reconnection opens the doorway to living more fully, grounded, and aligned with one's true path.

### **Master Guide:**

#### **“Healing the Relationship with Your Mother”**

This master guide is a practical and deeply supportive guide designed to help you restore harmony in your relationship with your mother at a soul level.

It gently reveals the hidden dynamics of the mother–child bond and how they influence your emotional life, relationships, health and sense of direction.

Through clear guidance, reflective insights, and transformative practices, this Master Guide supports a natural inner healing process, allowing love, support, and life energy to flow freely again.

It invites you to step into your life with greater stability, clarity, and inner peace, supported by the foundational bond from which life begins.



*You were born to live fully.*

*To receive fully.*

*To be free.*

*Let this be the moment you return to yourself.*

*Let this be the moment life begins again.*

With love & respect,

**Veselin Bjelakovic**

Founder of *A True Life*



## A TRUE LIFE OPEN.HEAL.THRIVE.



*Live the Life You Were Meant to Live.*

*'A True Life' is a movement created to support awakening humanity, to help us remember who we truly are and reclaim the power to transform our lives from the inside out.*

In a world where most people are unconsciously living out inherited patterns, emotional burdens and cultural programming, *'A True Life'* exists to help them *awaken from the dream* and live with clarity, purpose and peace.

We are here to:

- Help you remember your natural ability to heal, grow and create.
- Arm you with powerful tools to change your life on your own terms.
- Guide you to reconnect with your roots, realign with your essence and rise into your full human potential.
- Support your journey toward a meaningful, purposeful and truly prosperous life, in all areas.
- Empower you to become a beacon of light, love and goodness in the world.



## **The Core Offerings of ‘A True Life’**

Everything we create is designed to support deep transformation, self-leadership and soul-level healing through the following offerings.

### **Guided Healing Journeys**

Step-by-step audio meditations that help you heal relationships with parents, children, ancestors, siblings, partners and yourself. Download our free “A True Life” mobile app today.

### **Books and Booklets**

Accessible wisdom, structured programs and profound insights, like “*The Power of Family*”, “*Mother, Doorway to Life*”, “*Father, Strength in Life*” and “*Divine Guidance*”.

### **Master Guides**

Comprehensive teachings and advanced practices to support mastery in specific areas of inner and family healing.

### **Workshops & Presentations**

Live and virtual events that bring people together to experience healing in real time and build a shared field of transformation.



## **What Makes ‘A True Life’ Different?**

‘*A True Life*’ is a truly unique project and movement based on the following:

- We offer truth, not quick fixes,
- We empower inner freedom, not dependence.
- We guide you through *direct personal experience*, not some theory.

This is *your Soul activation*.

Not just self-help.

And it works, because it honors your own Inner Healer, your Soul's guidance and the sacred intelligence of Life Itself.

## **Ready to Begin?**

Download our free ‘*A True Life*’ mobile app and start your first healing journey today.

Visit our website at <https://atruelife.net> to explore our full list of offerings.

Connect with our growing community of people awakening across the world.

*You were born to shine light into this world.*

*And the journey home begins now.*



## **NOTES**



## NOTES