



*The Girl in the Red Boots: Making Peace with My Mother*

Imageries For Healing

## *Introduction*

Show me a daughter who hasn't felt wounded—temporarily or permanently by her mother... and I'll be surprised. In the many years I worked on my memoir, *The Girl in the Red Boots: Making Peace with My Mother*-- whenever I mentioned the title of my book, just about everyone I spoke with seemed to want to share at least one distressing event with me about his or her own mother!

This doesn't surprise me: the mother-daughter relationship is one of the most important—and complicated in the lives of most adult women. It's intense, tenacious and complex.

if your relationship with your mother is uncomplicated, you may be simply fortunate. You may have unfinished business with someone close to you, and the principles in this book will apply to not only your mother but all other important relationships. Grudges, glitches, misunderstandings, and unhealed wounds often linger, creating distress and disconnections in many relationships. Often we let these disappointments go, hoping they will disappear. Generally they don't disappear, but fester, pile up and create new mindfields of misunderstanding. When relationships disappoint us, reaching out and making peace requires only a few essential ingredients: patience, perseverance, curiosity, commitment and hope.

This small book was born as I put the final touches on *The Girl in the Red Boot: Making Peace with My Mother*. In the months since publication, I have done innumerable workshops using these imageries. Now, I have compiled these imageries and hope to inspire your reflections and your own inner work. Feel free to contact me with any unexpected surprises, jolts or mysteries-- contact me via my website, [www.judithruskayrabinorpd.com](http://www.judithruskayrabinorpd.com) or at [jrrabinor@gmail.com](mailto:jrrabinor@gmail.com).





















